

Menstrual Hygiene Day:

It was organized by the Department of Zoology, Mangaldai College on **28.05.2022**. The Resource Person Pritimoni Das, Assistant Professor, Department of Zoology, Mangaldai College delivered a talk on menstrual cycle, maintenance of hygiene during the cycle, nutrients required to cope up with blood loss and how to deal with the emotional turmoil during that time. She also gave emphasis on how this topic should not be treated as taboo and all should know the scientific background of menstrual cycle, irrespective of the gender.

Number of Participants= 40

