

Report of the Program on Sensitization and Awareness on Menstrual Hygiene



SRI RAMACHANDRA  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Category - I Deemed to be University) Porur, Chennai

Sri Ramachandra Center for Women's Advancement (SRCWA)

SENSITIZATION AND AWARENESS
ON
MENSTRUAL HYGIENE

Date : 10th August, 2021, Time : 02:00 - 03:00 pm
Venue : Auditorium, Side Hall

Resource Faculty

Dr. Usha Vishwanath
Professor & HoD – OBG

Dr. Latha Ravichandran
Asso. Dean-Education & Professor of Pediatrics

Program Schedule

Time	Event
2.00 – 2.05	Invocation
2.05 – 2.10	Welcome address – Prof. T.S. Lokeshwari, Dept of Biotechnology, SRIHER
2.10 – 2.15	Address – Prof. Dr. Uma Sekar Prof. of Microbiology & Associate Dean SRMC , SRIHER
2.15 – 2.20	Special address - Dr. Vijayalakshmi Thanasekaraan, Chief Advisor-SRCWA, SRIHER
2.20 – 2.45	Sensitization and awareness on menstrual hygiene Resource Faculty: Dr Usha Vishwanath, Professor & HoD – OBG Dr. Latha Ravichandran, Asso. Dean-Education & Professor of Pediatrics
2.45 – 2.55	Interaction
2.55 - 3.00	Vote of thanks – Prof Roopa Nagarajan Advisor, SRCWA & Academic officer, SRIHER

The sensitization and awareness program on menstrual hygiene was organized on 10th August 2021 between 2 to 3.00pm at the Auditorium, Side Hall, by the Sri Ramachandra Centre for Women's advancement.



224 female first year students from Clinical nutrition (21), B.Sc BMS(47), B.OPtom (32), BASLP(38), B.Sc. Nursing(57) ,BOT(29) attended the program.



The program began with the invocation and University anthem. This was followed by the Welcome address rendered by Prof. T.S. Lokeshwari, Dept of Biotechnology, SRIHER. Madam welcomed the dignitaries and the students for the awareness program.



Prof. Dr. Uma Sekar, Prof. of Microbiology & Associate Dean SRMC, SRIHER addressed the students about the need for menstrual hygiene practices that will benefit them and prevent health problems.

Dr. Vijayalakshmi Thanasekaraan, Chief Advisor-SRCWA, SRIHER, in her address emphasized on the menstrual hygiene day that was observed on the 28th of May as it denotes that the menstrual cycle is once in 28 days and for 5 days. Madam emphasized the importance of hygienic practices during the menstrual cycle.

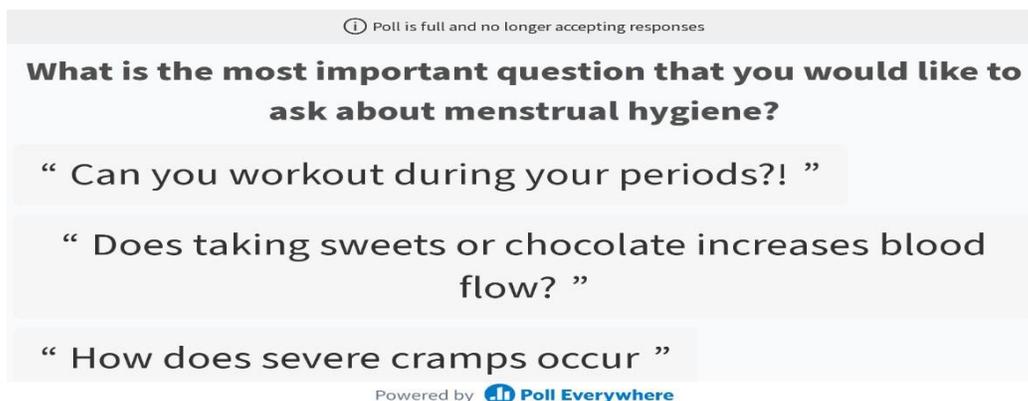


Prof. Dr. K.V. Somasundaram, Prof. of Eminence and Academic Advisor, SRIHER, joined the session.

