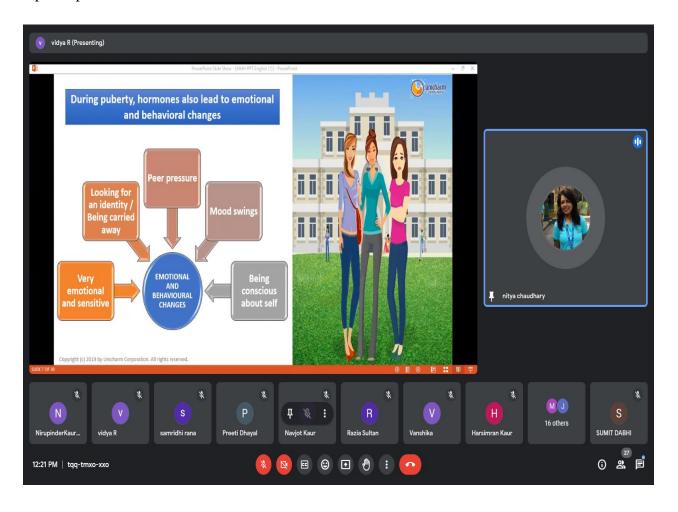
POST GRADUATE GOVT. COLLEGE FOR GIRLS, SECTOR-42, CHANDIGARH

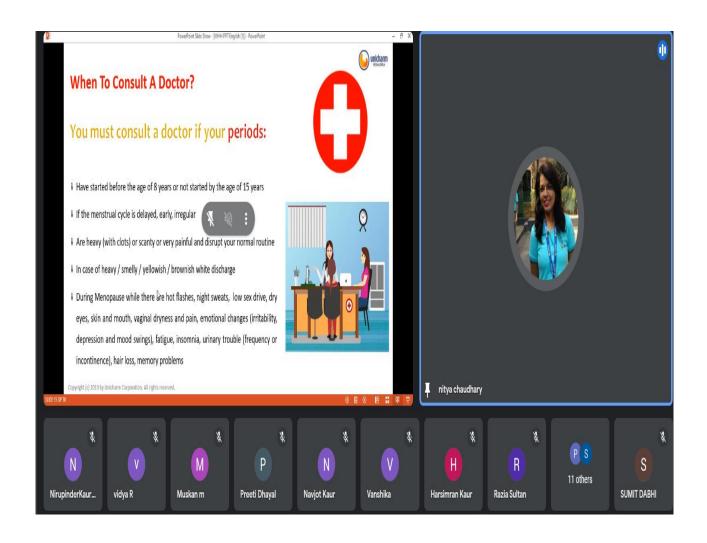
Date: 2nd September, 2023

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.





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