

THE BRAINIACS
(RAISE, EQUIP, EMPOWER & RELEASE)



Organizes Expert Lecture On The Occasion of
WOMEN'S DAY – 2024

For The Girl Students of FE

07 March 2024, Thursday at 01:00PM TO 02:00PM

Venue: Seminar Hall, IOE



TOPIC:

**“Menstrual Hygiene and
Human Papilloma Virus”**

Resource Person:

Dr. Sumeetkaur Mehta

**Director and Founder at
Aviva Women's Hospital, Nashik**

**MET's Institute of Engineering
Bhujbal Knowledge City, Adgaon, Nashik
Department of First Year Engineering**

Name of the program: "Menstrual Hygiene and Human Papilloma Virus"

Date: 07/03/2024

Time: 01:00PM – 02:00PM

Day: Thursday

Venue: Seminar Hall, IOE

Coordinator: Dr. Pradnya Raut & Prof. R. D. Rajkuvar

Resource Person: Dr. Sumeetkaur Mehta

No. of Participants: 200

Objectives of the Program:

- 1) To create awareness and precautions during Menstrual.
- 2) To give information about Human Papilloma Virus.

On behalf of MET's Institute of Engineering, department of First Year Engineering had organised an expert session for the girl students of first year engineering under the student forum "THE BRAINIACS" on the occasion of "WOMEN's DAY – 2024". The resource person for this session was Dr. Sumeetkaur Mehta, Director and Founder AVIVA Women's Hospital, Nashik. Dr. had focused on physical as well as psychological health during menstrual. She gave important instructions as follows:

Good menstrual health and hygiene practices can prevent infections, reduce odors, and help you stay comfortable during your period. You can choose many types of menstrual products to absorb or collect blood during your period, including sanitary pads, tampons, menstrual cups, menstrual discs, and period underwear. Follow these tips when you are using menstrual products, in addition to instructions that come with the product:

- Wash your hands before and after using the restroom and before using a menstrual product.
- Discard used disposable menstrual products properly: wrap them with toilet paper, a tissue, or other material and then toss in a trash bin. Do not flush menstrual products down the toilet.
- Sanitary pads: Change sanitary pads every few hours, no matter how light the flow. Change them more frequently if your period is heavy.
- Tampons: Change tampons every 4 to 8 hours. Do not wear a single tampon for more than 8 hours at a time.
- Use the lowest-absorbency tampon needed. If you can wear one tampon for up to 8 hours without changing, the absorbency may be too high.
- Menstrual cups: Clean cups every day after use. Sanitize menstrual cups after your period is over by rinsing them thoroughly and then placing them in boiling water for one to two minutes.
- Period underwear: Most reusable period underwear is machine washable. Follow product directions on the best way to clean.

Menstrual Hygiene Is Key in Promoting Good Health:

These hygiene practices can help you stay healthy and comfortable during your period:

- **Wear lightweight, breathable clothing** (such as cotton underwear). Tight fabrics can trap moisture and heat, allowing germs to thrive.
- **Change your menstrual products regularly.** Trapped moisture provides a breeding ground for bacteria and fungi. Wearing a pad or period underwear for too long can lead to a rash or an infection.
- **Keep your genital area clean.** Wash the outside of your vagina (vulva) and bottom every day. When you go to the bathroom, wipe from the front of your body toward the back, not the other way. Use only water to rinse your vulva. The vagina is a selfcleaning organ. Changing the natural pH balance of your vagina by washing or using chemicals to cleanse out the vagina can be harmful and may result in a yeast infection or bacterial vaginosis.
- **Use unscented toilet paper, tampons, or pads.** Scented hygiene products can irritate the skin and impact your natural pH balance.
- **Drink enough liquids.** This can help wash out your urinary tract and help prevent infections, like vaginal candidiasis.
- **Track and monitor your period.** Your menstrual cycle is a valuable marker for your overall health. Irregular periods can be a sign of conditions like diabetes, thyroid

dysfunction, and celiac disease. You can track your period on a calendar or with an app on your phone designed for this purpose.

- **Visit a healthcare provider for your annual check-up.** An annual well-woman exam is a full check-up that includes a pap smear, a pelvic exam, and a breast exam. These exams are essential for good reproductive health as they can catch early signs of cancer or other health issues.

Human Papillomavirus (HPV):

She also focused on Human Papillomavirus (HPV) infections. HPV infection is a viral infection that commonly causes skin or mucous membrane growths (warts). There are more than 100 varieties of human papillomavirus (HPV). Some types of human papillomavirus (HPV) infection cause warts and some can cause different types of cancer. Most HPV infections don't lead to cancer. But some types of genital HPV can cause cancer of the lower part of the uterus that connects to the vagina (cervix). Other types of cancers, including cancers of the anus, penis, vagina, vulva and back of the throat (oropharyngeal), have been linked to HPV infection. These infections are often transmitted sexually or through other skin-to-skin contact. Vaccines can help protect against the strains of HPV most likely to cause genital warts or cervical cancer. She gave precautions to avoid HPV infections during lectures.

