

Name of Activity: Our Bodies, Our Mind and Our Rights: Break the Period Taboos

Category: Workshop

Organising Unit: Jointly organized by IC, Departments of Psychology, and Human Rights in collaboration with IQAC, Ramakrishna Sarada Mission Vivekananda Vidyabhavan

Date: March 11, 2024

Time: 1.30 pm

Venue: Swamiji Bhavan

Name of Resource Person/s (with Designation): Dr Moupia Mukherjee, Independent Filmmaker, Writer and Gender Consultant

Number of Participants: 260


Brief Description of the Event and Programme Outcome: The Programme started with the Welcome Address by Dr. Chaiti Mitra, the IQAC Coordinator. The Felicitation of Dr Mukherjee by Sm. Mousumi Mukherjee, Department of Human Rights was followed by a short Prelude to the issue by Dr. Soma Marik, Chairperson of the IC, RKSMVV. The workshop took up myths and taboos surrounding Periods through a PowerPoint Presentation and how the patriarchal values relate periods to sexual harassment, showing the diagrams of the relevant organs of the body to show that menstruation is a biological process and normal in women and girls in puberty. Her documentary Film (The Day I Became A Woman) screening opened the floodgates of a wide range of questions and comments from students and faculty.

Programme Outcome: The students' interactive session was quite inspiring. Many have already broken these taboos constructed by patriarchy. The use of tampons and menstrual cups though by also shows that young teenage girls in their early 20s are not concerned about the socially constructed idea of chastity. The students realized that periods are not a matter of shame or isolation from normal life---it is as natural a physiological phase of the body as breathing. The takeaway is to break the silence on Periods and to make an effort to spread this message beyond the campus.


**RAMAKRISHNA SARADA MISSION
VIVEKANANDA VIDYABHAVAN**

INTERNAL COMMITTEE, DEPARTMENTS OF
PSYCHOLOGY AND HUMAN RIGHTS IN
COLLABORATION WITH IQAC ARE
ORGANISING

A WORKSHOP ON: OUR BODIES, OUR MINDS, OUR RIGHTS:
BREAK THE TABOOS
AND SCREENING OF THE DOCUMENTARY MOVIE " THE DAY I
BECOME A WOMAN"



AN INTERACTIVE SESSION WITH



Dr. Moupia Mukherjee
Independent Film Maker
Writer , Gender Consultant

Date : 11th March , 2024
Time : 1:30 PM
Venue: Swami ji Bhavan

**Ramakrishna Sarada Mission
Vivekananda Vidyabhavan**

**Programme
Schedule**

11.03.24

1:30 PM	Inauguration by Principal: Pravrajika Vedarupaprana
1:40 PM	Welcome Address : IQAC Coordinator Dr.Chaiti Mitra
1:45 PM	Introducing the Speaker : Ms.Aiswarjya Banerjee
1:50 PM	Felicitation of the Speaker : Smt.Mousumi Mukherjee
1:55 PM	Why this Screening: Dr.Soma Marik
2:00 PM	Workshop
2:30 PM	Film Screening
3:00 PM	Question - Answer Session
3:15 PM	Vote of Thanks: Ms.Moumita De
VENUE	SWAMIJI BHAVAN



