



Webinar
On
Menstrual Health & Hygiene
by
Global Hunt Foundation
Noida, Uttar Pradesh.
On : 16-03-2023

Resource Person
Mrs. Nitya Chaudhary
CSR Executive, Unicharm India



CSR Executive
Unicharm India

Mrs. Nitya Chaudhary, specialist in Social work, women empowerment and project management has been working with unicharm India since 2016 as an integral part of CSR team, she is managing all the CSR activities in Rajasthan which include management of awareness program on menstrual health and hygiene, program associated with ICDS and govt. of Rajasthan. She holds an experience of conducting more than 800 sessions. Nitya is a techie, Master of Technology in computer science, and has experience of training and assessment in skill development and education program with IL&FS on Cairn India CSR project.

meet.google.com/uvr-yxp-qts?authuser=0

nitya chaudhary is presenting

11:04 AM | uvr-yxp-qts

Participants: nitya chaudhary, Bonda Harshini prouthi (...), Meghana Siripurapu, amulya Bathina, Jyothika Potnuru, S. Devi Priya, 36 others, You.

Meet - uvr-yxp-qts

meet.google.com/uvr-yxp-qts?authuser=0

nitya chaudhary is presenting

11:12 AM | uvr-yxp-qts

Participants: nitya chaudhary, Bonda Harshini prouthi (...), Gulzar Farjana, Meghana Siripurapu, Jyothika Potnuru, Ashwini Velaga, S P, V, 48 others, You.

System tray: 27°C Haze, 11:12 AM 3/16/2023

HRMS

Meet - xpe-qaf-yas

meet.google.com/xpe-qaf-yas?authuser=0

nitya chaudhary is presenting

12:22 PM | xpe-qaf-yas

Participants: nitya chaudhary, Kishika Sahu, Barla Seetha, Karimini Bhavani, Ravi Bhogavalli, Swathi Guju, R A, V, 35 others, You.

System tray: 29°C Sunny, 12:22 PM 3/16/2023

meet.google.com/xpe-qafe-yas?authuser=0

nitya chaudhary is presenting

When To Consult A Doctor?

You must consult a doctor if your periods:

- Have started before the age of 8 years or not started by the age of 15 years
- If the menstrual cycle is delayed, early, irregular
- Are heavy (with clots) or scanty or very painful and disrupt your normal routine
- In case of heavy / smelly / yellowish / brownish white discharge
- During Menopause while there are hot flashes, night sweats, low sex drive, dry eyes, skin and mouth, vaginal dryness and pain, emotional changes (irritability, depression and mood swings), fatigue, insomnia, urinary trouble (frequency or incontinence), hair loss, memory problems

12:28 PM | xpe-qafe-yas

Participants: nitya chaudhary, Kishika Sahu, Barla Sochi, Karimi Bhavani, Ravi Bhogavilli, Swathi Guju, 35 others, You.

meet.google.com/uvr-yuxp-qts?authuser=0

nitya chaudhary is presenting

CHILDREN ENTER PUBERTY ANYTIME IN THE EARLY ADOLESCENCE DEPENDING ON THEIR GENETIC, BIOLOGICAL & SOCIAL FACTORS

Early Adolescence - (10 to 13 Years of age)
Transition to adolescence characterized by puberty

Middle Adolescence - (14 to 16 years of age)
Onset of adolescence, strong peer group influence

Late Adolescence - (17 - 19 years of age)
Transition to adulthood and adult roles

Puberty is the process of physical changes through which a child's body matures into an adult body capable of reproduction. It is initiated by hormonal signals from the brain to the gonads (ovaries in girls, testes in boys).

Adulthood is the period in the human lifespan in which full physical and intellectual maturity has been attained. Adulthood is commonly thought of as beginning between the age 18 to 21 years.

11:09 AM | uvr-yuxp-qts

Participants: nitya chaudhary, Ronda Harshini preethi (...), Sappa supraja, Meghana Siripurapu, Jyothika Potnur, Gulzar Farjana, 40 others, You.

