

**Name of the Activity: Talk on Menstrual Hygiene**  
**by Laxmi Nair**

**I Basic Details**

Date	Faculty	Department/Committee	Co-ordinator name
06/04/2018	Arts	Education	Dr. Joan Lopes
Time	Venue	Activity for Class/Group with Total Number of Attendees	Nature: Indoor/Outdoor
2:00 to 04:00 pm	St Teresa's Institute of Education	F.Y. B.Ed – 50  S.Y. B.Ed- 50	Indoor
Name & details of Resource Person		Names of Staff Members who supported	Names of Students who Supported
Laxmi Nair		Dr. Joan Lopes Dr. Sr. Tanuja Waghmare Dr. Giselle D'souza Dr. Sheela Philip Dr. Cindrella D'mello Dr. Cerena D'Cunha Dr. Reshma Rodrigues Mrs. Shakuntala Nighot Mrs. Colleen Fernandes Mrs. Sharmila Vaz Mrs. Prabhavati Mandavkar Mr. Sanjay Gurav Mr. Laxman Garje Mr. Anthony D'souza	Neressa Lopes Asma Qureshi

## II Brief Information about the Activity (NAAC Criterion Number)

<b>Topic/Subject of the Activity</b>	Talk on Menstrual Hygiene.
<b>Objectives for conducting Activity</b>	To know more about preventing period problems, improving current treatments or developing better treatments.
<b>Methodology</b>	Various methods to stay hydrated and clean.
<b>Outcome</b>	Students gained knowledge on hygiene practices and affordable sanitary materials to manage their menstruation, which will help in decreasing risk of infections.