

**WOMEN EMPOWERMENT CELL- AARADHYA
REPORT ON WEBINAR
MENTRUAL HEALTH AND HYGIENE MANAGEMENT**

Date: 10/06/2021 & 11/06/2021
Time: 2.00 Pm

Mode: Google meet

Objectives:

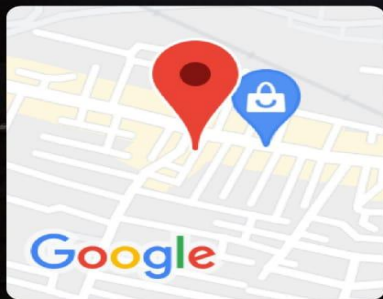
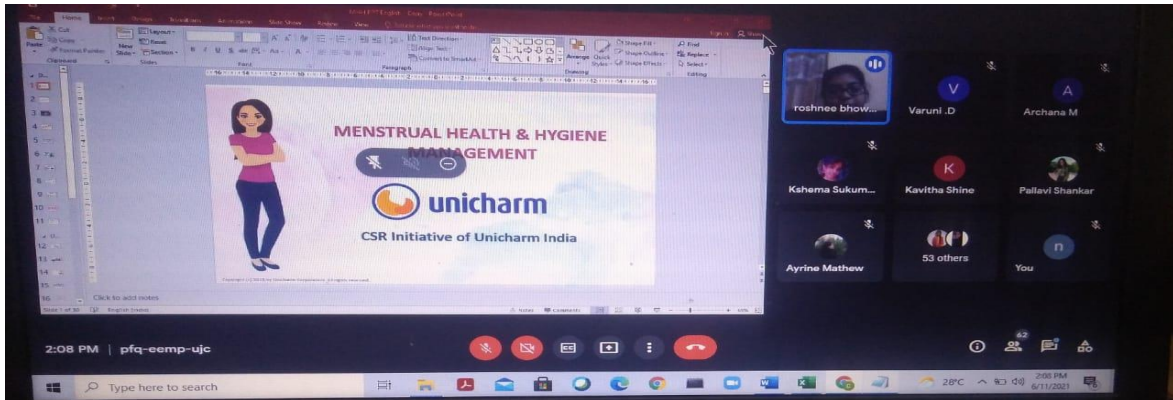
The session entails a comprehensive understanding of menstruation and talk on related social taboos and hygienic practices which will be beneficial to our students. Also to emphasize the need to keep the body healthy and hygienic.

The Womens Cell 'Aaradhya' of New Horizon College organized a two day webinar for the girls of first year degree to educate them on menstrual hygiene on 10th and 11th june 2021 at 2.00 Pm. The session was conducted by Global Hunt Foundation in association with their corporate partner Unicharm India, a leading Japan Firm in India, existing in the market with the names of Sofy and mamypoko pants.

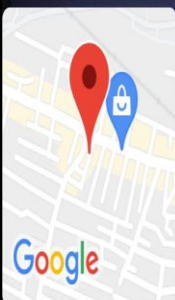
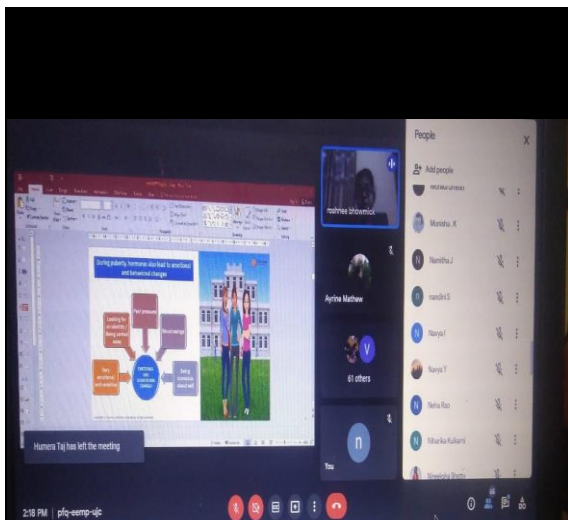
After a formal welcome, the speaker Ms Ankitha began the session by introducing the students to Menstrual management, the hormonal, emotional and behavioral changes in adolescents. She educated the girls about the reproductive phase in women and the menopause stage. She spoke about the doctor consultations under different situations and stressed on the practice of yoga for better health. The session created an understanding that the practice of menstrual hygiene was the key to prevention of infections. The session saw active participation among the students who posed many questions, which the speaker addressed. The webinar ended with the vote of thanks Ms Yasashwini who expressed her gratitude to the resource person for her valuable inputs.

