



Koneru Lakshmaiah Education Foundation

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

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Date: 05.10.2020

Venue: KLEF (Online Event)

MENSTRUAL HYGIENE

Description of the Event:

On October 5th 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 Volunteers Involved for the Event: 26

Event Photos:




KALLESHA SESHAM (Cohost) 1S 1S 1S 1M

Participants (21)

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



KALLESHA SESHAM (Cohost) 1S 1S 1S 1M

Participants (22)

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

KALLESHA SESHAM (Cohost) 1S 1S 1S 1M

Participants (22)

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

Files & TV Viewing M S EKKLESIA SES...

As A Girl:

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

