

MADHAV INSTITUTE OF TECHNOLOGY & SCIENCE, GWALIOR

(A Govt. Aided UGC Autonomous & NAAC Accredited institute Affiliated to RGPV, Bhopal)

Girl's Grievance cell

Report

Date: 16-10-2019

Girl's Grievance cell has organized an awareness program on personal hygiene on 16-10-2019 in room no. 105 at 1:00 pm for first year girls. The awareness program was meant to discuss about personal hygiene of girls. There are many students who belong to rural class of the society and are therefore are not aware about the personal hygiene. They are not aware about the use of sanitary pads and therefore use clothes. The students were told about menstruation cycle, the risks that they come across during menstruation if they do not maintain cleanliness during this period and how to handle problem related to menstruation. The students were told about the sanitary napkin vending machine installed in the campus. The program is conducted by Dr. Anjula Gaur and Dr. Anshu Chaturvedi.

Dr. Anshu Chaturvedi
Chairperson,
Girls Grievance Cell

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Brief description of awareness lecture

Menstruation is the technical term for getting your period. About once a month, females who have gone through puberty will experience menstrual bleeding. This happens because the lining of the uterus has prepared itself for a possible pregnancy by becoming thicker and richer in blood vessels. If pregnancy does not occur, this thickened lining is shed, accompanied by bleeding. Bleeding usually lasts for 3-8 days. For most women, menstruation happens in a fairly regular, predictable pattern. The length of time from the first day of one period to the first day of the next period normally ranges from 21-35 days.

The menstrual cycle has three phases:

1. Follicular Phase (Days 1-14)

This phase of the menstrual cycle occurs from approximately day 1-14. Day 1 is the first day of bright red bleeding, and the end of this phase is marked by ovulation. While menstrual bleeding does happen in the early part of this phase, the ovaries are simultaneously preparing to ovulate again. The pituitary gland (located at the base of the brain) releases a hormone called FSH – follicle stimulating hormone. This hormone causes several ‘follicles’ to rise on the surface of the ovary. These fluid filled “bumps” each contain an egg. Eventually, one of these follicle becomes dominant and within it develops a single mature egg; the other follicles shrink back. If more than one follicle reaches maturity, this can lead to twins or more. The maturing follicle produces the hormone estrogen, which increases over the follicular phase and peaks in the day or two prior to ovulation. The lining of the uterus (endometrium) becomes thicker and more enriched with blood in the second part of this phase (after menstruation is over), in response to increasing levels of estrogen. High levels of estrogen stimulate the production of gonadotropin-releasing hormone (GnRH), which in turn stimulates the pituitary gland to secrete luteinizing hormone (LH). On about day 12, surges in LH and FSH cause the egg to be released from the follicle. The surge in LH also causes a brief surge in testosterone, which increases sex drive, right at the most fertile time of the cycle.

2. Ovulatory Phase (Day 14)

The release of the mature egg happens on about day 14 as a result of a surge in LH and FSH over the previous day. After release, the egg enters the fallopian tube where fertilization may take place, if sperm are present. If the egg is not fertilized, it disintegrates after about 24 hours. Once the egg is released, the follicle seals over and this is called the corpus luteum.

3. Luteal Phase (Days 14-28)

After the release of the egg, levels of FSH and LH decrease. The corpus luteum produces progesterone. If fertilization has occurred, the corpus luteum continues to produce progesterone which prevents the endometrial lining from being shed. If fertilization has not occurred, the corpus luteum disintegrates, which causes progesterone levels to drop and signals the endometrial lining to begin shedding and bleeding starts.

There is a range of normal bleeding – some women have short, light periods and others have longer, heavy periods. The period may also change over time.

Normal menstrual bleeding has the following features:

- Your period lasts for 3-8 days
- Your period comes again every 21-35 days (measured from the first day of one period to the first day of the next)
- The total blood loss over the course of the period is around 2-3 tablespoons but secretions of other fluids can make it seem more

From puberty onwards, feminine hygiene is a big deal.

Of course, staying on top of personal hygiene during your periods is especially important. It's also because you start sweating more than before, and the sweat has a stronger odour. Keeping the underarm and genital areas clean means smelling fresh and feeling comfortable. Apart from wanting to keep the genital area clean and fresh, women are slightly more vulnerable to bacterial infection during menstruation, due to the change in the vagina's pH balance. So washing the genital area twice a day not only means being confident you smell okay, but also that you aren't at risk of infection.

