

Menstrual Health and Hygiene

Date of Event: 02/07/2022

Faculty In-charge

Dr.Purnima S Kumar & Ms. Joicy Joy

Women cell -Menstrual Health and Hygiene



Report

Women cell organized an online session for Faculty and students of Naipunnya Institute of Management and Information Technology Pongam in association with Globalhunt Foundation, Unicharm India. The session was taken by a speaker Ms. Roshnee Bowmick, on Menstrual Health and Hygiene. The session was conducted in Zoom Platform on July 7th from 2:00PM to 3:00 PM. There were 133 participants and the session in need was fruitful for the students and faculty. Students and faculties had a new exposure to healthy habits during menstrual cycle and also, they learnt how to practice hygiene ways.

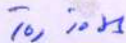
Prepared by,



Event in charge

Dr. Purnima S Kumar & Ms. Joicy Joy
(Women cell Coordinators)

Verified and Reviewed by



Dr. Joy Puthussery
(Dean Of Studies)

Approved by,



Rev. Dr Paulachan K.J
(Principal)



Speaker's Profile



Name: Ms. Roshnee Bhowmick

Designation: CSR Executive

Profile in Unicharm:

Working with Unicharm India since 2018. Mainly responsible for all CSR activities in West Bengal. Campaigning for Menstrual Health and Hygiene management in West Bengal mainly in educational institutions, non-profit organizations and in the community level as well. Has conducted more than 200+ sessions on Menstrual Health in educational institutions and grass root level in Kolkata.

Graduated with Psychology (Hons) and hold a Master's Degree in Social Work. Worked in the area of child protection & health for more than 6 years. Represented the state at NIPCCD on child protection issues.

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Brochure

**NAIPUNNYA INSTITUTE OF MANAGEMENT
AND INFORMATION TECHNOLOGY (NIMIT)
PONGAM, KORATTY**
(Affiliated to the University of Calicut, Accredited by NAAC with B++, ISO 9001-2015 Certified)

Naipunnya


**WOMEN CELL ORGANISES
ONLINE SESSION
ON
*Menstrual Health
and Hygiene***

RESOURCE PERSON

FOR FACULTY AND STUDENTS

**07 JULY 2022
2:00 PM - 3:00 PM
ON ZOOM PLATFORM**

**MS. ROSHNEE BHOWMICK
CSR EXECUTIVE, UNICHARM**



Women cell -Menstrual Health and Hygiene



Attendance

Close

Participants (133)

- HJ Hyacinth Joy
- JB Jislin baby
- J Jithu'
- JS Johns Shaju
- JJ Joshwa Jose
- J Joy Joseph's iPhone
- JV Juliya V S
- JJ Juliyat Jojo
- JP Justin paul
- LT Laiby Thomas
- L Lib
- MJ Mariya Joseph
- MJ Mariya Joy

Invite





MENSTRUAL HEALTH & HYGIENE MANAGEMENT



CSR Initiative of Unicharm India

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Rationale

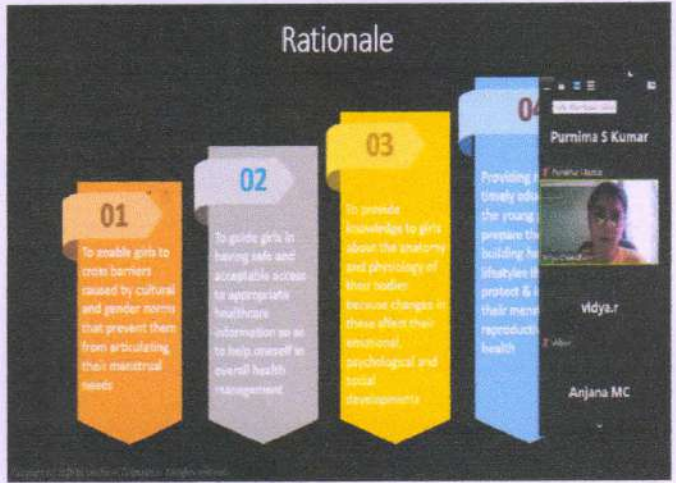
- 01** To enable girls to cross barriers created by cultural and gender norms that prevent them from articulating their menstrual needs
- 02** To guide girls in having safe and acceptable access to appropriate healthcare information so as to help oneself in overall health management
- 03** To provide knowledge to girls about the anatomy and physiology of their bodies because changes in these affect their emotional, psychological and social development
- 04** Providing timely advice to the young people to build their lifestyles, protect & improve their men's reproductive health

