



"Techno - Social Excellence"

Marathwada Mitramandal's Institute of Technology (MMIT)

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Date: 16/05/2021

Report on

"Menstrual health and Hygiene"

Department of Mechanical Engineering of Marathwada Mitra Mandal's Institute of Technology (MMIT), Lohgaon, Pune has Organized session on **"Menstrual health and Hygiene"** on 15th May 2021.

This session was conducted by Unicharm India for our college girl's students and ladies faculties. The session was very informative which benefited the participants to maintain hygiene. Also the interaction helps the participants to clear their doubts. Ms. Roshnee Bhowmick who is CSR Executive in Unicharm delivered the session for all participants very nicely. She has introduced session with menstrual health and what are the hygiene required during this period and the importance of sanitary napkins for ladies.

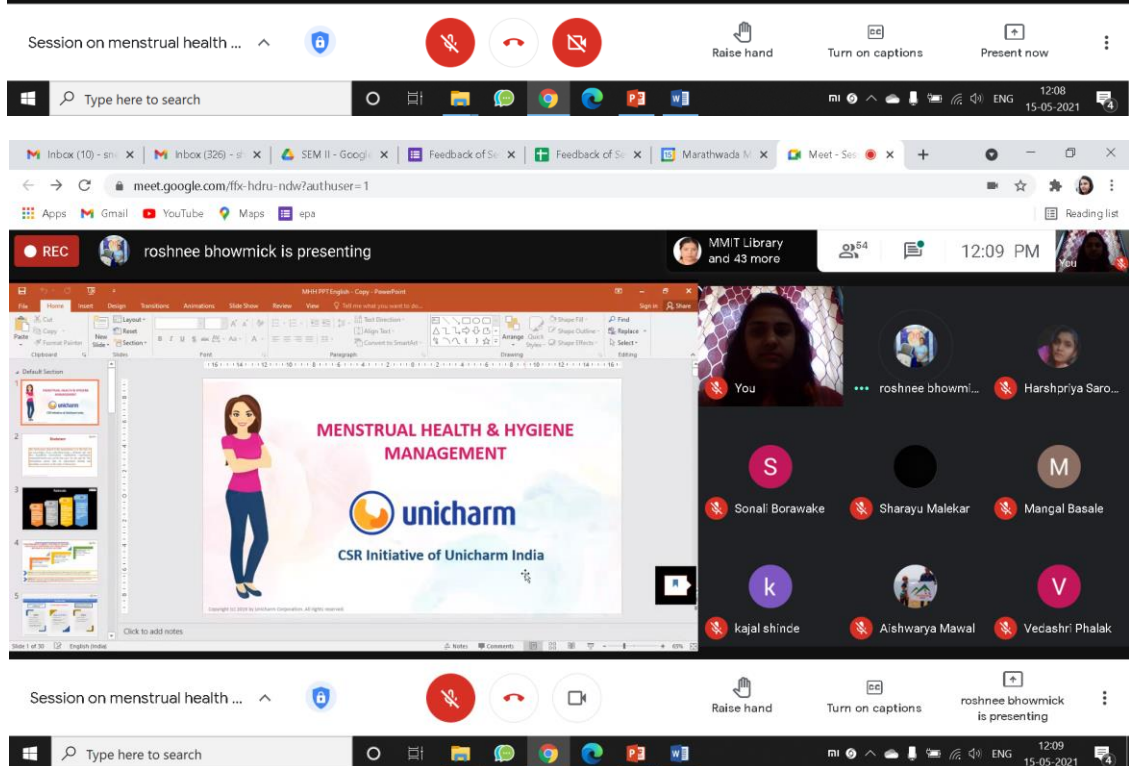
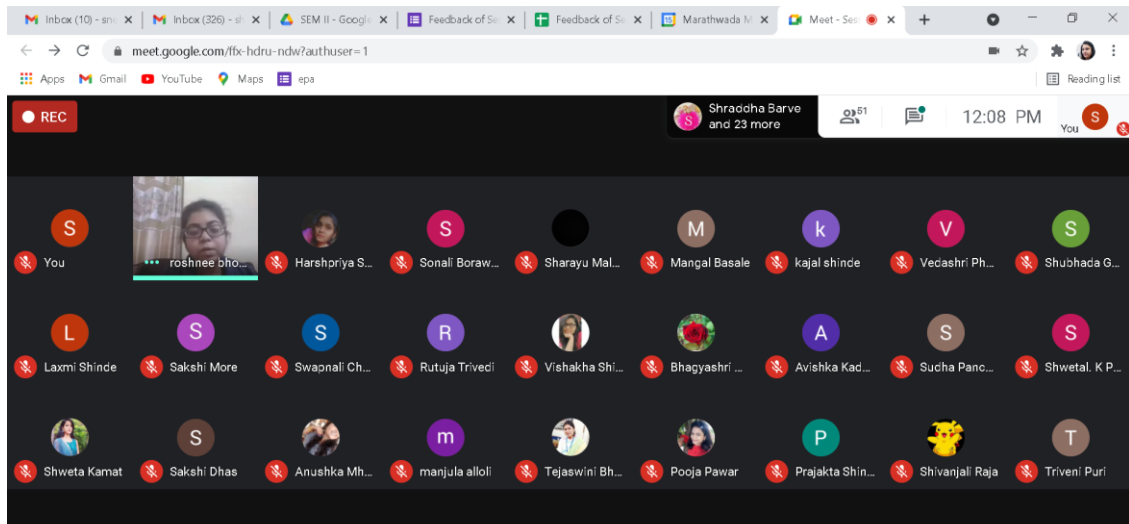
Details are given below:

