

One Day Seminar on Menstrual Hygiene

Conducted by Women's Cell and Jeevani in association with the students Union, Government College, Kariavattom on 20/01/2023 at the New seminar Hall.

The seminar started at 10 am.



Mr. Pradeep Kumar, educator on menstrual hygiene practices and personality development was the resource person for the seminar.

Need of the awareness Session

Menstrual hygiene is significant in ensuring that your everyday life does not get interrupted by menstruation-college/ work/daily activities. Prevention of possible Urinary tract Infections, if left untreated could cause kidney infection. Maintaining proper hygiene also ensures that you never run into potential situations of embarrassment and hence makes you feel confident about yourself and your body.

Menstruation and menstrual practices still face many social, cultural, and religious restrictions which are a big barrier in the path of menstrual hygiene management. In many parts of the country especially in rural areas girls are not prepared and aware about menstruation so they face many difficulties and challenges at home, schools, and work places. Girls and women have very less or no knowledge about reproductive tract infections caused due to ignorance of personal hygiene during menstruation time. In rural areas, women do not have access to sanitary products or they know very little about the types and method of using them or are unable to afford such products due to high cost. So, they mostly rely on reusable cloth pads which they wash and use again. So, there should be a need to educate and make them aware about the environmental pollution and health hazards associated with them. Implementation of modern techniques like incineration can help to reduce the waste.

The seminar had a discussion on various Hormones involved and their functions. Estrogen- Discharge of blood –menstruation/period Luteinizing Hormone- release of ovum- female egg Progesterone- implantation of embryo for pregnancy.

Healthy ways in dealing with the menstrual flow: The options available are: Disposable sanitary pads, Reusable cloth pads or menstrual cups. There is no need to feel overwhelmed or feel dirty during these days, because periods are a natural process of the body, just like yawning, sneezing, hunger or thirst, etc. The only thing you need to do is take special care of your body's hygiene and avoid unwanted infections during this time. What all can happen if hygiene is not maintained? During the periods, the area around the genitals is moist, whether you use a disposable pad or a reusable pad, there is a possibility of several types of infections if the area remains damp for too long. This infection can cause itching and irritation in the vagina. Due to this dampness, rashes in the along the line of innerwear area are also common.



How to Maintain hygiene during menstrual cycle? Staying healthy and active: 1. Leading a healthy and stress free life can keep your menstrual cycle regular and periodical. 2. On the contrary, an unhealthy lifestyle can disrupt your menstrual cycle and it becomes difficult to

predict your next period. 3. A balanced diet including appropriate amounts of essential nutrients also plays an important role in regularizing your periods and help maintain a healthy physical and mental wellbeing.

The second session focused on the pros and cons of using menstrual cup. A menstrual cup is a type of reusable feminine hygiene product. It's a small, flexible funnel-shaped cup made of rubber or silicone that is inserted into vagina to catch and collect period fluid. Cups can hold more blood than other methods, leading many women to use them as an eco-friendly alternative to tampons. The speaker introduced different popular brands of cups to students, Keeper Cup, Moon Cup, Lunette Menstrual Cup, DivaCup, Lena Cup, and Lily Cup. There are also a few disposable menstrual cups on the market, such as the Insteada Softcup.

The seminar ended by 12 pm, with a vote of thanks from the Students Union Chairman, Sonitha AP, student of final year B.Sc. Biotechnology. The seminar was rich with equal participation from boys and girls of all departments, and was really good in creating an awareness on menstrual hygiene and its importance among students.