The sensitization program began with a **role play** by Dr Usha Vishwanath, Professor & HoD – OBG and Dr. Latha Ravichandran, Asso. Dean-Education & Professor of Pediatrics.

This role play depicted the common problems as pain during menstrual cycle, use of sanitary napkins, nutrition and dispelling the myths of certain practices followed during the menstrual cycle.

This was followed by an interactive session with the students using Poll everywhere and the queries of the students with regards to menstrual hygiene as use of different products, pain, cramps, cravings, HPV vaccination, normal length of the cycle that were answered by Dr Usha Vishwanath, Professor & HoD – OBG and Dr. Latha Ravichandran, Asso. Dean- Education & Professor of Pediatrics.



The following queries raised by students were answered during the interactive session

Response	Via	Screen name	Created At
Can you workout during your periods?!	pollev.com/varshravi577	guest558	#####
Does taking sweets or chocolate increases blood flow?	pollev.com/varshravi577	guest929	#####
How does severe cramps occur	pollev.com/varshravi577	R. Thushara	#####
Are there masses of tissue in menstrual blood? Or are they clots?	pollev.com/varshravi577	guest590	#####
Which type of sanitary pads should we prefer?	pollev.com/varshravi577	harini	#####
Do we get headaches because of menstruation	pollev.com/varshravi577	guest180	#####
Why there is so much pain in the 1st day ?	pollev.com/varshravi577	Priyaranjitha.P	#####
What are the positive aspects of menstruation	pollev.com/varshravi577	guest180	#####
How to choose the right sanitary pad	pollev.com/varshravi577	Priya	#####
Can menstrual cup damage cervix	pollev.com/varshravi577	guest944	#####
How to manage with period cramps?	pollev.com/varshravi577	Kaviya.Y	#####
menstrual cup is that safe to use	pollev.com/varshravi577	Twinkle Angel	#####
Which one is better napkins or tampons	pollev.com/varshravi577	Sneha	#####
Are intimate washes are genuinely useful ?	pollev.com/varshravi577	guest246	#####
How safe is the HPV vaccine? Should I get it now?	pollev.com/varshravi577	guest970	#####
Which one is better menstrual cup or sanitary pads ?	pollev.com/varshravi577	guest089	#####
Why vaginal discharge occur often?	pollev.com/varshravi577	HarshaVardhana	#####
During Menstruation period having coffee well make drowsy?	pollev.com/varshravi577	Trisha . S	#####
How to avoid rashes in using pads	pollev.com/varshravi577	Kavitha. S	#####
Why the pain occurs during menstrual	pollev.com/varshravi577	Priya N	#####
How can we prevent the rashes during menstrual days?	pollev.com/varshravi577	N. Hasika	#####
Is 32.5 days of menstrual cycle is normal ? Is vaginal discharge creates any major issue in reproductive system ??	pollev.com/varshravi577	B SHALINI	#####

Is it safe to use products like Vwash during menstruation and what is the best menstruation kit to be used (sanitary pad/ tampons/ menstrual cup)?

Sanitary pad is better or menstrual cup

Proper usage and duration of sanitary napkins

Is menstrual cup use is a correct method during menstrual cycle other than pads??

Is the odour during our menstrual cycle is normal and what is the cause of that?

Are tampons hygienic

How do we avoid the rashes that are produced to the usage of pads ?

Which is the best product to use during menstruation? Napkins, cups Or tampons?

why the pain occurs on menstrual day??

What is the right way to dispose used sanitary napkin

Regarding the sanitary pads that is being suggested by so many advertisers..

About the time limit of using pads

About cleanliness, and types of other sanitary products like menstrual cups and how it can be used

Is tampons really safe

Whether menstrual cups are safe?

What does irregular menstruation signify?

About the new menstrual products coming into market like menstrual cups, discs and their usage.

