

**GUEST LECTURES ORGANIZED FOR STUDENTS**

Session: 2022-23

S.No	Date	Department	Program Title	Details (name, designation and address of resource persons)	Number of participants
1	2.11.2023	Home Science	Lecture on Menstrual Health	Dr. Nidhi Garg , MD Gynaecology , Kamal Hospital , Jalandhar	35



The Heritage Institution

137 Glorious Years

# Kanya Maha Vidyalaya, Jalandhar (Autonomous)

Star College Status by DBT, Govt. of India CURIE & FIST Grants by DST- Govt. of India College with Potential for Excellence by UGC

Ranked No. 1 College of Punjab & Top National Rankings (India Today, Outlook Magazine & Times of India Group-2021)

Join us for informative lecture on,

## “MENSTRUAL HEALTH”

with

**Dr. NIDHI GARG**

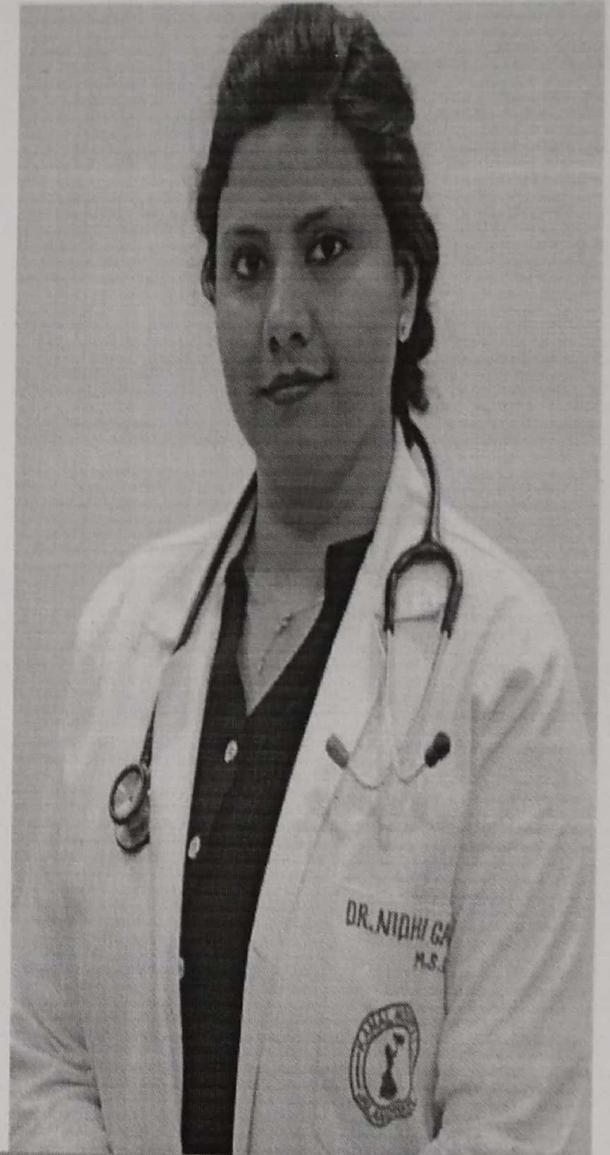
MD Gynaecology, FICMCH

Kamal Hospital

**Date:** 2<sup>nd</sup> Nov. 2022 **Time:** 1-2 pm

**Venue:** Veer Astha Bhawan

Organized by Home Science Dept.



Contact us:

Mrs. Neeti Kapoor : 9417585400

Ms. Tarandeep Kaur: 9864700002

Visit

[www.Kmvjalandhar.ac.in](http://www.Kmvjalandhar.ac.in)

Principal

Prof. (Dr.). Atima Sharma

*Neeti*

The Principal

Kanya Maha Vidyalaya (KMV)

Jalandhar (Punjab)

**Subject:** Request to grant permission to organise an Extension lecture .

Respected Mam,

Kindly allow us to organise an extension lecture by Dr. Nidhi (Sr. Gynaecologist , Kamal Hospital) on Menstrual Health for the students of department of Home Science ..

Thanking You

Yours sincerely,

*Neeti*  
Mrs. Neeti Kapoor

HOD, Home Science

*Allowed  
Neeti*

*Neeti*

## Report

Home Science Department of Kanya Maha Vidyalaya, Jalandhar has organised an informative lecture on the topic "Menstrual Health" on 2<sup>nd</sup> November, 2022.

A well experienced and qualified professional in the field of gynaecology was there as a resource person Dr. Nidhi Gupta, MD Gynae, FICMCH in Kamal Hospital, Jalandhar. Students from B.Sc. Home Science, B.Voc. (Nutrition, Exercise & Health), B.A. (Home Science) actively participated in the lecture by listening carefully. After the lecture, a lot of students asked questions and clear all their queries related to menstrual health. The students were appreciated and motivated by the resource person as well as by Mrs. Neeti Kapoor, Head of the Department, Home Science. Through this lecture, students learnt about how they can manage themselves during their menstrual, need of cleanliness during this time, use of pads etc.