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Reproductive Phase in Women



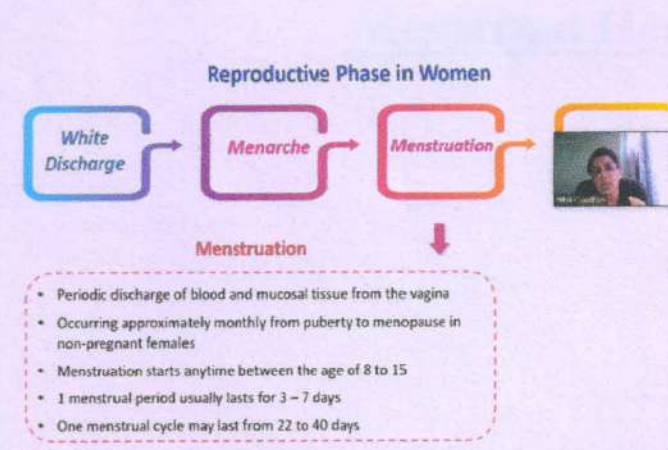
Menstruation

- Periodic discharge of blood and mucosal tissue from the vagina
- Occurring approximately monthly from puberty to menopause in non-pregnant females
- Menstruation starts anytime between the age of 8 to 15
- 1 menstrual period usually lasts for 3 – 7 days
- One menstrual cycle may last from 22 to 40 days


White Discharge

Menarche

Menstruation




Risk and Prevention of Infection During Periods

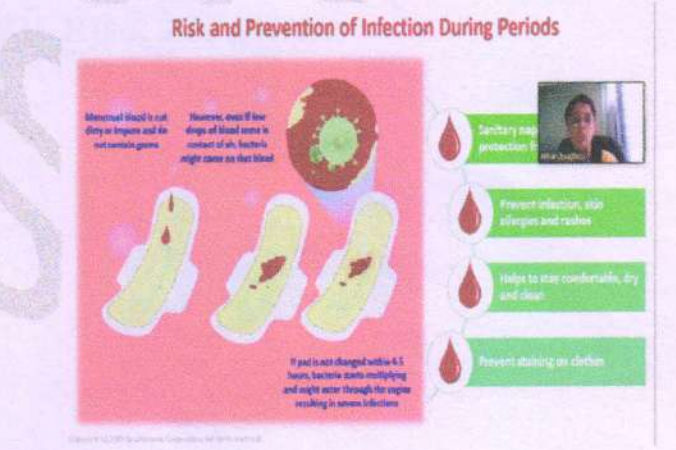


- Menstrual blood is not dirty or impure and do not contain germs
- However, even if few drops of blood come in contact of air, bacteria enter same as that blood
- Sanitary pads prevent infection, stop odour and rashes
- Helps to stay comfortable, dry and clean
- Prevent staining or odour

If pad is not changed within 4-5 hours, bacteria starts multiplying and might enter through the vagina resulting in severe infections

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Healthy lifestyle

Have balanced diet. Including food resembling the Indian flag in your diet will ensure that you get all the required nutrients such as calcium, protein, iron, vitamin B12 and carbohydrates.


One may experience nausea and bloating during periods. Having small sips of water is a good idea. However, one should not drink too much water.

Drinking adequate amount of water helps to reduce bloating and water retention which are common during periods.


Do not skip breakfast.

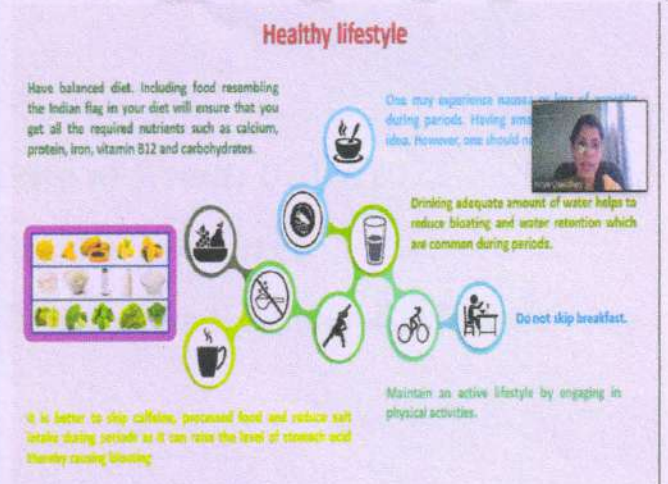
Maintain an active lifestyle by engaging in physical activities.

It is better to skip caffeine, processed food and reduce salt intake during periods as it can raise the level of stomach acid thereby causing bloating

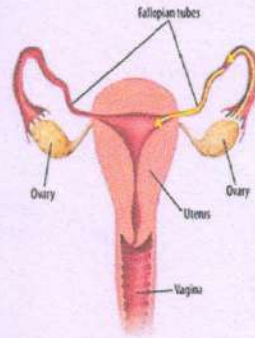


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Female Reproductive System



- The ovaries are paired female reproductive organs that produce the eggs (ova)
- Fallopian tubes along from the ovaries to the uterus
- The uterus is a pear-shaped muscular organ. It receives a fertilized ovum which is implanted into its inner lining (endometrium)
- Vagina is the muscular tube leading from the external genitalia to the uterus

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