



## Koneru Lakshmaiah Education Foundation

(Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

Accredited by NAAC as 'A++' Grade University ♦ Approved by AICTE ♦ ISO 9001-2015 Certified

Campus: Green Fields, Vaddeswaram - 522 502, Guntur District, Andhra Pradesh, INDIA.

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Date: 05.10.2020

Venue: KLEF (Online Event)

### MENSTRUAL HYGIENE

#### Description of the Event:

On October 5<sup>th</sup> 2020, KLEF-CEA had conducted “MESTRUAL HYGIENE” webinar. This event is conducted in the presence of Dr.Ch.FELICE and M.S.EKKLESIA SESHAM. Department of BIOTECHNOLOGY, KLEF. We create awareness regarding the menstrual cycle and also problems faced by the women on period of menstruation. We have successfully conducted the webinar through WEBEX meetings.

#### Benefits:

- Participants came to know the importance of menstrual cycle.
- Participants known about menstrual hygiene and usage of sanitary pads.
- Participants came to know about the exercises and some tips which reduces pains during menstruation.

No. of students participated: 52

No. of Faculty participated: 02

#### Event Photos:



4 Reasons you should absolutely do it

- 1) Boost your mood and combat PMS
- 2) Enhance blood circulation and ease menstrual cramps
- 3) Exercising beats fatigue and headaches
- 4) Regulate irregular periods naturally



Participants (21)

- 170040081 Baya... Me
- santhosh Reddy\_csa Host
- M S EKLESIA SESHAM Cohost
- 190030387 DEVI SRI SAI CHANDU Cohost
- 180160012-sravani
- 180180010
- 190030655 JETTY SRIVALLI
- 190031243 PALLETI SRAVANI
- 190170026 Krishnamani Sravya
- 190170036 Nuthalapati Meghana
- 190330274 PRIYAN KALYAN REDDY
- 190550074\_MEGHANASEEPANA
- 195041001 Krishna Jagupilla

Foods to eat

- Water. Drinking a lot of water is always important, and this is especially true during your period. ...
- Fruit. Water-rich fruits, such as watermelon and cucumber, are great for staying hydrated. ...
- Leafy green vegetables
- Ginger
- Chicken
- Fish
- Turmeric
- Dark chocolate

Participants (22)

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- 195041001 Krishna Jagupilla
- Anvitha arkatla

Foods to AVOID

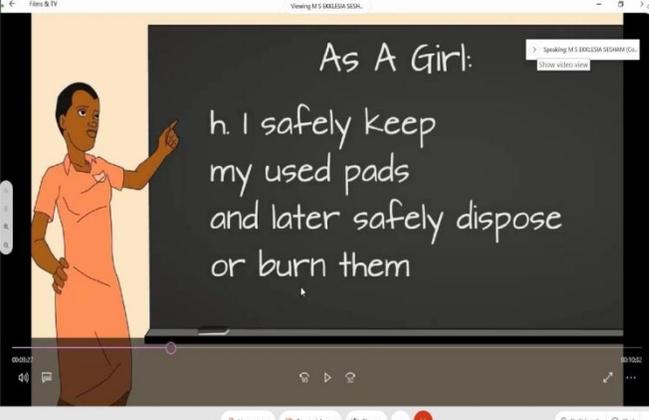
- Salt. Consuming lots of salt leads to water retention, which can result in bloating
- Sugar
- Coffee
- Alcohol
- Spicy foods
- Red meat
- Foods you don't tolerate well

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As A Girl:

h. I safely keep my used pads and later safely dispose or burn them



Participants (22)