Which is better mensuratal cup or sanitary napkins

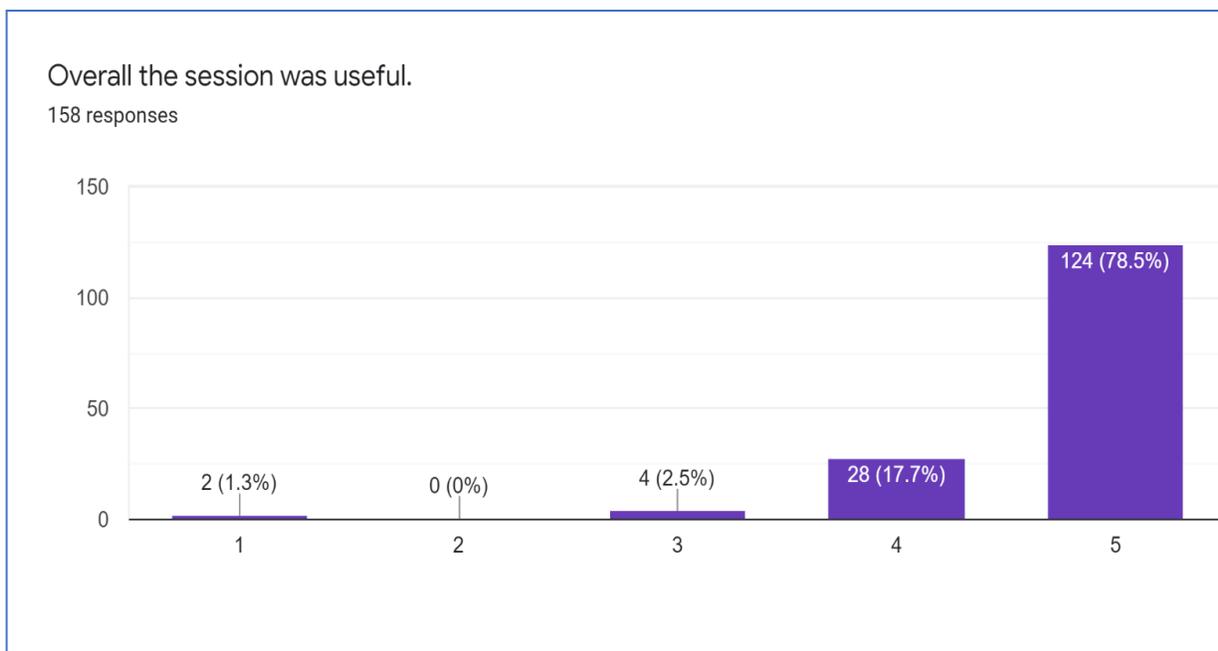
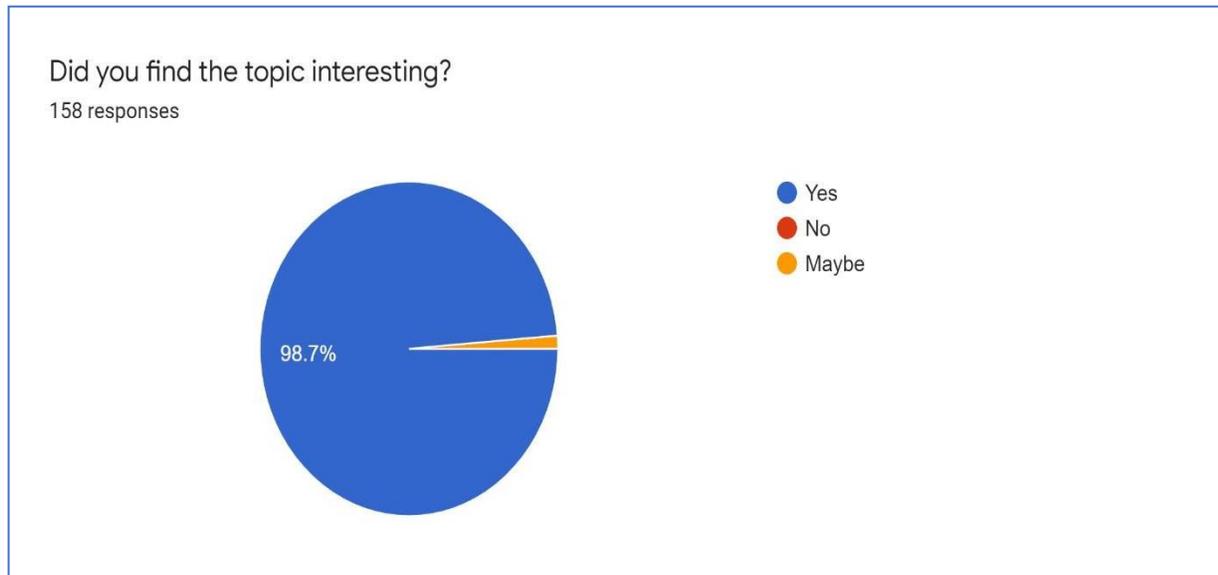
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pollev.com/varshravi577	Shruthi shreya	#####
pollev.com/varshravi577	Anushri. D	#####
pollev.com/varshravi577	Angel Jebaseeli	#####
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The program concluded with the Vote of thanks by Dr. Prof Roopa Nagarajan, Advisor, SRCWA & Academic officer, SRIHER.



