

## **SEMINAR ON MENSTRUAL HYGIENE**

On the 15<sup>th</sup> of June 2022, the girl students of M.A. Rangoonwala College of Physiotherapy and Research attended a seminar on menstrual hygiene. The seminar was held at the Hi-Tech hall.

A representative from Unicharm conducted the session. The students were enlightened about the importance of menstrual hygiene. The students were explained about the physiological changes during menstruation. A number of misconceptions and taboos pertaining to the topic were cleared. Superstitions related to visiting holy places, cooking, were discussed. The scientific reasoning behind various occurrences like the feeling of nausea etc. were explained. The point about poor hygiene leading to gynaecological issues and infections were highlighted.

Towards the end of the session the students were given the opportunity to clear any doubts through a question & answer session. Misinformation and lack of knowledge about menstrual hygiene management leads to a negative impact on girl's physical as well as mental health Hence, the session proved to be very informative and insightful.

