



Menstrual Health Webinar

To be held on: 30th May 2021 at 4pm IST.

GirlUp Roohi is organising this webinar in collaboration with University of Lucknow.

Guest Speaker- Dr. Nisha Singh [Gynaecologist KGMU Lucknow]

**Special guests- Vice Chancellor Professor Alok Kumar Rai
[University of Lucknow]**

**Dean of Student Welfare, H.O.D. Physics Department
Professor Poonam Tandon [University of Lucknow]**

**Dr. Nisha Singh [Gynaecologist KGMU Lucknow]
Dean Research, Prof Monisha Banerjee, Department of
Zoology[University of Lucknow]**

Theme: Awareness about Menstrual Health and Hygiene

Hosts- Ifra Khan [PR Officer GirlUp Roohi]

Eva Misra [Content Head GirlUp Roohi]

Organisers- Sanskriti Sharma [Founder and President GirlUp Roohi]

Aditi Bajpai [Social Media Head]

Ayush Shukla [Club Advisor]

Introduction to Organizations-

GirlUp Roohi - GirlUp Roohi is a Youth led Non-Profit Lucknow based club, a chapter under the GirlUp campaign which is an initiative by UNF and it works towards women Empowerment. It has been times that we all have witnessed women being submerged in a bottomless sea of misogyny. In our lives we all have been brushed by a monochromatic color of pre-decided notions once or more. This is the reason why GirlUp Roohi was born. To work towards giving women more power, credibility and making them aware of their opportunities.

University of Lucknow - University of Lucknow is one of the oldest government owned research universities located in Lucknow, Uttar Pradesh. We are highly obliged that VC Sir and our beloved Poonam Ma'am would be joining us to encourage our spirit as always. We are proud students of this university and are happy to be guided by amazing professors who are also mentors to us.

Dr. Nisha Singh - Though she isn't an organization but her excellence in Gynaecology and obstetrics calls for a special mention. She pursued her MBBS from LHMC New Delhi, MD from AIIMS New Delhi. She is currently the head of Genital Cancer unit in the Department of obstetrics and gynaecology in KGMU, Lucknow. She has been garnered with prestigious awards for excellence and contribution to medicine; namely Best faculty award- 6th academic brilliance award 2018, Bharat Jyoti Award (IIFS), Best Paper Award FOGSI 2010, AOGIN India 2015 & 2019. We are honoured by her presence and her devotion to the welfare of women with Gynaecological Cancers.

LAYOUT OF THE WEBINAR-

1. The webinar will start at 4pm IST. There will be over 150+ attendees. Our host Ifra Khan will be welcoming everybody into the webinar for the first 10 minutes. She will introduce the speakers, organization and guests.
2. Over to the second host- Eva Misra. She will ask our VC Sir (if present at the moment) to say a few words. We will also welcome Professor Poonam Tandon to express her views on the webinar.
3. Our guest speaker Dr. Nisha Singh ma'am will be giving a short speech on menstrual hygiene and period poverty and health being the need of the hour. The speech may go on for 15 minutes. We will discuss a couple of questions with her related to hygiene and diseases related to menstruation.
4. The session will then dive into a general Q&A by attendees. The respective host (Eva) will pick certain questions from the chat box and those will be addressed.

The end of the session will be with feedback from our speakers and guests. The webinar shall last for approximately 1-1.5 hours.

Question and topics to be addressed in the webinar

1. Menstrual hygiene, the crucial things women need to keep in mind while on a period.
2. Myths and taboos on menstruation in accordance with vaccination and Covid-19.
3. A short guide on menstrual products, which ones to use and which ones are recommended.
4. Diseases related to menstruation.
5. Nisha ma'am's encounter with the patients and what she generally observed lacks in period literacy.

A special note to Nisha ma'am: We are honoured with your presence. You can include in your speech whatever you find we should know about menstruation. We owe to your excellence and wisdom to enlighten us on this wide spectrum of a monthly phenomenon.

If a speaker or guest needs to leave early they may inform our host Ifra Khan regarding the same. We humbly request all our speakers and guests to give us feedback before leaving.

FROM THE GIRLUP ROOHI TEAM:

We are immensely happy to have the speakers and guests on board for this webinar. We highly oblige to your contribution, your time and knowledge.



- Eva Misra [Content Head team GirlUp Roohi]