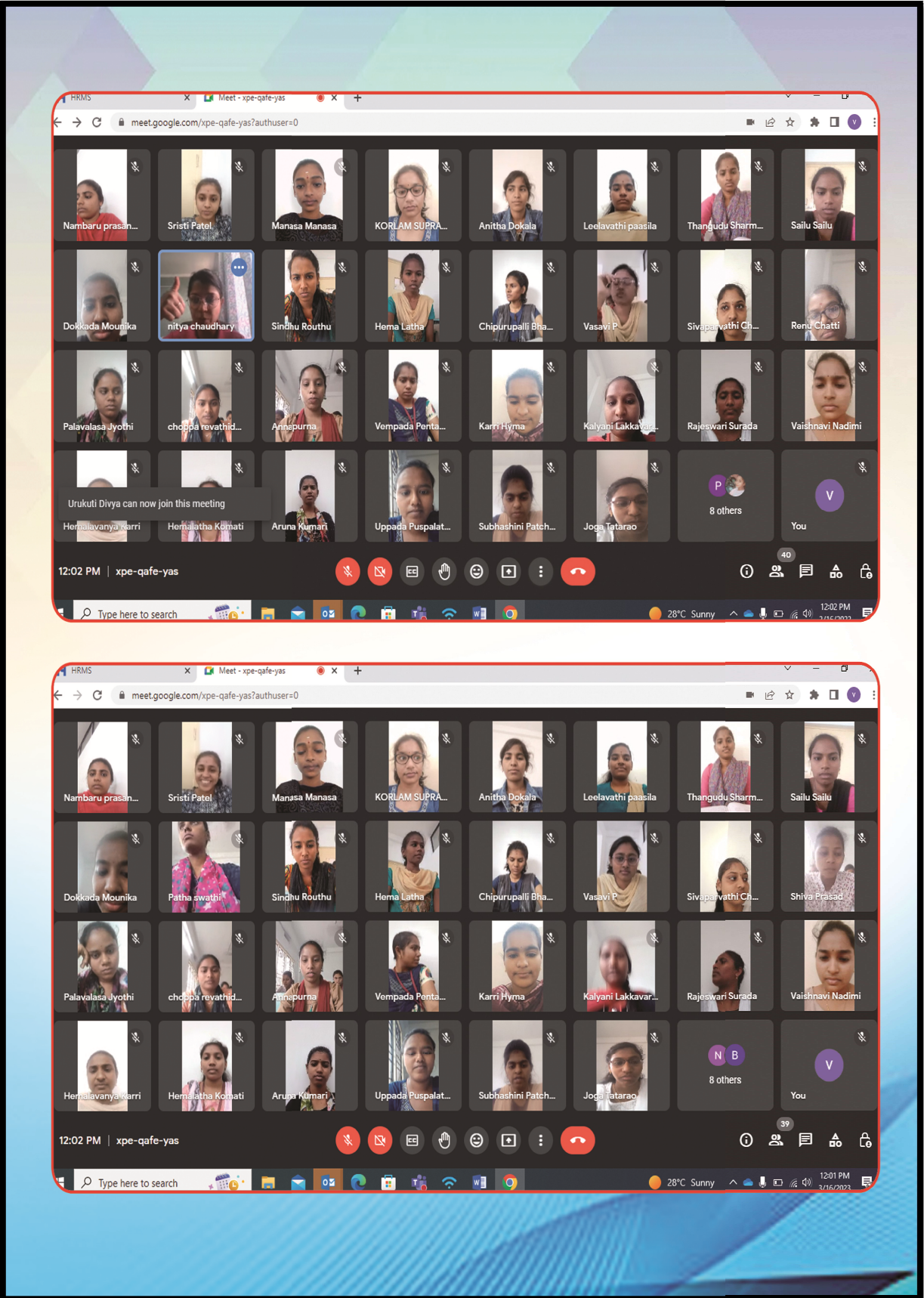
Meet - uvr-yuxp-qts

meet.google.com/uvr-yuxp-qts?authuser=0

Participants: Bhogavilli, Dadala Prasanna..., Borida Harshini p..., Satyala Anusha, Seena Navya, VURUKUTI NOO..., Meghana Siripur..., S. Dovi Priya, mailapilli Manu mika, Nikhitha Marada, Jyothika Potnuru, Mounika Sara, Pavani Gaidi, swetha dolai, Kamireddy Jay..., Haritha Gandreddi, Geetha Majji, Gulzar Farjana, RADHIKA SIRIKI, Farveen Shaik, Padma Arapalli, Kavitha Togi, Karthi Indhu, Sappa supraja, geetharani peda..., Saitu Sailaja, Jyosha Pilla, Shaik fathimaba..., nitya chaudhary, Borra Sireesha E..., 13 others, You.

11:03 AM | uvr-yuxp-qts

System tray: 27°C Haze, 11:03 AM 3/16/2023





Certificate

of Appreciation



IN HONOUR OF YOUR CO-OPERATION & SUPPORT
WE GLADLY PRESENT THIS CERTIFICATE TO

Chaitanya Degree & PG College For Women

for encouraging participation & conducting a webinar on

Menstrual Health & Hygiene Management

in association with Unicharm India & GlobalHunt Foundation on
16.03.2023 with more than 120 students and lecturers.



GHF Seal

Tanu Goel

Tanu Goel, Director



CERTIFICATE OF PARTICIPATION

This is to certify that

BOJANKI DIVYA

Student of CHAITANYA DEGREE & PG COLLEGE FOR WOMEN participated in the

Webinar Titled

"MENSTRUAL HEALTH & HYGIENE MANAGEMENT"

Organized by

Unicharm India & GlobalHunt Foundation

Tanu Goel

Tanu Goel, Director



CERTIFICATE OF PARTICIPATION

This is to certify that

BESETTY PUJITHA

Student of CHAITANYA DEGREE & PG COLLEGE FOR WOMEN participated in the

Webinar Titled

"MENSTRUAL HEALTH & HYGIENE MANAGEMENT"

Organized by

Unicharm India & GlobalHunt Foundation

Tanu Goel

Tanu Goel, Director

