



ARYABHATTA COLLEGE, UNIVERSITY OF DELHI

GENDER SENSITISATION COMMITTEE

EVENT REPORT



Event: Menstruation And Academic Life

Date: 1 April, 2025

Organized by: Gender Sensitization Committee, Aryabhata College

Event Title: Menstruation And Academic Life

Speaker: Dr. Asha Gupta

ARYABHATTA COLLEGE, UNIVERSITY OF DELHI
GENDER SENSITIZATION COMMITTEE
PRESENTS
MENSTRUATION AND ACADEMIC LIFE

DR. ASHA GUPTA
MD (Anatomy), AIIMS New Delhi
Senior Resident, VMMC & Safdarjung Hospital, New Delhi

1st APRIL 2025
TIME: 12:30 PM
SEMINAR HALL

JOIN US for an insightful discussion on menstrual health, academic challenges, and breaking the stigma.

Patron
Prof. Manoj Sinha (Principal)

Convenor, GSC
Dr. Roshni

Presiding Officer, ICC
Prof. Monica Aggarwal

For more information:
Dheeraj Kadian(President) 8684019528
Gunn Narula(Secretary) 8802257256



The Gender Sensitization Committee of Aryabhata College organized a seminar titled “Menstruation and Academic Life” on 1st April 2025 in the college seminar hall. The session aimed to promote awareness and initiate healthy conversations around menstruation, particularly focusing on its impact on the academic lives of students and participation and understanding of the male companions in that .

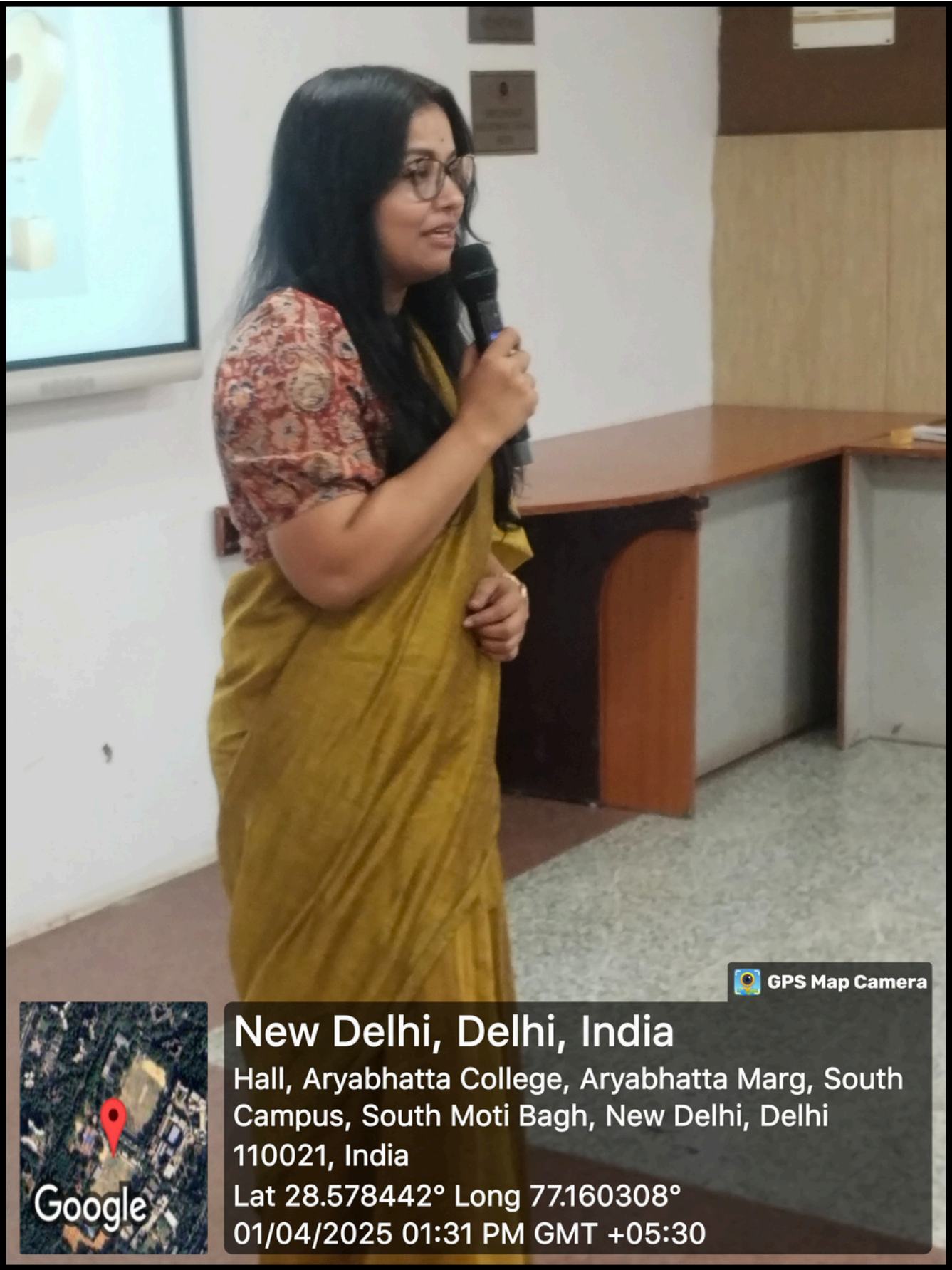
The keynote speaker for the event was Dr. Asha Gupta, MD in Anatomy from AIIMS, New Delhi, currently serving as a senior resident at VMMC & Safdarjung Hospital, New Delhi. Dr. Gupta delivered an informative and insightful talk on the physiological, psychological, and social aspects of menstruation.

