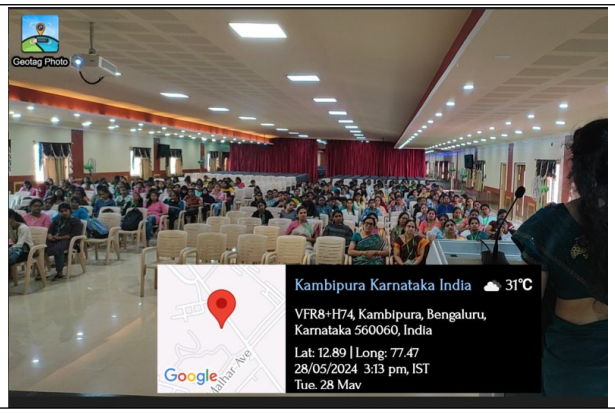
Session Report on Menstrual Hygiene

Session Title	Health programme on Women's Health Matters - Menstrual Hygiene ,#MHDay2024, #PERIOD FRIENDLY KARNATAKA, #Period FriendlyWorld,		
Date & Time	28/05/2024	AN	2.00PM to 3:30PM
Name of the Resource Person	**Mrs Vedashree** Manager ,WHM, Bangalore		
Key Points Delivered	1. Effects of VOC, Dioxin & Phthalates on Human Body 2. Does Menstruation cause cellular Level change? 3. Role of antioxidants and oxidative stress during Menstruation 4. Research on Carcinogenic elements in Sanitary Pads 5. Solution for the problem – What kind of Sanitary Napkins do we need to use		
Number of Students Present	220		
Snap shot of the event			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28/05/2024 3:13 pm, IST
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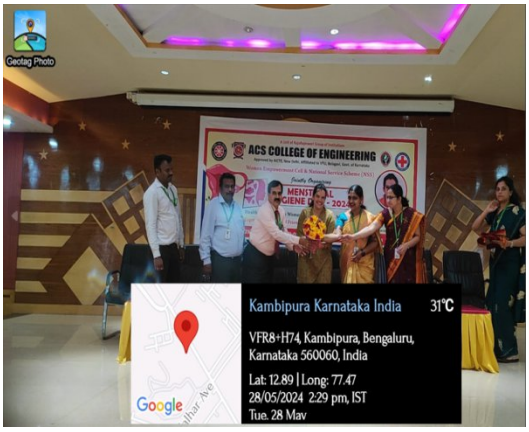
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The program was conducted on “Menstrual Hygiene” at 2 PM on May 28th, 2024. The session focused on raising awareness about the importance of menstrual hygiene management globally, breaking the silence and stigma surrounding menstruation, and promoting the health and dignity of all individuals who menstruate. It emphasized that menstrual hygiene is a matter of human rights and highlighted the significant health risks, educational impediments, and limited opportunities resulting from inadequate access to menstrual products, education, and sanitation facilities, underscoring the need for collective action to ensure no one is left behind due to this natural biological process

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Dr. P. Bhuvaneswari **Dr. Anandthirtha B.Gudi**

POSH/SHE-Chair Person **Principal**