

# REPORT

## **Seminar on Awareness on Menstruation Health**

Date: 19<sup>th</sup> July 2018

Time: 1:00 to 3:00pm

On 19<sup>th</sup> of July, 2018 the NSS Unit and Women Cell of MBICT organised a Seminar Awareness on Menstruation Health At MBICT, New V.V.Nagar. In which **Dr. Jasmine Gujarathi**, the Head of the Gynaecology Department of G J Patel Institute of Ayurvedic Studies & Research, New V. V. Nagar discussed on the menstruation problems of the adolescent girls. She also discussed on how to take care of health and hygiene for healthy life. She gave information of the medicine prepared by her to cure the painful menstruation. She advised the students regarding the food habit to increase the haemoglobin and other nutrition level in day to day life.

Dr. Darshana J. Prajapati  
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MBICT, New V. V. Nagar

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Date: 19/07/18

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