

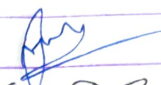
MENSTRUATION, NUTRITION & AIDS AWARENESS


Date :- 30-03-2022

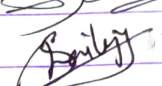
Title of the Program :- Menstruation, Nutrition and AIDS awareness

Resource Person :- Dr. Radhika from NGO organization Hyderabad assisted by Dr. Prashant.

Students Participated :- Dr. Radhika (NGO) & Dr. Prashant.
BSc; I year - (70)

Faculty Involved :- Mrs. M. Pranitha - 

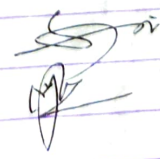
Ms S. Anitha - 

Mrs K. Shailaja - 

Objectives of the Program :- 1) Students get new perspectives and opinions.
2) The lecture gives students a better opportunity to learn and explore about a topic in better way.

Description of the Program :- The Lecture is about Women's Periodic period problems, Periods diet and Awareness on AIDS. Students were taught on detailed Menstrual cycle and hygiene management. The lecture stressed on Amenorrhoea, Menorrhoea, Exercise during periods, Foods to eat & not to consume. The principle and best described link between nutrition and menstruation is Iron. Iron is most important mineral helps in strengthening muscle, brain, immune system. The lecture also focussed on AIDS awareness which is immune deficiency related syndrome as a part of NGO organization scheduled for the week to conduct an awareness programme.

Evidence of the Programme :- Photograph of the day is pasted as a mark of evidence.



Extension Lecture on - Menstruation, Nutrition & Aids Awareness.



Hyderabad, Telangana, India
20-3-1060/a/b, Shah Gunj, Hyderabad, Telangana 500064, India
Lat 17.357634°
Long 78.46683°
30/03/22 11:48 AM



Hyderabad, Telangana, India
20-3-1107, Shah Gunj, Hyderabad, Telangana 500002, India
Lat 17.357587°
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