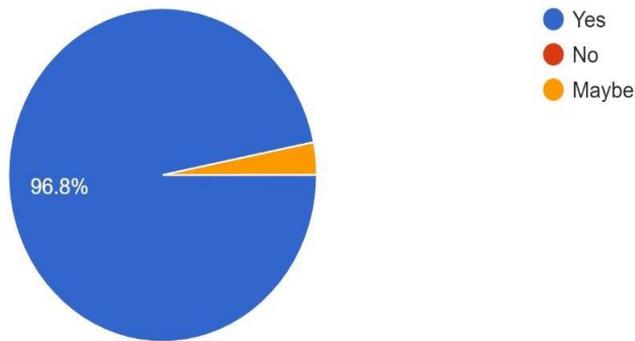
Feedback was obtained from the students

158 students have responded to the questions asked



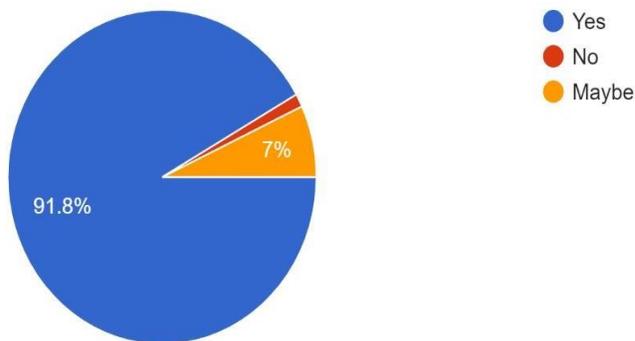
Will you adopt the practices taught to you in this session?

158 responses



Do you want to attend more sessions like these in future?

158 responses



Would like any topics in relation to women's health, to be addressed in future sessions?

Awareness on PCOS and PCOD

HPV vaccine

About child health care

Pregnancy

Breast cancer

Regarding women's health

Self breast examination

Women empowerment

Obesity

A whole session can be conducted on PCOD

The student feedback gave an understanding of the students needs and enabled us to understand the importance of conducting such sensitization and awareness program which was the initiative of Dr. Vijayalakshmi Thanasekaran, SRCWA



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Sri Ramachandra Center for Women's Advancement (SRCWA)

