

POST GRADUATE GOVT. COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH

Date: 2nd September, 2023

AIDS Awareness/ Public health/Community hygiene & Sanitation Society of P.G.G.C.G, Sector-42, Chandigarh organized a talk on Online Lecture On “**Menstrual Health and Hygiene**” on 2nd September, 2023. This Lecture was organized in association with Global Hunt Foundation, Noida, Uttar Pradesh.

In this event, Mrs. Nitya Chaudhary, CSR Executive, Unicharm India, was the resource person. She provided an informative knowledge about Menstrual Cycle. She emphasized on role of hormones in Emotional and behavioural changes during Menstrual Cycle. She also provided information about Reproductive phase in women, menstrual management and Pre-menstrual syndrome. She advised to participants that healthy lifestyle can be a good source of better menstrual cycle in women.

About 50 participants were attended the talk. Prof. Nisha Aggarwal, Principal of the college appreciated the enthusiasm of all the participants. Mr. Suresh Kumar, Dean of the College (Overall Coordinator) & Mrs. Preetkamal (Convener) thanked the participants for their participation.




The screenshot displays a Zoom meeting interface. At the top, the presenter is identified as 'vidya R (Presenting)'. The main content area shows a PowerPoint slide titled 'During puberty, hormones also lead to emotional and behavioral changes'. The slide features a central blue circle labeled 'EMOTIONAL AND BEHAVIOURAL CHANGES' with arrows pointing to it from several boxes: 'Looking for an identity / Being carried away', 'Peer pressure', 'Mood swings', 'Very emotional and sensitive', and 'Being conscious about self'. To the right of the slide is a video of three women standing in front of a building. Below the slide, a small video window shows 'nitya chaudhary'. The bottom of the screen shows a grid of participant icons with names: NirupinderKaur..., vidya R, samridhi rana, Preeti Dhayal, Navjot Kaur, Razia Sultan, Vanshika, Harsimran Kaur, 16 others, and SUMIT DABHI. The system tray at the bottom indicates the time as 12:21 PM and the meeting ID as tqg-tmxo-xxo.

PowerPoint Slide Show - [M+PPT English (1)] - PowerPoint

When To Consult A Doctor?

You must consult a doctor if your periods:

- Have started before the age of 8 years or not started by the age of 15 years
- If the menstrual cycle is delayed, early, irregular
- Are heavy (with clots) or scanty or very painful and disrupt your normal routine
- In case of heavy / smelly / yellowish / brownish white discharge
- During Menopause while there are hot flashes, night sweats, low sex drive, dry eyes, skin and mouth, vaginal dryness and pain, emotional changes (irritability, depression and mood swings), fatigue, insomnia, urinary trouble (frequency or incontinence), hair loss, memory problems



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nitya chaudhary

SLIDE 15 OF 30

NirupinderKaur...
vidya R
Muskan m
Preeti Dhayal
Navjot Kaur
Vanshika
Harsimran Kaur
Razia Sultan
11 others
SUMIT DABHI

Nisha Jassi

Principal
PG. Govt. College for Girls
Sector-42, Chandigarh