



REPORT OF WEBINAR ON AWARENESS TALK ON MENSTRUAL HEALTH AND MENSTRUAL HYGIENE

No of participants: 35

Date:29/5/2021

Mode: Google Meet Time:7 pm to 8 pm

Beneficiaries:Volunteers of CUSAT- NSS Unit 10.

Resource person:Dr.Devi SoumyajaAssistant professor, SMS, CUSAT.

Summary:

Menstrual Hygiene Day (MHD, MH Day in short) is an annual awareness day on May 28th to highlight the importance of good menstrual hygiene management (MHM) at a global level. Menstrual Hygiene Day is an occasion for publicizing information in the media, including social media. Public information campaigns can help to engage decision-makers in policy dialogue. NSS unit 10 of CUSAT organized this awareness talk. On 29th May 2021 program began at 7 pm. The resource person was Dr. Devi Soumyaja. Volunteer Sneha Murali welcomed all the attendees to the webinar. Resource person explained her study on Menstrual Health and Menstrual hygiene and she introduced the definition of Menstrual Health and hygiene, the products used during menstrual cycle and mainly focused on the use of menstrual cups, the using procedures of menstrual cup; it's advantages and attitude of present and past society towards menstruating women and menstrual cycle. She shared her experiences, the lack of awareness that exists among people about menstrual health, the participants also shared their experiences and the resource person cleared the doubts asked by participants. Dr. Devi Soumyaja highlighted that the products women use during menstrual cycle should be of their own choice and comfort. No one should compel the woman to use a particular product during menstrual cycle. It was an informative webinar with interactive sessions.

Prepared by

Dr.Rajesh P Nair, NSS Programme Officer unit 10,CUSAT

NATIONAL SERVICE SCHEME

UNIT-10

COCHIN UNIVERSITY OF SCIENCE AND TECHNOLOGY



#NoMore Limits



28 May
MENSTRUAL HYGIENE DAY



**AWARNNESS TALK ON
MENSTRUAL CUP &
MENSTRUALHYGIENE**



Dr. Devi Soumyaja

Assistant Professor
School of Management Studies
Cochin University of Science
And Technology



Register for
joining the
meet

**ACTION &
INVESTMENT
IN
MENSTRUAL
HYGIENE
AND
HEALTH**

**29 MAY 7:00 TO
Saturday 8:00 PM**

@nss_cusat_10



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