REPORT

Webinar on Menstrual Hygiene and Women Wellness

1. Category: WEBINAR

2. Date: May 28th, 2020

3. No. of Resource Persons - 1
   **Dr. T. RAMANI DEVI M.D., D.G.O**
   National Vice President 2020 – FOGSI, INDIA
   Senior Consultant – Obstetrics & Gynaecology
   Ramakrishna Nursing Home, Trichy.

4. No. of participants – 87

5. Report description:

   Dr. Ramani Devi addressed the participant on the topic ‘MENSTRUAL HYGIENE & WOMEN WELLNESS’. The topic covered various aspects on Menstrual cycle, the physiological & psychological changes that happen during menstrual cycle. The toxic effects of using commercially available pads was highlighted and alternate usage of anion pads & menstrual cups was recommended. There were many question put forth by the viewers which was clarified resource person.

6. Report

   The public event was organised for creating social awareness among women of different age groups to educate them on Menstrual Hygiene & Wellness on **World Menstruation day (May 28th, 2020)**. The initiative was appreciated by the participants through their feedbacks.

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