Outcome:

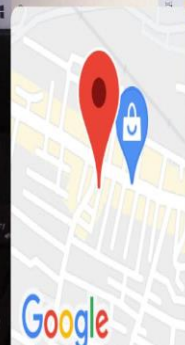
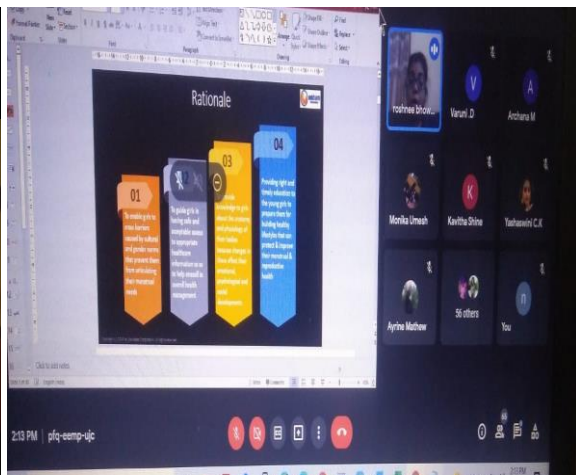
The objective of the webinar was achieved as the students learnt about ways to tackle their peer pressure and hormonal changes that they come across in their life. They also acquired information on the various precautions and measures to be adopted for a healthy living.



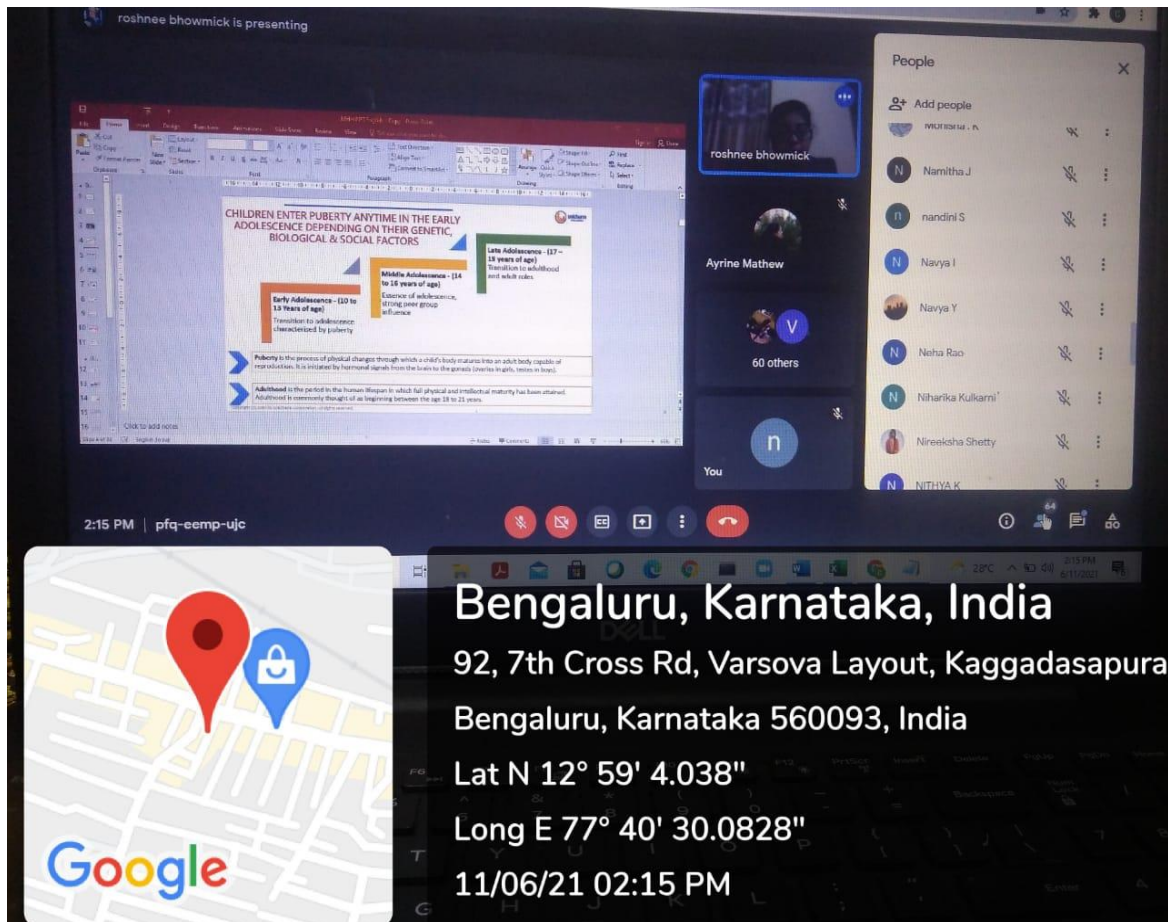
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 Bengaluru, Karnataka 560093, India
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 Long E 77° 40' 30.0864"
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 Bengaluru, Karnataka 560093, India
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MS ANKITA SHARING INFORMATION WITH THE PARTICIPANTS THROUGH PPT