Sensitization and Awareness on Menstrual Hygiene

Date: 10th August 2021, Time 2.00 to 3.00 pm

Venue: Auditorium, Side hall

ATTENDANCE SHEET

S.No.	Name	Course	Signature
1.	Kendrala Tanuja - C.S.	B.Sc. Clinical Nutrition	Tanuja
2.	Keshtika Shouder - P.	B.Sc. Clinical Nutrition	Keshtika
3.	Bhavani S	B.Sc. Clin nutrition	Bhavani
4.	Sai Shruthi Yevarej	B.sc. clin nutrition	Shruthi
5.	Jarani R	BSc clinical nutrition	Jarani
6.	Aishwarya	Bsc clinical Nutrition	Aishwarya
7.	Jayee Haner	BSc. clinical Nutrition	Jayee
8.	Sneepriya V.S	B.Sc. Clinical Nutrition	Sneepriya
9.	P.Devadharshini	B.Sc. Clinical Nutrition	P.Devadharshini
10.	Shamshree Yepika S	BSC. Clinical Nutrition	Shamshree
11.	K. Madhumitha	Bsc. clinical nutrition	K.M.
12.	Robi Samyuktha.	BSC. clinical Nutrition	Samyuktha
13.	S. TRISHA	B.SC. Clinical Nutrition	Trisha
14.	S. Khalaakharshoni	B.Sc BMS	S. Khalaakharshoni
15.	Amritha Varshini - G	B.S.C BMS	Amritha
16.	Puja.D	B.S.C BMS	Puja
17.	Priya Nanyananan Kumar	BSc BMS	Priya
18.	Srishti Sathyanarayanan	BSC BMS	Srishti
19.	Mathangi Shivakumar	Bsc BMS	Mathangi
20.	Harini Premnath Anna	B.SC BMS	Harini Anna
21.	Kirtanna.M.S	B.S.C BMS	Kirtanna
22.	Angeel Tebaseli .S	B.Optom	Angeel
23.	Harini S	B. optom	Harini
24.	Priyadharshini.S	B.Optom.	Priyadharshini
25.	Jarani. M	B. Optom	Jarani
26.	SNIVEDHITHA	BSC. CLINICAL NUTRITION	Snivedhitha
27.	HARITHA .K	BSC. clinical nutrition	Haritha
28.	S.V. Varsha	B.ASLP	S.V. Varsha
29.	ANUSHRI. D	B.ASLP	Anushri.D.
30.	SARANYA .S.V	B.ASLP	Saranya
31.	MAHITHRA .GV	B.ASLP	Mahithra

S.No.	Name	Course	Signature
32.	T.N. Janani	B. optom	Janani
33.	J.Emily Antonyamma	B. Optom	J.Emily
34.	Rukaiya V	B-ASLP	Rukaiya
35.	Vaishnaa E. H	B. ASLP	Vaishnaa E. H
36.	Shreethi Shreya S	BASLP 1 st YR	Shreethi Shreya S
37.	SHARMILI A.	BASLP 1 st Yr	Sharmili A.
38.	Nithya Sree V S	B-ASLP 1 st Yr	Nithya Sree V S
39.	R.R. Swetha Jayalakshmi	B.sc. clinical nutrition	DR. Swetha Jayalakshmi
40.	R. Yuthika	BSC clinical nutrition	R. Yuthika
41.	R. THUSHARA	B. Sc. CLINICAL NUTRITION	R. Thushara
42.	B. Menagaa	B. sc clinical nutrition	B. Menagaa
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S.No.	Name	Course	Signature
71.	S. Dhanushya	B.Sc. Nursing I year.	S. Dhanya
72.	A. Anithiya	B.Sc. Nursing I year	A. Anithiya
73.	V. Rubi Jessica	B.Sc. Nursing I year	V. Rubi
74.	ABISHA JENET.P	B.Sc. Nursing I yr	Abisha
75.	JANANI.S	B.Sc. Nursing I yr	Janani
76.	Meenakshi.B.J	B.Sc. Nursing I yr	Meenakshi
77.	Bhavana Anilkumar	B.Sc. Nursing I yr	Bhavana
78.	Pritya.s	B.Sc. Nursing I st year	Pritya
79.	Angelin.J	B.Sc. Nursing I year	Angelin
80.	S. STEEF PRIVA DARSHINI	B.Sc. Nursing I year	S. Steef
81.	G. HARSHAVARDHINI	B.Sc. Nursing I year	G. Harshavardhini
82.	P. Vanmathi	B.Sc. Nursing I year	P. Vanmathi
83.	P. Keerthana	B.Sc. Nursing I year	P. Keerthana
84.	D. Paptista	B.Sc. Nursing I year	D. Paptista
85.	S. Anandhi Devi	B.Sc. Nursing I year	S. Anandhi
86.	C. Swathi	B.Sc. Nursing I year	C. Swathi
87.	A. Shamon	B.Sc. Nursing I year	A. Shamon
88.	W. Sherlin geace	B.Sc. Nursing I year	Sherlin W
89.	M. Catherine Shiny	B.Sc. Nursing I year	M. Shiny
90.	T. Anuragi	B.Sc. Nursing I year	T. Anuragi
91.	S. Sindhu Kavi	B.Sc. Nursing I year	S. Sindhu
92.	E. Nonisa	B.Sc. Nursing I yr	E. Nonisa
93.	D. Vishupriya	B.Sc. Nursing I yr	D. Vishupriya
94.	K.B. Janani	B.Sc. Nursing I yr	Janani K.B
95.	P. Vanalakshmi	B.Sc. Nursing I yr	P. Vanalakshmi
96.	Seethala devi.G	B.Sc. Nursing I yr	G. Seethala
97.	Shalini.M	B.Sc. Nursing I yr	M. Shalini
98.	Suruthika.M	B.Sc. Nursing I yr	M. Suruthika
99.	Rubassi.S	B.Sc. Nursing I year	S. Rubassi
100.	Anurija.M	B.Sc. Nursing I year	M. Anurija
101.	P. Jayanthi	B.Sc. Nursing I year	P. Jayanthi
102.	Chetty Evanjaline MammaJoseph	B.Sc. Nursing I year	Evanjaline
103.	Sajela Antony.K	B.Sc. Nursing I st year	Sajela Antony
104.	Sweetly deva Priya.B	B.Sc. Nursing 2 nd year	B. Sweetly

