



MEDIA REPORT

“Female Health & Hygiene”

Date: 14th September 2023 (Thursday)

Time: 3:15pm to 5:15pm

Objective: 1. Familiarising the aspect of menstruation, menstrual hygiene and various health conditions related to females.

2. Relationship of menstrual health to mental health.

Outcome of the activity: The session encouraged the female students to engage in safe and hygienic practices pertaining to their health.

Mode: Offline

Venue: Amity University Madhya Pradesh

Number of Participants: 66 Students (B.A (H) Applied Psychology; M.A Clinical Psychology, M.Phil. Clinical Psychology) and 7 faculty members.

Resource Personage: Dr Namita Agarwal, MBBS, M.D. (OBGY), Gynaecologist and Infertility Specialist, Vedant Hospital Gwalior and Dr Veera Lohia, MS in Obstetrics and Gynaecology, Janak Hospital, Gwalior

Summary of the Session:

Amity Institute of Behavioural and Allied Sciences, Amity University, Madhya Pradesh organized a special session on ‘Female Health and Hygiene’ for the students of the department to orient the female students of menstrual hygiene and concerns related. The event was kick started by the students of M.A Clinical Psychology, Ms. Nandini and Ms. Lisa who warmly welcomed the guests of honour Dr Namita Agarwal (Gynaecologist) and Dr Veera Lohia (Gynaecologist) by acknowledging their meticulous achievements. Before handling over the platform to our esteemed dignitaries, Prof (Dr) Novrattan Sharma, Director, AIBAS who imparted words of wisdom regarding the need of women taking leadership and the enabling taking initiative about taking care of their menstrual health followed by handing over the torch to the expert guests.

The first guest to hold the stage was Dr Namita Agarwal who spoke about the female reproductive system and the menstrual cycle. She explained the purpose of the menstrual cycle and the physiological

process associated with it. She explained the 4 menstrual phases: Menstrual Phase, Follicular phase, Ovulation phase and the Luteal phase. She added that the menstrual cycle changes over time for females. Irregular cycles are seen in the initial years post menarche, regularize around the age 20 and tend to change again around the peri-menopausal period. She helped students differentiate between normal and abnormal menstrual cycle. Students were sensitized about when they should worry about their period and consult a doctor/ health provider. She added that menstrual cycle is like a mirror to peep into the reproductive health of a girl. Menstrual Hygiene Day is celebrated on May 28 every year. She emphasized the importance of menstrual hygiene and provided suggestions for the same such as washing hands before and after using a menstrual product, changing menstrual products regularly, wear breathable clothing, keep the genital area clean with plain water. She addressed myths related to Menstrual Cycle such as MC means shedding blood, if one misses their period then one is not pregnant, but could be due to other reasons; one cannot exercise while bleeding- yogaasanas and breathing exercises aid in the relief, not wash head during periods, virginity is lost by using tampons, hymen is stretched nit broken; consult a gynaecologist for premenstrual syndrome instead of considering as mood swings. She ended the session on the contribution of Yoga in relieving menstrual pain and one must be evaluated for severe period pain (Dysmenorrhea) if it inhibits one from living a regular life despite doing yogic exercises, massages, breathing exercises etc.

The event was furthered spurred by our second guest Dr Veera Lohia who spoke about the importance of female mental health. She emphasized that globally, 1 in 8 people live with mental disorder. She encouraged the students to approach for help in such cases without hesitation. She stated that good health and wellness are interdependent with stress as well as neurosis more common in women. She highlighted the need for counselling services especially for students in the current scenario. She gave a brief idea about the types of mental illnesses and their causes. She explained that even though some amount of stress is necessary to perform well in exams, interviews etc, it is the long-term stress that harms one's health and hence one must look for warning signs to take actions at the beginning itself. She differentiated between positive stress, tolerable stress and toxic stress. Problems of anxiety and depression was highlighted, and their warning signs were explained. Risk factors, modifiable and non-modifiable factors for women were discussed. She suggested ways to manage these issues through seeking social support, preventing stigma, educational programmes,

seeking professional help, regular exercises etc. Importance of medical treatment for mental health disorders were highlighted.

At the end of such intriguing sessions, students raised their queries pertaining to the safety of using reusable menstrual products such as menstrual cups, fertile period for pregnancy, white discharge etc. which were by our valuable guests. Both the doctors emphasized the importance of indulging in safe sex practices which included the use of contraceptives after doctor's consultation, avoiding excessive use of emergency contraceptive pills or self-medication, consulting gynaecologists for family planning before marriage etc. The program ended by giving a vote of thanks to our honoured guests.



Students of AIBAS along with our guests Dr. Namita Agarwal and Dr. Veera Lohia; Prof (Dr). NovRattan Sharma, Director, AIBAS; Dr Rajendra Kumar Sharma, HOD, AIBAS and Faculty members.













Special Sessions
ON



FEMALE HEALTH & HYGIENE

September 14, 2023

Timing: 3:15- 5:15pm

Resource Person

Dr. NAMITA AGRAWAL

(Vedant Hospital Gwalior)

&

Dr. VEERA LOHIA

(Janak Hospital Gwalior)

Venue- Seminar Hall 'C' Block

Organized by

Positive Mental Health & Psychological First Aid Centre

Amity Institute of Behavioural & Allied Sciences

Amity University Madhya Pradesh

Gwalior - 474005