CO ORDINATORS

Ms. Sangeetha J

Dr. Chitra

PRINCIPAL IN CHARGE

DIRECTOR

MENTRUAL HEALTH AND HYGIENE MANAGEMENT

LIST OF PARTICIPANTS ON 10TH June 2021

Time 2.00 pm

Sl no	Name	Class	Signature
1	Adeeba Ahmedi	II sem BCom B	
2	Archana	II sem BCom C	
3	Akhila	II sem BCom B	
4	Bindu B	II sem BCom B	
5	Brunda Vajresh	II sem BCom C	
6	Dakshitha	II sem BCom B	
7	Divya shree M	II sem BCom B	
8	Divya shree S	II sem BCom B	
9	Epsibha	II sem BCom C	
10	Harshitha	II sem BCom B	
11	Bridget	II sem BCom C	
12	Jhanavi Singh	II sem BCom C	
13	Jenita Susan	II sem BCom B	
14	Kavanashree	II sem BCom B	
15	Kavya	II sem BCom C	
16	Keerthi	II sem BCom C	
17	Kushi sharma	II sem BCom C	
18	Latha Kumari	II sem BCom C	
19	Kruthika	II sem BCom C	
20	Lavanya	II sem BCom C	
21	Mary	II sem BCom C	
22	Meghana	II sem BCom C	
23	Navya	II sem BCom C	
24	Monica	II sem BCom B	

25	Navya m	II sem BCom C	
26	Nikitha pawar	II sem BCom B	
27	Nikitha Krishna	II sem BCom C	
28	Poorvika	II sem BCom B	
29	Pavithra	II sem BCom B	
30	Priyadarshini	II sem BCom B	
31	Rakshitha	II sem BCom B	
32	Reshma	II sem BCom B	
33	Rashmi	II sem BCom B	
34	Roopa Venugopal	II sem BCom B	
35	Roshni Mandal	II sem BCom c	
36	S Shreya	II sem BCom B	
37	Sailatha S	II sem BCom B	
38	Sindhu S U	II sem BCom B	
39	Sunitha S	II sem BCom B	
40	Sushma Kumari	II sem BCom B	
41	Swetha p	II sem BCom C	
42	Tahera	II sem BCom C	
43	Thanuha	II sem BCom B	
44	Veda	II sem BCom B	
45	Vijetha	II sem BCom B	
46	Yamini	II sem BCom B	
47	Yasahwini	II sem BCom B	
48	Vidhya	II sem BCom B	
49	Merlin Monica	II sem BCom B	
50	Monica T S	II sem BCom B	

