

Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

Academic Year (2021-2022)

Department of Computer Science

Summary Report

1) Title of Programme	Menstrual Hygiene Training for Girls		
2) Name of Organizing Department/Unit	Department of Computer Science		
3) Name of Coordinator/Convener/Organizer	Dr. R. R. Londhe		
4) Date Of Programme	14 th July, 2021		
5) Venue:	Department of Computer Science		
6) Target Group	All the girls students from Science, B. Voc., Commerce and Arts Department		
7) Number of participants:	Male	Female	Total
	-	Registered -310 Attendees -100	310
8) Names and Details of Resource Person if any:	Mrs. Nitya Chaudhary (CSR Executive, Unicharm India)		
9) Total Expenditure for the Programme:	Nil		
10) Source of funding	GlobalHunt Foundation and Unicharm India		

Title: Menstrual Hygiene Training for Girls

Organizer: Dr. R. R. Londhe

Date: 14th July, 2021

Venue: (Online)

Introduction:

A highly informative one day workshop on “Menstrual Hygiene Training for Girls” was conducted. It is organized by Department of Computer Science in collaboration with the Global Hunt Foundation and Unicharm India on 14th July, 2021. This event sponsored by GlobalHunt Foundation and Unicharm India.

- The Menstrual Hygiene Training for Girls” workshop’s Resource Person Mrs. Nitya Chaudhary has given very rich information regarding hygiene practice during the Menstruation.
- She addressed about the Hygiene-related practices of women during menstruation are of considerable importance, as it has a health impact in terms of increased vulnerability to reproductive tract infections (RTI).

Objectives of the Programme/ issues addressed:

- To assess the awareness about menarche and their sources of information before its onset.
- To increase awareness among young girls on Menstrual Hygiene.
- To find out the status of menstrual hygiene among adolescent girls to expand the status of hygiene.

Details of Participants: There were 100 Participants and remaining participants were live from the YouTube channel in this one-day Workshop of “Menstrual Hygiene Training for Girls”. All the Science, Commerce and Arts faculty girl students were participated in this workshop.

Brief Summary of Events/ Sessions:

- Mrs. Nitya Chaudhary had given needful information of Menstruation and their hygiene practices.

- She had demonstrated a need to design acceptable awareness creation and advocacy programs to improve the knowledge and promote safe hygienic practice of adolescent girls during menstruation.
- She also explained that, Women having better knowledge regarding menstrual hygiene and safe practices are less vulnerable to RTI and its consequences. Therefore, increased knowledge about menstruation right from childhood may escalate safe practices and may help in mitigating the suffering of millions of women.
- She provided some information regarding the types of absorbents used by women during their menstruation also given the information of menstrual waste disposal techniques used by women.
- She also explained the perspective of our surrounding society as Menstruation is still regarded as something unclean or dirty in Indian society.
- The reaction to menstruation depends upon awareness and knowledge about the subject. The manner in which a girl learns about menstruation and its associated changes may have an impact on her response to the event of menarche.
- She also addressed some health-related issues as the menstruation is a natural process, it is linked with several misconceptions and practices, which sometimes result into adverse health outcomes.

Conclusion:

- Menstrual hygiene, a very important risk factor for reproductive tract infections, is a vital aspect of health education for adolescent girls.
- Menstrual hygiene should be promoted by implementing a course on menstruation and menstrual hygiene management.
- There is a big need to encourage adolescents' girls to practice safe and hygienic behaviours students are satisfied with the information shared by resource person
- We have taken a feedback from the girl students and analysed it, t this programme has enhanced the importance of Menstrual Hygiene.

Geotag Photograph

Zoom Meeting

Recording

Rationale

- 01**
To enable girls to cross barriers caused 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 developments
- 04**
Providing right and timely education to the young girls to prepare them for building healthy lifestyles that can protect & improve their menstrual & reproductive health

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Participants (100)

Find a participant

- D (Co-host, me) Unmute More
- Renuka Londhe (Host)
- nitya chaudhary (Co-host)
- (82) Akash Kamble
- [7] Gavhane Ameya
- 02_Sonali Bansode
- 11k2ppJKIBCeryaZt_9015wKgrA...
- 20(A)Bhandare Rutuja Antram
- 201_Nikita Awaghade
- 240 Puri revati ramkishan
- 258_Saraswati Natve
- 274 Tanuja Bhosale

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Zoom Meeting

White Discharge

Menarche

Menstruation

Menopause

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

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- nitya chaudhary (Co-host)
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- 201_Nikita Awaghade
- 240 Puri revati ramkishan
- 258_Saraswati Natve
- 271Supalkar sandhya
- 274 Tanuja Bhosale

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	<p>Reproductive Phase in Women</p> <p>White Discharge → Menarche → Menstruation → Menopause</p> <p>Menopause is the process through which a woman ceases to menstruate or be fertile.</p> <p>Menopause that occurs before a woman is in her mid-40s is known as early or premature menopause.</p> <p>Causes for Early or Premature Menopause-</p> <ul style="list-style-type: none"> •Reduction in levels of the hormones (estrogen and progesterone) trigger the effects of menopause •Enzyme deficiencies •Thyroid disorders •Chemotherapy or radiotherapy •Surgical removal of ovaries <p>Effects of menopause-</p> <ul style="list-style-type: none"> •Irregular periods usually precede menopause, and can begin years before periods actually cease. •Mood swings •Vaginal dryness •Changes in cognition and memory •Hot flashes •Diminished desire for sex •Sleep disturbances •Weight gain •Night sweats •Vaginal pain during intercourse <p>If a woman is 55 or older and still hasn't had menopause, it is known as late-onset menopause</p> <p>Causes for Late-onset menopause-</p> <ul style="list-style-type: none"> •Thyroid disorders •Obesity •High levels of estrogen •Genetics <p>Copyright (c) 2019 by Unicharm Corporation. All rights reserved.</p>
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