Speaker :- Ms. Roshnee Bhowmick
(CSR Executive in Unicharm)
Date :- 15th May 2021
Time :- 12.00 PM -1.00 PM
Mode :- Online (G-Meet)
Total Participants :- 66

Faculty Coordinator
Prof. S .G. Nerkar

HOD, Mech

Session Photographs



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roshnee bhowmick is presenting

Rutuja Trivedi and 47 more

12:11 PM

Session on menstrual health ...

Disclaimer

The information shared in the presentation is to the best of our knowledge. Every individual being a different self, the data / hypothesis / assumptions / explanations / experiences mentioned herein may not be the same for one and all. The presentation carries data for information sharing and spreading awareness on the topic of discussion.

Click to add notes

Session on menstrual health ...

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roshnee bhowmick is presenting

Sakshi More and 50 more

12:15 PM

Session on menstrual health ...

Rationale

01 To enable girls to understand the importance of menstrual health and its management.

02 To provide girls in learning and appropriate access to appropriate information as well as help them to manage their menstrual health.

03 To provide knowledge on girls' health and physiology of menstruation.

04 Providing right and timely education to the young girls to prepare them for healthy lifestyles that can protect and improve their menstrual and reproductive health.

Session on menstrual health ...

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roshnee bhowmick is presenting

Sonali Borawake and 51 more

12:16 PM

Session on menstrual health ...

CHILDREN ENTER PUBERTY ANYTIME IN THE EARLY ADOLESCENCE DEPENDING ON THEIR GENETIC, BIOLOGICAL & SOCIAL FACTORS

Early Adolescence - (10 to 13 Years of age)
Transition to adolescence characterized by puberty

Middle Adolescence - (14 to 16 years of age)
Onset of adolescence, strong peer group influence

Late Adolescence - (17 to 19 years of age)
Transition to adulthood and adult roles

Puberty is the process of physical changes through which a child's body matures into an adult body capable of reproduction. It is initiated by hormonal signals from the brain to the gonads (ovaries in girls, testes in boys).

Adulthood is the period in the human lifespan in which full physical and intellectual maturity has been attained. Adulthood is commonly thought of as beginning between the age 18 to 21 years.

Session on menstrual health ...

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REC roshnee bhowmick is presenting Vedashri Phalak and 54 more 12:21 PM

Session on menstrual health ...

