

BRIEF REPORT OF WEBINAR

Resource person: Dr. Vidhya L

Platform: Google meet

Date: 10-10-2021

Time: 7 30 pm

Webinar topic: Menstrual Hygiene

 **MAR. BASELIOS CHRISTIAN**
COLLEGE OF ENGINEERING & TECHNOLOGY
KUTTIKANAM, PEERMADE

 DEPARTMENT OF
ELECTRICAL AND
ELECTRONICS
ENGINEERING

| MENSTRUAL HYGIENE |

SPEAKER

Online
WEBINAR

10th-OCT-2021
7:30 PM

DR. VIDHYA L
Asst. Surgeon , PHC Thazhakkara

 **tvv-oomy-uyt**

 **More Info :**
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Good menstrual hygiene is essential for the health and dignity of girls and women. Discussions on menstrual hygiene are important for adolescent girls to clarify existing myths and misconceptions around menstruation. Improving menstrual hygiene is important from the point of view of personal comfort and increased mobility. It also reduces the likelihood of infections resulting from poor hygiene practices during menstruation. Providing girls with knowledge and skills on maintaining menstrual hygiene improves school attendance among girls, who otherwise may not attend school during those days or even drop out of school altogether.

Dr. Vidhya is now working at PHC Thazhakkara. She discussed about the need for menstrual hygiene and also on use and disposal of sanitary pads.

The key ideas she spread among us were on the topics

- The basic elements of menstruation and menstrual hygiene
- Proper use and safe disposal of sanitary napkins
- How to communicate the benefits of sanitary napkins and motivate girls in the use of sanitary napkins
- Ensuring a regular supply of sanitary napkins in your community
- Recording and reporting the uptake of sanitary napkins.

Lack of menstrual hygiene has its own complications. Also, ignorance, misconceptions, unsafe practices, and illiteracy of the mother and child regarding menstruation are the root causes of many problems. So, there is a big need to encourage adolescents at school levels to practice safe and hygienic behaviors.

After the session there is a doubt clearing session. Students clarified their doubts on life style disorders.

Program arranged and report

Approved by:

Fini Fathima

Assistant professor

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HOD, EEE Dept

20-10-2021