



**National Cadet Corps - NCC**

**Centre for Sustainable Development Goals - SDG**

**Karpagam Academy of Higher Education – KAHE**

**Karupa Institute of Development Initiative KIDI**

**Globalhunt Foundation**

Jointly organized

**The Webinar on the Topic “Menstrual Hygiene Session” (03-02-2022)**

### **List of Activities**

- ✚ Welcome Address
- ✚ Awareness lecture
- ✚ Discussion Session
- ✚ Vote of Thanks

### **REPORT ON MENSTRUAL HYGIENE SESSION**

The webinar on the topic Menstrual Hygiene has been organized by NCC- National Cadet Corps- Karpagam Academy of Higher Education and SDG-Sustainable Development Goals on 03<sup>rd</sup> February 2022 at 3.00 pm. The purpose of this Webinar is to raise awareness about Menses. The webinar was organized in well manner and the Speaker of the program is Mrs. Nitya Chaudhary, specialist in Social work and women empowerment and also working with unicharm India since 2016 as an integral part of CSR team, she gave a long elaboration on the topic “Dreams to Reality”. The session

was very interesting and our students had few questions regarding Biological factors in our body movement.

The screenshot shows a Google Meet interface. At the top, the browser tabs include Google, keyboard symbols, Menstrual Hygiene Sessi..., Meet - zxy-kcmd-rrr, and Google Chrome Help. The address bar shows the meeting URL: meet.google.com/zxy-kcmd-rrr. The main content area displays a presentation slide titled "Female Reproductive System" from a Microsoft PowerPoint application. The slide features a central anatomical diagram of the female reproductive system with labels for Fallopian tubes, Ovary, Uterus, and Vagina. Surrounding the diagram are four text boxes: "The ovaries are paired female reproductive organs that produce the eggs (ova)", "Fallopian tubes are a pair of tubes along which eggs travel 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)", and "Vagina is the muscular tube leading from the external genitals to the uterus". The Meet interface includes a video grid on the right with participants like nitya chaudha..., R.Themzochi..., and 21CSU130 HARI..., and a bottom control bar with icons for mute, video, chat, and other functions. The system tray at the bottom shows the time as 3:38 PM on 03-02-2022.

The screenshot shows a Google Meet interface. At the top, the browser tabs include Google, keyboard symbols, Menstrual Hygiene Sessi..., Meet - zxy-kcmd-rrr, and Google Chrome Help. The address bar shows the meeting URL: meet.google.com/zxy-kcmd-rrr. The main content area displays a presentation slide titled "Menstrual Cycle" from a Microsoft PowerPoint application. The slide features a circular diagram of the menstrual cycle with several text boxes: "The cycle begins on Day 1 of menstrual bleeding", "If the egg is not fertilized, hormonal changes signal the uterus to shed its lining along with the egg", "If fertilization occurs, the fertilized egg will travel to the uterus and implant in the uterine wall", "The uterine lining becomes thicker and enriched in blood and nutrients", "Over the bleeding stage, the uterine lining sheds and prepares for the possibility of bearing a baby", and "The total blood loss over the course of the period is around 3-5 tablespoons but variations of other fluids can make it seem more". A red pushpin icon is placed over the text box about total blood loss. The Meet interface includes a video grid on the right with participants like nitya chaudha..., Shahina 21ITU11, and 21CSU130 HARI..., and a bottom control bar with icons for mute, video, chat, and other functions. The system tray at the bottom shows the time as 3:40 PM on 03-02-2022.

Our Speaker, gave orientation about female reproductive system provides several functions. The ovaries produce the egg cells, known as ova or oocytes. The oocytes are then transported to the fallopian tube where fertilization. The fertilized egg moves to the uterus, where the uterine lining has thickened in response to the normal

hormones of the reproductive cycle. Once in the uterus, the fertilized egg can implant into thickened uterine lining and continue to develop.

The screenshot shows a Google Meet window with a presentation slide titled "Risk and Prevention of Infection During Periods". The slide content includes:

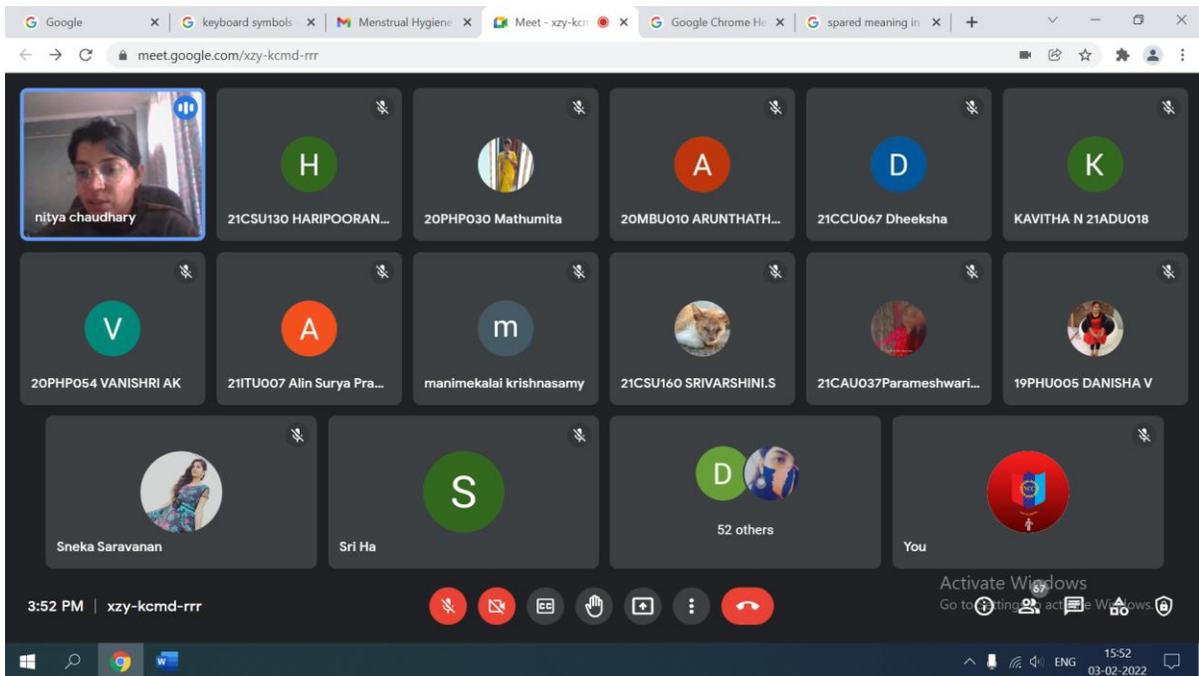
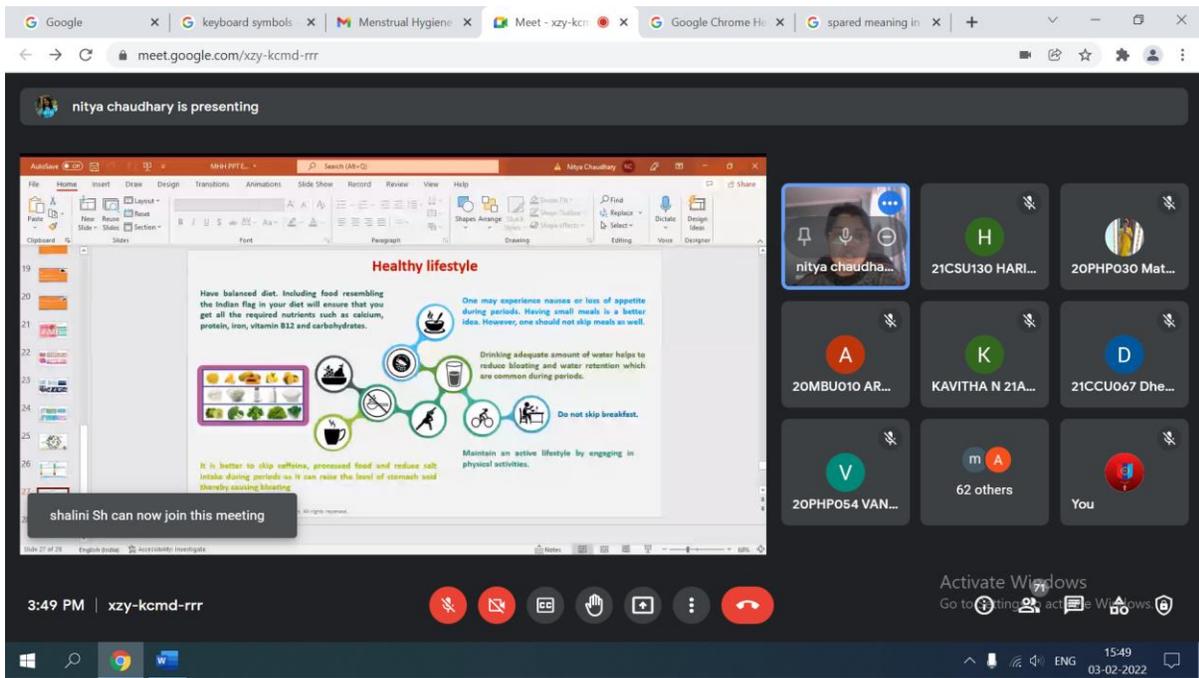
- Menstrual blood is not dirty or impure and does not contain germs.**
- Flowers, even if few drops of blood come in contact of air, bacteria might come on that blood.**
- Sanitary napkins help in better protection from bacteria.**
- Prevent infection, skin allergies and rashes.**
- Helps to stay comfortable, dry and clean.**
- Prevent staining on clothes.**
- If pad is not changed within 4-5 hours, bacteria starts multiplying and might enter through the vagina resulting in severe infections.**

The presentation is displayed in a software window titled "Nitya Chaudhary" with a standard ribbon interface. The Meet interface shows a grid of participants, including "nitya chaucha...", "21CSU130 HARI...", "20PHPO30 Mat...", "20MBU010 AR...", "21ITU007 Alin S...", "21CCU067 Dhe...", "KAVITHA N 21A...", "59 others", and "You". The system tray at the bottom indicates the time is 3:46 PM on 03-02-2022.

Our Speaker elaborated about Risk and Prevention of infection During Periods and she gave some ways to prevent yeast infections by practicing good vaginal hygiene. Here are some ways to prevent these conditions:

- Avoid very tight-fitting clothing, such as pantyhose or skinny jeans, which can increase the amount of body heat and moisture around your genitals.
- Avoid douching or using scented tampons, as well as feminine sprays, powders, and perfumes that can disrupt the normal balance of organisms in your vagina.
- Change your pads and tampons often.
- Keep your vaginal area clean by washing with a mild, unscented soap and water and Wear clean, cotton underwear.
- Take off your swimsuit immediately after getting wet so your vaginal area can air out.

- Wipe from front to back to help prevent the spread of bacteria from your anus to your vagina and urinary tract.



Students have discussed with our speaker and this Program gave a wide knowledge about Menstrual Hygiene. 100 students participated in the live session.