Wash your genital area with lukewarm water. Be careful not to use perfumed shower gels, bubble baths or soaps that can have a drying effect on the delicate mucous membranes in the vagina and upset that sensitive pH balance. Stick to mild, non perfumed soap or just use water. And wash the area exactly as you would any other time – externally. Washing inside the vagina (known as 'douching') is a really bad idea, even on your period.

Make sure you wear fresh underwear every day and change your sanitary protection frequently to avoid menstrual odour. Whether you use sanitary pads such as Ultra Thin sanitary pads or tampons during your period, change your protection four to five times a day, or more frequently when your menstrual flow is at its heaviest – i.e., during the first two days of your period. And use a thicker night-time towel when you go to bed, so you stay protected from leakages and keep your night clothes and bedding fresh.

During your period, it's a good idea to avoid tight clothing or fabrics that don't 'breathe', such as synthetic ones, as these can cause increased moisture and heat, meaning bacteria tend to thrive. Stick to cotton underwear and loose fitting clothes to stay fresh and dry. And stay away from vaginal deodorant or feminine spray – these products are unnecessary and can actually cause irritation.

Other tips include changing your underwear and clothes after sports, as a sweaty crotch can leave you feeling and smelling pretty grim. And when you wipe after using the toilet make sure you go from front to back to avoid transferring harmful bacteria to your vagina. Finally, make sure you practice safe sex at all times. But especially if you have sex during your period, as there's an increased chance of passing on or contracting blood-borne diseases during menstruation.

And if you're still worried about menstrual odour, well don't forget it's completely normal for your vagina to have its own slight, inoffensive smell. If you keep yourself clean but still notice a strong odour, go and see your doctor as you may have an infection.

Rules to stay Fresh and comfortable during Menstruation:

1. Change your sanitary napkin every 4-6 hours-

Changing sanitary napkins or tampons within every 4-6 hours is the cardinal rule to establish vaginal hygiene. Menstrual blood, when released from the body attracts various organisms from our bodies, which multiply in the warmth of the blood, and cause irritation, rashes or urinary tract infections. Changing your sanitary napkin or tampon regularly curbs the growth of these organisms and prevents infections.

2. Wash yourself properly-

Washing your vagina regularly is extremely important, because the organisms cling to your body after you have removed your sanitary napkin. Most people wash themselves regularly, but not the right way--which is, using your hands in motion from the vagina to the anus, not vice-versa. Motioning your hand from the anus to the vagina can lead to the transmission of the bacteria from the anus into the vagina or urethra opening leading to infections.

3. Don't use soaps or vagina hygiene products-

While using vaginal hygiene products everyday is a good idea, using these products during menses can turn things around. Vaginas have their own cleaning mechanism which comes into play during menstrual cycles, and these artificial hygiene products can hamper the natural process leading to infections and growth of bacteria.

4. Discard the sanitary napkin properly-

Disposing off your sanitary napkins properly is an important step. Wrap them properly before you throw them away, so the bacteria and infections do not spread. Make sure you don't flush them, since that will block the toilet causing the water to back up, spreading the bacteria all over

it. Washing your hands properly is of utmost importance after you have wrapped and discarded the used sanitary napkins, since you're likely to touch the stained area while wrapping them.

4. Stick to one method of sanitation-

Women tend to use tampons and sanitary napkins, or two sanitary napkins simultaneously during heavy flow which is an efficient technique. While it may keep you dry and prevent stained clothes, it can cause infections too. The combination of two techniques absorbs the blood making us oblivious to the need to change our tampons and sanitary napkins. Without frequent change, the accumulated blood invites bacteria and causes infections. So, it is advisable to use one sanitary napkin and change it as frequently as you can during heavy flow. These cardinal rules will help you stay healthy and manage your period better.

Stick to the above and you can be sure of staying fresh and feeling comfortable every day.

Dr. Anjula Gaur

Dr. Anshu Chaturvedi

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Notice

Date: 14-10-2019

Girl's Grievance cell is going to organize an **Awareness Program** on **Personal hygiene** on **16-10-2019** in room no. 105 at **1:00 pm** for first year girls.

Dr. Anshu Chaturvedi

Chairperson,

Girls Grievance Cell