



GSSS Institute of Engineering & Technology for Women Alumnae Association (R)

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PRESS NOTE

GSSSIETW Alumnae Association (R), Mysuru

“Awareness program on Sanitary Hygiene during Menstrual Cycle”

4th December 2023

Alumnae Association of GSSS Institute of Engineering & Technology for Women (GSSSIETW), Mysuru had organized an “Awareness program on Sanitary Hygiene during Menstrual Cycle” for 3rd Semester students of all branches on 4th December 2023 by the resource person **Dr. A Sonia Mandappa, Gynaecologist**, Motherhood Hospital, Mysuru.



Figure: Dr. A Sonia Mandappa **Gynaecologist**, Motherhood Hospital, Mysuru delivering awareness talk on “Sanitary Hygiene during Menstrual Cycle” for 3rd Semester students of all branches (ECE,CSE,ISE,AI-ML,AI-DS and EEE) on 4thDecember 2023, Miss Pramodini from **Rotaract** club also addressed students regarding **Rotaract** club activities.



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The session was organised for 3rd Semester students of all branches and was an interactive session, attended total number of 550 students. The session commenced by welcoming the resource person Dr. A Sonia Mandappa by Mrs Usharani J Alumnae Association Secretary Gsssietw, Mysuru.

Dr. A Sonia Manadappa presented a session on PCOS(Polycystic Ovary Syndrome) which is a is the most common endocrine disorder which is faced by 90% women in India between the age group of 19 to 25. Madam also addressed consequences of PCOS if left untreated at early stage causes problems during the pregnancy and also about 40% patients with PCOS who left untreated may develop prediabetic conditions at young age itself and 10% patients will get Diabetes for life time, BP, obesity ,hair fall and other health issues.

Dr. A Sonia Manadappa addressed about importance of balanced nutritious diet and importance of physical exercise in maintaining good health and how to get rid of anaemia. Madam also addressed regarding how to have painless menstrual cycle.

Hygiene and wellness to be maintained during Menstrual cycle has also been and addressed along with importance of usage of menstrual cups instead of sanitary pads which are safer than other hygiene items and lowers your risk of bacterial infection and environment friendly also

The session was followed by the Interaction with the students Finally, the Session was concluded with a remarkable vote of thanks, thanking Dr. A Sonia Mandppa for sparing her valuable time to enlighten the students regarding hygiene and Wellness.

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