Total 200+ girl students were actively present for this lecture, at the last some girl students asked some queries regarding health issues, Dr. Mehta had cleared all queries. The session was hosted by first year student Ms. Tanvi Pagar, session has been organised by Dr. Pradnya Raut & Prof. R. D. Rajkuvar, for the successfully conduction of this session the entire FE staff took tremendous efforts.



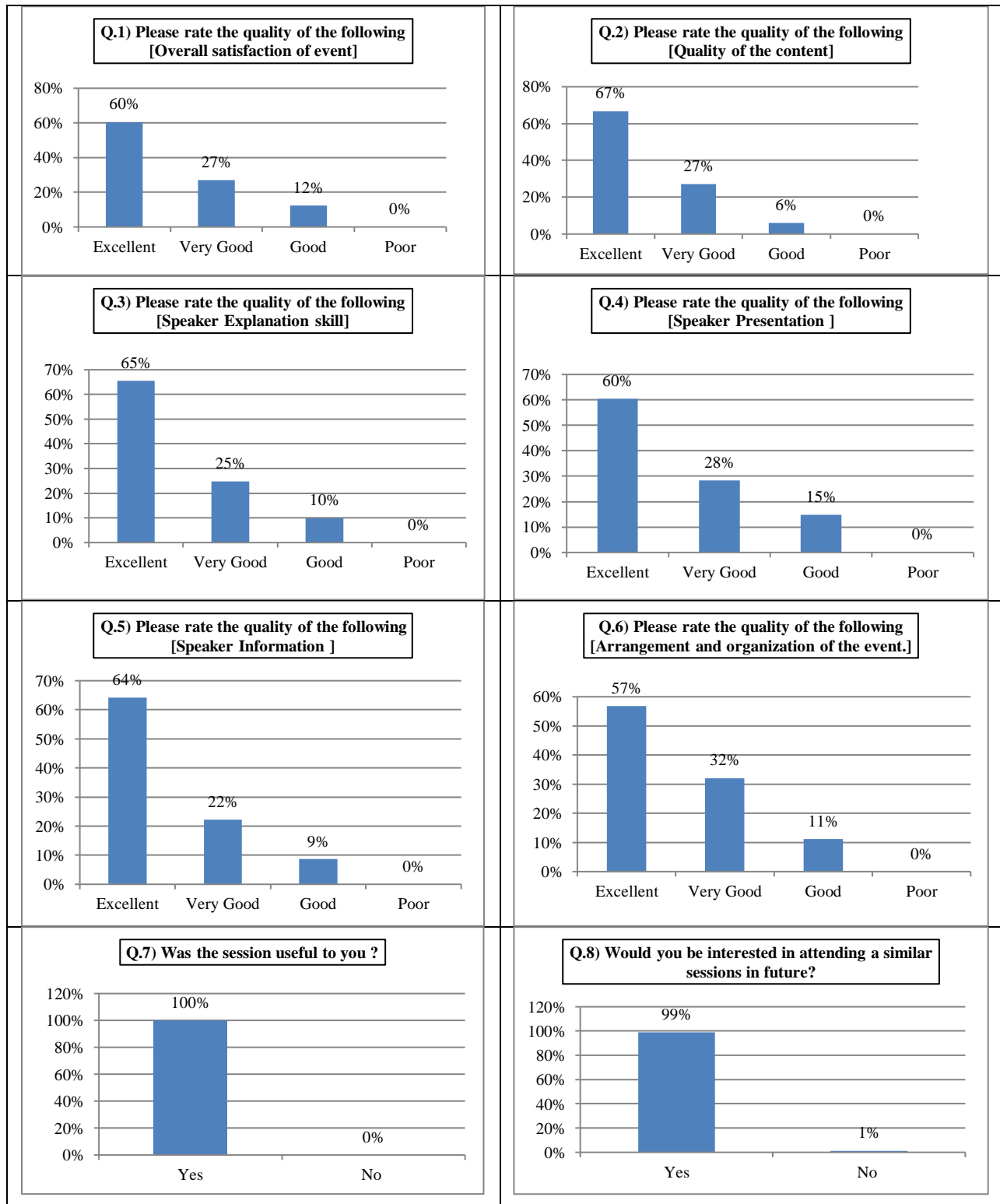
Dr. V. S. Khairnar
(FE-Coordinator)

Dr. Pradnya Raut
Prof. R. D. Rajkuvar
(Coordinator)

Dr. Vijaykumar P. Wani
(Principal-IOE)

WOMEN'S DAY-2024 FEEDBACK FORM ANALYSIS

(07/03/2024)



Action Taken By F.E Co-ordinator :-

Will consider the above suggestion & take following action for the same.