

Seminar on Menstrual Hygiene for Housekeeping Staff at the University

Event Time: 16th February 2023, 4:00 PM

On 16/02/2023, an event was organized by the Center for Women Development that focused on menstrual hygiene for women. The aim of the event was to educate and create awareness about the importance of menstrual hygiene among the housekeeping staff of the university.

An aim is to create awareness among the non-teaching staff of IFHE Hyderabad, through the coordinators of CWD - Prof. Dr s vijayalakshmi - Registrar, IFHE, and Prof. Padmavati

The seminar began with an introduction to menstrual hygiene and its significance in the lives of women. The doctor then explained the dos and don'ts during menstruation, including the use of hygienic sanitary products and the importance of maintaining personal hygiene during menstruation.

The doctor also addressed common misconceptions and myths surrounding menstruation and clarified doubts and questions from the attendees. The seminar provided a safe space for the housekeeping staff to discuss and learn about menstrual hygiene.

The Guest speaker was Dr. Manasa Reddy garu - MS Obstetrics and Gynecology, Assistant Professor from VRK Women's Medical College & Consultant at Yello Clinic Diagnostics who talked about the following, major issues:

- How and when does the menstrual cycle begin and what reasons
- Disposal methods of sanitary napkins
- Major Cleaning techniques needed to be inculcated in daily lives
- Introduction of menstrual cup and usage of a cup to the audience
- Precautions to be taken before Menopause
- Briefly discussed the reasons for the delay in the menstrual cycle

The doctor answered the doubts and queries of the attendees. And has assured to conduct a medical camp for 2 days on the campus and personally help them with their problems. The staff was provided with Calcium, iron, vitamin tablets, and Sanitary napkins.

Lastly, the session ended with some feedback sessions and taking photographs. In conclusion, the seminar was a success in educating and creating awareness about menstrual hygiene among the housekeeping staff of the university. The attendees left with a better understanding of the importance of menstrual hygiene and the necessary steps to maintain good menstrual health. The event is expected to positively impact the health and well-being of the housekeeping staff at the university.