141.	K. SAI SRUTHI	BSC. NURSING II YEAR	K. Sai Sruthi
142.	J. DANUSHA	BSC. NURSING II YEAR	Danushta
143.	U. PAVITHRA PRIYA	B.Sc NURSING II YEAR	Pavithra (U)
144.	HARSHA BINU	B.Sc NURSING II YEAR	Harsha
145.	Pushparani. M	B.Sc Nursing II year	Pushparani
146.	S. IDA CARLINE SMITH	B.Sc NURSING II YEAR	S. Ida Carline
147.	M. Gunaselvi	B.Sc Nursing II nd year	M. Gunaselvi
148.	E. Mythra	B. Sc Nursing II year	E. Mythra
149.	P. Sneha	B.Sc Nursing II year	P. Sneha
150.	Feba. Biju	B.Sc Nursing II nd year	Feba Biju
151.	Sneha. R	B.Sc Nursing 2 nd year	Sneha
152.	Dhivya. P	B.Sc Nursing 2 nd year	Dhivya
153.	Hasi ka. N	B.Sc Nursing 2 nd year	Hasi ka. N
154.	Deepi ka. G	B.Sc Nursing 2 nd year	Deepi ka. G
155.	Kavitha. S.	B.Sc Nursing 2 nd year	Kavitha S
156.	S. Snehaswathi	B.Sc Nursing 2 nd year	S. Snehaswathi
157.	S. Sakthipriya	B.Sc Nursing 2 nd year	S. Sakthipriya
158.	S. Yuvastee	B.Sc. Nursing 2 nd year	S. Yuvastee
159.	D.R. Jeshin Benith	B.Sc. Nursing 2 nd year	Jeshin
160.	M. Neerika	B.Sc. Nursing 2 nd year	M. Neerika
161.	Priya darshini. S	B.Sc Nursing 2 nd year	Priya. S
162.	Sujitha. S	B.Sc. Nursing II - year	S. Sujitha
163.	Aparna. G.V.	B.Sc Nursing II. year	Aparna
164.	B. Sri Hanisha	B.Sc Nursing II nd year	B. Sri Hanisha
165.	B. Divya Dharsini	B.Sc Nursing II nd year	B. Divya Dharsini
166.	A. Jennifer	B.Sc Nursing II nd year	A. Jennifer
167.	S. Twinkle Angel.	B.Sc Nursing II nd year.	S. Twinkle Angel
168.	Nabisha	B.Sc Nursing II nd year	Nabisha
169.	Dhivya	B. Sc. Nursing II nd year	Dhivya
170.	Hema	B.Sc. Nursing II nd year	Hema
171.	R. Vigna	B.Sc. Nursing II nd year	R. Vigna
172.	T. Lincy	B.Sc Nursing II. year	T. Lincy
173.	R. Narasimha	B.Sc Nursing II year	R. Narasimha
174.	V. Lokshana	B.Sc Nursing 2 nd year	V. Lokshana
175.	C. Gladys	B.Sc Nursing 2 nd year	C. Gladys
176.	R. Sabeeha	B.Sc. Nursing II nd year	R. Sabeeha
177.	C. Kuralaasi	B.Sc Nursing II nd year	C. Kuralaasi
178.	S. Pavithra	B.Sc Nursing II nd year	S. Pavithra
179.	Yuvashi Periyarany	B.Sc. Clinical Nutrition I st year	Yuvashi
180.			

