

**Bharati Vidyapeeth (Deemed To Be) University,
College of Engineering, Pune.**

Report of Expert Talk on “Menstrual Health and Hygiene”

Women Cell of Bharati Vidyapeeth (Deemed to be) University College of Engineering, Pune organized expert talk on “Menstrual Health and Hygiene” on 31th March 2021 from 11.00am to 12.15 pm. Ms Roshnee Bhowmick, CSR Executive, Unicharm India delivered the talk.

Various phases of children’s puberty was elaborated by Roshnee. She also focused on physical and emotional changes during the puberty phases and how to deal with it. Expert expressed her view on reproductive phases in women from Menarche to Menopause and women’s emotional journey during that period. Importance of Yog aasaan like Vajrasan, Shashakaasana in reducing physical pain such as period cramp, constipation , mental/emotional pain like anger ,mood swing etc was also discussed.

She also talked about feminine hygiene management where she focused on some key aspects which every girl should know, like using clean and soft absorbent sanitary products &changing it often to avoid infection /rashes, use of clean Indian toilets etc. She also discussed about disposal of sanitary napkin in proper way. Some misconception versus facts about menstrual period was illustrated.

At last expert advised all girls to maintain healthy lifestyle and healthy diet to have pain free and regular cycles of periods.

Vote of thanks was extended by Amruta Patil to experts and acknowledged the continuous support from Principal Dr. Anand Bhalerao in arranging this program. The program was indeed a great success.

Reproductive Phase in Women



2. Shashankasana (Moon/ Hare Pose)



Do not do this if you have very high blood pressure, slipped discs, increased eye pressure, or vertigo.

Instructions

1. Sit in Vajrasana.
 2. Keep your spine and head relaxed, but upright.
 3. Close your eyes and relax your body completely.
 4. Inhaling, lift your arms overhead, keeping them straight and shoulder-width apart.
 5. Exhaling, bend forward from the hips, keeping the buttocks on your heels, bringing your arms and forehead to the floor.
 6. Breathe normally and become aware of your natural breathing.
- This is one round. Do 3-5 rounds of the same.



Use and Disposal of Sanitary Napkins



Throw the used pad in dustbin which is regularly cleared

Remove from individual wrap

Roll the used pad in waste paper or individual wrap

Remove sticker paper from back of pad

Remove stickers from wings and roll along the sides of panty

Stick pad on the inner side of panty

Store pads in a hygienic and dry place



Feminine Hygiene Management



01 Use of clean and soft absorbent sanitary products & change sanitary napkins at regular intervals

02 Take bath at least once a day, even during periods & keep the area between the legs dry and clean

03 Use of clean and dry undergarments and change those daily & dry undergarments under the Sun

04 Wash the genital area with plain water (no soap) every time you use the toilet (also after urination). Avoid using any fragranced cream or lotion around the vaginal area.

05 Always wash from front to back after defecation

06 Wash hands before and after changing sanitary napkins. Use cotton panty during menstruation

07 Use a clean toilet or use an Indian toilet at public areas as these have lower incidence of spreading RTI

08 Store sanitary napkins in clean and dry place

Menstrual hygiene reduces the incidence of reproductive tract infection (RTI)