



Rutuja Charitable Trust

Department / Committee Name :- Rutuja Charitable Trust

Event/ activity Name: - Expert talk

Date :- 16th April, 2021

No. of Days :- One Day (4:00 pm to 5:00 pm)

Venue :- Online meet (Google Meet)

Resource Persons (if any) :- (1) Dr. Usha Valadra (Expert person)

Aim/purpose: Menstrual Cycle & Menstrual Disorder

Details of the event/ activity:

This session is conducted by Dr. Usha Valadra famous gynaecologist who delivered her talk on “Menstrual Cycle & Menstrual Disorder”. Initially she gave information about Menstruation cycle. All stages of menstruation, 5 days of bleeding, puberty, pre & post menopause. After that she talked about menstrual disorder (infection), irregular periods, hormonal imbalance, PMS & treatment option. What kind of material can be used during periods? Vaccine & its effect on menstruation. This session is moderated by Bhoomi Lad.

Participants:- 28 participants

Outcome: - people get information about menstruation cycle & disorder, which is very useful for maintaining personal hygiene & health.

Signature of event :- Khushboo Shah

Rutuja Charitable Trust Presented

Webinar

MENSTRUAL CYCLE & MENSTRUAL DISORDER



Dr. Usha Valadra

(Member of Adolescent health committee FOGSI since 15 years)
Founder of "Teenage girls care clinic - at Ushakiran Nursing home

Date : 16/4/2021, Friday

Time: 4PM - 5PM

Google Meet (Free session but registration is required)