181.	Pavithra J	B.Sc Nursing II yr	Pavithra J
182.	SNEHA. G	B.Sc Nursing II yr	Sneha G
183.	Kavya. G	BASLP - I st yr	Kavya G
184.	Lakshmi G.S	BASLP - I st yr	Lakshmi G.S
185.	Divya Priya - S	BASLP - I st year	Divya Priya - S
186.	Sanku K	BASLP - I st year	Sanku K
187.	Vaisha G	BASLP - I st year	Vaisha G
188.	Lakshmi R	BASLP - I st year	Lakshmi R
189.	Maryam S	BASLP - I st year	Maryam S
190.	Thejashree B	BASLP - I st year	Thejashree B
191.	Sangeetha - T	BASLP - I st year	Sangeetha - T
192.	Sneha. C.K.	BASLP I st year	Sneha. C.K.
193.	G.K. Selsiya	BASLP I st year	G.K. Selsiya
194.	Sakthi Ranganathan	BASLP I st year	Sakthi Ranganathan
195.	Darshana. M.H	BASLP I st year	Darshana. M.H
196.	M. Shagithya	BASLP I st year	M. Shagithya
197.	Priya Rani. R	BASLP I st year	Priya Rani. R
198.	Janani Krishnan	BASLP I st year	Janani Krishnan
199.	Afreen Nazim	BASLP I st year	Afreen Nazim
200.	Vijayalakshmi. I	BMS (Hons) I st year	Vijayalakshmi. I
201.	S. Gayathri	B.Sc. Clinical Nutrition I st yr	S. Gayathri
202.	S. Deepika Berlina	B.Sc (Hons) I st year BMS	S. Deepika Berlina
203.	B. Oviya	B.Sc (Hons) I st year BMS	B. Oviya
204.	Anju Susan Thomas	B.Sc (Hons) I st year BMS	Anju Susan Thomas
205.	Anusha udaya Kumar	B.Sc (Hons) I st year BMS	Anusha udaya Kumar
206.			
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349. Maria Christina

350. Shilpa Shyam

351. S. Sarjina

352. Claudis Reby E

353. SHARANI MANO SHARMA

354. Kavitha Kumparan dasany

Biomedical Science

(HONS)

B.Sc. (BMS) (Hons)

[Signature]