Windows taskbar: Type here to search, 12:21 15-05-2021

Slide Content:

Hormones are chemical substances made and released in one part of the body that stimulates change in another part of the body

Male Hormone released - Testosterone

AT THE START OF PUBERTY

BOYS

- Voice-deepening
- Shoulders broaden
- Facial hair growth
- Sperm production starts
- Penis development and enlargement of testis

Boys and Girls

- Pimples on face
- Growth spurt - rise in height & weight
- Hair grows on sex organs and armpits

GIRLS

- Breasts develop
- Menarche & Ovulation
- Pelvis & hips widen

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REC roshnee bhowmick is presenting Avishka Kadam and 55 more 12:27 PM

Session on menstrual health ...

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Slide Content:

During puberty, hormones also lead to emotional and behavioral changes

Looking for an identity / Being carried away

Peer pressure

Mood swings

Very emotional and sensitive

Being conscious about self

EMOTIONAL AND BEHAVIORAL CHANGES

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REC roshnee bhowmick is presenting MANJUSHA GHAN... and 49 more 12:40 PM

Session on menstrual health ...

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Slide Content:

not fertilized, signal the d its lining along the egg

on occurs, the will travel to the empt to implant terine wall

Once the bleeding stops, the uterine lining (also called the endometrium) begins to prepare for the possibility of bearing a baby

The uterine lining becomes thicker and enriched in blood and nutrients

The total blood to the course of the around 2-3 table but secretions o fluids can make seem more

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REC roshnee bhowmick is presenting S Sneha Shinde and 47 more 12:43 PM You

Menstrual Management

This will give you an idea about:

- Length of your menstrual cycle
- Number of days you bleed
- Tracking your menstrual cycle will help you to stay prepared for the next menstruation

Tracking is important to understand our cycle, as well as to have healthy periods. Missing periods or having prolonged periods are causes of:

- PCOS
- Thyroid disorders
- Uterine fibroids
- Diabetes
- Endometriosis
- PID (Pelvic Inflammatory Disease)

The average menstrual cycle is 28 days long. It usually happens between 21-40 days.

A menstrual cycle is counted from the first day of one menstruation to the first day of the next menstruation.

January 2018

Session on menstrual health ...

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REC roshnee bhowmick is presenting S Sakshi Jagtap and 47 more 12:50 PM You

Causes of Abnormal Menstruation

Causes

Polycystic ovary syndrome

In polycystic ovary syndrome (PCOS), the ovaries make large amounts of androgens, which are male hormones. Small fluid-filled sacs (cysts) may form in the ovaries. These can often be seen on an ultrasound. The hormonal changes can prevent eggs from maturing, and so ovulation may not take place consistently. Sometimes a woman with polycystic ovary syndrome will have irregular periods or stop menstruating completely. In addition, the condition is associated with obesity, infertility and hirsutism (excessive hair growth and acne). This condition may be caused by a hormonal imbalance, although the exact cause is unknown.

Premature ovarian insufficiency

This condition occurs in women under age 40 whose ovaries do not function normally. The menstrual cycle stops, similar to menopause. This can occur in patients who are being treated for cancer with chemotherapy and radiation, or if you have a family history of premature ovarian insufficiency or certain chromosomal abnormalities.

Pelvic inflammatory disease

Pelvic inflammatory disease (PID) is a bacterial infection that affects the female reproductive system. Bacteria may enter the vagina via sexual contact and then spread to the uterus and upper genital tract. Bacteria might also enter the reproductive tract via gynecologic procedures or through childbirth, miscarriage, or abortion. Symptoms of PID include a heavy vaginal discharge with an unpleasant odor, irregular periods, pain in the pelvic and lower abdominal areas, fever, nausea, vomiting, or diarrhea.

Session on menstrual health ...

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REC Shital Nerkar and 25 more 53 1:01 PM Reading list

You roshnee bho... Aishwarya M... nitya chauch... Harshpriya S... Mangal Basale Manisha Bhi... Shweta Kulk... Sakshi Hule

Pranjali Desh... Shrutika Cho... Leena Desh... Laxmi Shinde Vishakha Bh... Rutuja Trivedi Shivani Pand... Shubhada G... Kajal Singh

Machuri San... Sucha Panc... Sneha Shinde Shwetal. K P... Shrutika Naik Sakshi Jagtap Manali Patil Poonam Jag... Sakshi Dhas

Session on menstrual health ...

Raise hand Turn on captions Present now

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13:01 15-05-2021