, shedding light on the challenges faced by menstruating individuals in academic spaces.

Her session highlighted the need for inclusive infrastructure, empathetic faculty support, and awareness programs to break the stigma around menstruation. The talk was followed by an engaging Q&A session, where students actively participated and raised thoughtful questions, to which Dr. Gupta responded with depth and clarity.

The seminar successfully created a space for open dialogue and was well-received by the attendees. It marked a significant step towards fostering a more inclusive and supportive academic environment at Aryabhatta College.





Attendance:

GSC Name	Menstruation and Roll no.	Academic Life	Signature
1) Manish Kumar	MAT/22/27		Manish
2) Priyanshu Kumar	PSY/22/42		Priyanshu
3) Anisha Wahi	PSY/22/7		Anisha
4) Palak Majumdar	BAP/24/98		Palak
5) Vani Saini	BAP/24/49		Vani
6) Himani	BAP/24/22		Himani
7) Soukhti Kumari	ENG/24/103		Soukhti
8) Heena Sharma	Eng/24/121		Heena
9) NIDHI	CSC/22/63		Nidhi
10) HIMANI	CSC/22/17		Himani
11) Anchal Bharti	CSC/22/52		Anchal
12) Ashwin Chatur	BGP/22/20		Ashwin
13) Kanika Verma	BMS/24/42		Kanika
14) Pranjali Yadav	Pol/24/82		Pranjali
15) Divya Bhatia	BAP/24/75		Divya
16) Kashish	BAP/24/85		Kashish
17) Shalini	BAP/22/17		Shalini
18) Adash	BAP/22/1		Adash
19) Hridayan	BAP/22/44		Hridayan
20) Prameen	BAP/24/100		Prameen
21) Farman Khan	BMS/22/19		Farman
22) Bhawesh Dubey	HIS/22/72		Bhawesh
23) Md. Damishq	HIS/22/31		Md. Damishq
24) Upasana Yadav	HIS/22/56		Upasana Yadav
25) Sakshi Pathak	HIS/22/46		Sakshi Pathak
26) Divyanshu Khatri	HIS/22/22		Divyanshu
27) Anushka Sinha	PSY/22/09		Anushka

GSC Name	Menstruation and Roll no.	Academic Life	Signature
43) Runkun Yogi	HIS/22/28		Runkun
44) ANAN KR	BAP/23/6		Anan
45) Dipak Kumar	BAP/23/14		Dipak
46) Kaushal	HIS/22/28		Kaushal
47) Ashwani	HIS/22/16		Ashwani
48) Lokesh	HIS/22/30		Lokesh
49) DEVANSHU ANAND JATSWAI	EAP/24/18		Devanshu
50) Ravi Priyadarshi	POL/23/71		Ravi Priyadarshi
51) Gunn Namb	POL/23/26		Gunn
52) Dhruv Kishan	BSE/22/15		Dhruv