

ARYABHATTA COLLEGE, UNIVERSITY OF DELHI GENDER SENSITISATION COMMITTEE EVENT REPORT



Event: Menstruation And Academic Life

Date: 1 April, 2025

Organized by: Gender Sensitization Committee, Aryabhatta College

Event Title: Menstruation And Academic Life

Speaker: Dr. Asha Gupta





The Gender Sensitization Committee of Aryabhatta 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.

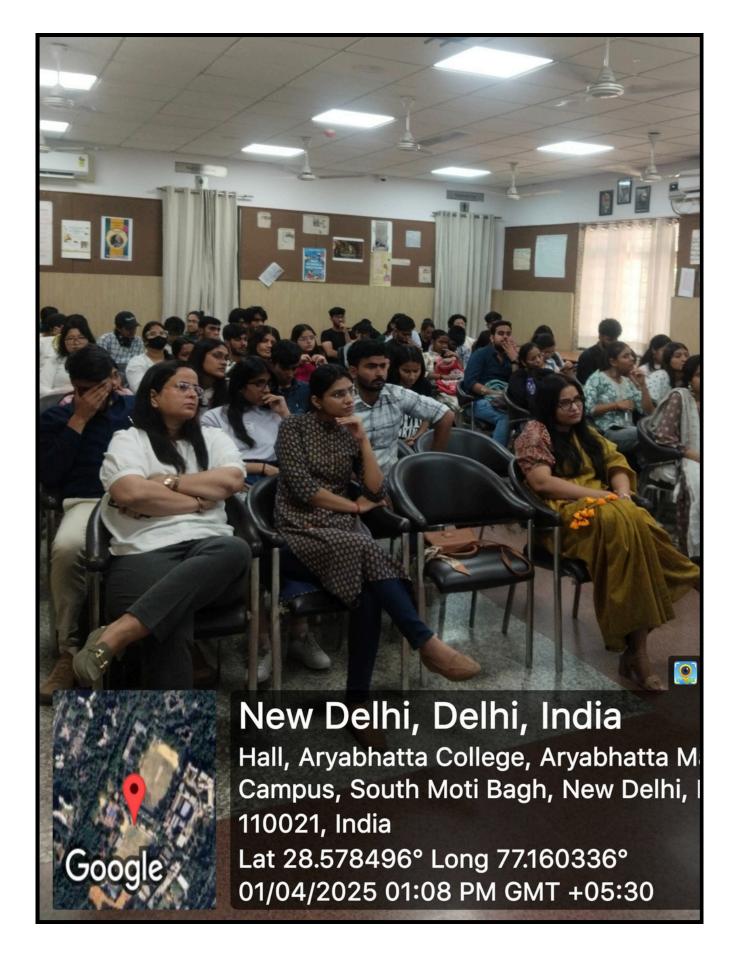
Her session highlighted the need for inclusive infrastructure, empathetic faculty support, and awareness programs to break the stigma around menstruation. The talk was followed by an engaging Q&A session, where students actively participated and raised thoughtful questions, to which Dr. Gupta responded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

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