[Signature]
Kavitha

S.No.	Name	Course	Signature
355	Arjan Datta	B.Sc (BMS Hons)	<i>[Signature]</i>
356	Thiruvudhush	B.Sc (BMS Hons)	<i>[Signature]</i>
301.	R. Sooraswathi	B. Optometry	R. Sooraswathi
302.	R. S. Karimozhi	B. Optometry	R. S. Karimozhi
303.	P. B. Jeevitha	B. Optometry	P. B. Jeevitha
304.	D. Durga Devi	B. Optom	D. Durgadevi
305.	M. Shanmugapriya	B. Optometry	M. Shanmugapriya
306.	A. Preetha	B. Optometry	A. Preetha
307.	M. Gayathri	B. Optometry	M. Gayathri
308.	R. KRITHIKA	B. Optometry	R. Krithika
309.	Rizvana. L	B. Optom	Rizvana. L
310.	N. SNEHA LAKSHMI	B. OPTOM	Sneha
311.	B. Nandhini	B. OPTOM	B. Nandhini
312.	Dhivashree. S.V	B. Optom	Dhivashree. S.V
313.	R. YAZHINI	B. optom	R. Yazhini
314.	Priya Ranjitha P	B-optom	Priya Ranjitha P
315.	Kezia Ebenezer. E	B. optom	Kezia Ebenezer
316.	Krangeline chrysolyte	B. optom	Krangeline
317.	Sneha. K	B. optom	Sneha
318.	M. Kannagi	B. Optom	M. Kannagi
319.	A. S. Harini	B. optom	A. S. Harini
320.	P. Renuka	B. optometry	P. Renuka
321.	Y. Kaviya	B. Optom	Y. Kaviya

346. Sandra Mary George

347. Amitha menon

Biomedical Sciences

(HONS)

Biomedical Sciences

(HONS)

Biomedical science (HONS)

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48. SVISHVA DHARANI

S.NO	Name	COURSE	Signature
357	Vaishanavi, S	B. Sc (HONS) BMS I	S. Vaishanavi
359	S.G. Angelin Deborah.	BASLP	Angelin Deborah
322	B. Kaviya	B. OPTOM	B. Kaviya
358	M. Divyashree. M	B.M.S	M. Divyashree
323	Sivagama Sundari. V	B. optom	Sivagama Sundari
324	Rakshitha RSM.	B. OPTOM	Rakshitha
325	SNEHA RAJEEV	BIDMEDICAL SCIENCE	Sneha
361	S. SWETHA	BASLP	Swetha
326	JIVANTIKA THEJAS	BIOMEDICAL SCIENCE	Jivanti
360	H. Uma Maheshwari	BASLP	H. Uma
327	V. SANJNA	BIOMEDICAL SCIENCE	V. Sanjna
328	K. Priyadarshini	B. optom	K. Priyadarshini
329	K. Indumathi	B. optom	K. Indumathi
330	B. Jennifer Preetha	Biomedical science	B. Jennifer
359	S. VAISNAVU	Biomedical Science	S. Vaisnavu
331	NIKITHA SHARON. D	BIOMEDICAL SCIENCES	Nikitha
332	TESIA MIRIAM TITUS	BIOMEDICAL SCIENCES	Tesia
333	AARUSHI SATHISH	BIOMEDICAL SCIENCES	Aarushi
334	VINISHA SHANKAR	BIOMEDICAL SCIENCES	Vinisha
335	MEGHANA RAVI	BIOMEDICAL SCIENCES	Meghana
336	SREENIDHIN	BIOMEDICAL SCIENCES	S. Nidhin
351	ARPIITHA	BIOMEDICAL SCIENCES	Arpitha
337	ANUSHWETHAA-M	BIOMEDICAL SCIENCES	M. Anushwetha
338	PRIYANKA. G	BIOMEDICAL SCIENCES	Priyanka
339	B. SHALINI	BACHELOR OF OCCUPATIONAL THERAPY	Shalini. B
340	ABIRAMI L.N	BACHELOR OF OCCUPATIONAL THERAPY	Abirami
341	NITHYASRI	BIOMEDICAL SCIENCE	Nithyasri
342	ADITHI H NATARAJ	BIOMEDICAL SCIENCES	Adithi
356	HARITHA. M	BIOMEDICAL SCIENCE	Haritha
343	JANANI. S	BIOMEDICAL SCIENCES	Janani
344	SUHAANA SRIRAM	BIOMEDICAL SCIENCES	Suhaana
345	MRINTA R. MATHEN	BIOMEDICAL SCIENCES.	Mrinta
346	GAYATHRI SUNIL KUMAR	BIOMEDICAL SCIENCES [HONS]	Gayathri