

<b>Date of Event</b>	12-01-2022
<b>Name and Type of Event</b>	Wake Up- It's Okay to Bleed!
<b>Conducted by</b>	Ms. Kritika Singh
<b>No. of Participant</b>	400 (approx.)

The School of Commerce and Management organized an event- "Wake Up- It's okay to Bleed!" on National Youth Day", i.e. 12th of January,2022. This day is observed all over India at schools and colleges with processions, speeches, recitations, youth conventions, and various other programs and this year we decided to take it to the next level by promoting a social cause and being the change we want to see! An online event was conducted to educate, enlighten & empower the young girls from our University and our youth as a whole on the topic which has been considered a taboo for centuries now- Menstruation.

A young generation of entrepreneurs across the region, looking forward to break this age old thought process has launched a comic book, Menstrupedia which is a guide to educate people around the world, particularly in India, on menstruation. It was started by Aditi Gupta and her husband, Tuhin Paul, and has successfully educated 1.5 crores of youth in India. It aims to help people understand the process of puberty in women and men, in order to destroy myths around menstruation and normalize the biological process. The online session was conducted by the social entrepreneur, who has bagged a fund of 1 crore from Shark Tank India, Ms. Aditi Gupta and her educators and attended by the students and faculty members of all departments of Arka Jain University. The session was extremely beneficial as all who attended the session gave a positive feedback looking forward to more such sessions in the future.

## Poster of the Event

**JGI**  
**ARKA JAIN University**  
Jharkhand (Jamshedpur)

Naamyaa  
Menstrupedia  
Youth Innovation Foundation  
SAMARTHYA

**On**  
**National Youth Day,**  
**SAMARTHYA** *under the aegis of*  
**SCHOOL OF COMMERCE & MANAGEMENT**  
*in association with* **NAAMYAA**

*Presents* \_\_\_\_\_  
**WAKING UP**  
**-It's okay to bleed!**

**12th January, 2022**  
 **11:00 AM (Wednesday)**  
 **Zoom**

**LINK**  
<https://menstrupedia.com/johar-periods>

**RESOURCE PERSONS**  
Ms. Aditi Gupta  
& Creative Team of Menstrupedia

**CONTACT DETAILS**  
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# Screenshot

