


P.R.GOVERNMENT COLLEGE(A),
DEPARTMENT OF COMMERCE AND MANAGEMENT STUDIES

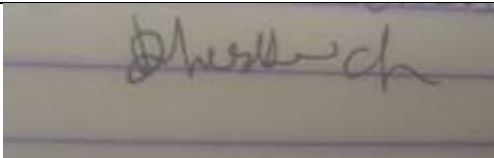

Date	09-02-2022
------	------------



ACTIVITY REPORT REGISTER

P.R.GOVERNMENT COLLEGE(A),

Conducted through DRC/JKC/ELF/Dept.etc	DCMS
Nature of the Activity	Awareness Programme
Title of the Activity	Health care on period cycles , sanitary pads
Name of the Department/Committee	DCMS
Details of Resource person (Name, Designation etc.)	G. SRI DEVI
No. of Students Participated	65
<p>Brief report of the activity</p> <p>Kum. G SRI DEVI Explained about Menstruation is a natural process that happens to all women and girls of reproductive age. It is the shedding of the lining of the uterus, which happens about every 28 days. Menstruation can cause a number of symptoms, including cramps, bloating, fatigue, and mood swings. These symptoms can vary from woman to woman and from cycle to cycle. There are a number of things that you can do to manage the symptoms of menstruation, including:</p> <ul style="list-style-type: none"> • Getting enough rest • Drinking plenty of fluids • Eating a healthy diet • Taking over-the-counter pain relievers • Using heat therapy <p>It is also important to practice good menstrual hygiene.</p> <ul style="list-style-type: none"> • Changing your sanitary pad or tampon regularly • Washing your hands thoroughly before and after changing your pad or tampon • Disposing of your menstrual products properly 	
Name of the lecturers who planned and conducted the activity	DCMS
Signature of the Lecturer in charge/ Convener of the committee	

Signature of the Resource Person	
Signature of the Principal	 PRINCIPAL P.R. Govt. College (A) KAKINADA
Remarks	