Programme was successfully organized by the department of Home Science under the guidance of Mrs. Neeti Kapoor, HOD, Home Science. All the staff members of Home Science and B.Voc. i.e., Mrs. Neeti Khera, Dr. Rupika Chopra, Ms. Taranddep Kaur, Ms. Srishti, Ms. Palak and Ms. Shivani collectively organised and make the session comfortable for students.

*Neeti Kapoor*





Informative Lecture On : "MENSTRUAL HEALTH"

Under Home Science Dept. Session: 2022-23

Date: 2.11.2022

Sr. No.	Roll No.	Class	Name	Signature
✓10	227001	B.VOC. (NEH) Sem-5	Sonal	
✓20	227002	B.VOC. (NEH) Sem-5	Tanishka	
3.	226925	B.VOC (NEH) I	Namshika	
4.	226920	B.VOC (NEH) I	Kinjal	
✓5.	227005	B.VOC (NEH) Sem-5	Nishtha Jain	
✓6.	227006	B.VOC (NEH) Sem-5	Rajji	
7	227008	B.VOC (NEH) Sem-5	Ramnik	
8	227009	B.VOC (NEH) Sem-5	Pallavi Thakur	
✓9	227011	B.VOC (NEH) Sem-5	Jaspinder Kaur	
✓10	227012	B.VOC (NEH) Sem-5	Jasleen Kaur	
11	227013	B.VOC (NEH) Sem-5	Kusum	
✓12	226908	B.A 5 <sup>th</sup> Sem	Latika	
✓13	226953	B.A 5 <sup>th</sup> Sem	Simeran	
✓14	226902	B.VOC (NEH)	Kishu Chib	
✓15	226912	B.VOC (NEH) I	Gagandeep Kaur	
16	226927	B.VOC (NEH) I	Sangeeta	
17	226909	B.VOC (NEH) Sem-1	Multika Kler	
✓18	226905	B.VOC (NEH) I	Amandeep Kaur	
✓19	226913	B.VOC (NEH) I	Ritu	
20	226951	B.VOC (NEH) SEM-III	Geetika Sharma	
21	226952	B.VOC (NEH) SEM-III	Ruchika Sharma	
22	226954	B.VOC (NEH) SEM-III	Parneet Shind	
23	222871	B.SC (Home Sci)-V	Shailza	
24.	222876	B.SC Home Sci Sem-V	Vanishika	
✓25	226918	B.VOC (NEH) Sem I	Kudrat	
26	226922	B.VOC (NEH) Sem F	Harmandeep Kaur	
✓27	222801	BSC (H.S) Sem I	Amitoj Kaur	
✓28	222802	B.SC HOME SCIENCE (I)	Harpreet	
29	104	ECCE	Harpreet Kaur	
30	223109	ECCE	Aman	
31	223127	ECCE	Jasmeet Kaur	
32	223126	ECCE	Parmpreet Kaur	
33	226916	B.VOC (NEH) I Sem	Kajal Sharma	
✓34	226901	B.VOC (NEH) 9 <sup>th</sup> Sem	Sukriti Pandit	
✓35	227003	B.VOC (NEH) 5 <sup>th</sup> Sem	Akshita	
✓36	227004	B.VOC (NEH) 5 <sup>th</sup> Sem	Vishali	

Neeti

FEEDBACK FORM

Informative lecture on: "MENSTRUAL HEALTH"

(Under Home Science Dept.)

Session: 2022-23

Date: 2.11.2022

Name of Student: Pallavi Thakur

Class: B.Voc. (NH) Sem V

Roll No. 227009

Did you find the activity useful?

Yes, all are very beneficial for us to gain knowledge about them.

Any Suggestion:

Yes, It should be given chance to juniors to learn about this activity.

Pallavi Thakur  
Signature

Neer

FEEDBACK FORM

Informative lecture on: "MENSTRUAL HEALTH"

(Under Home Science Dept.)

Session: 2022-23

Date: 2.11.2022

Name of Student: ..Payneet.....Thind.....

Class: ..B.Voc. (N.H.).....Sem III

Roll No. 226954.....

Did you find the activity useful?

.....Yes, it was very useful to us as we  
.....know about our menstrual problems & solutions.

Any Suggestion:

.....No.....  
.....

Payneet  
Signature

Neeti

FEEDBACK FORM

Informative lecture on: "MENSTRUAL HEALTH"

(Under Home Science Dept.)

Session: 2022-23

Date: 2.11.2022

Name of Student: ...*Hritika Kales*.....

Class: ...*B.Voc. (NH) Sem I*.....

Roll No. ....*226909*.....

Did you find the activity useful?

*It is useful activity for us we learned  
about menstrual health, and how to  
deal at that time we learned many methods.*

Any Suggestion:

*No*.....  
.....

*[Signature]*  
Signature

*Noor*

FEEDBACK FORM

Informative lecture on: "MENSTRUAL HEALTH"

(Under Home Science Dept.)

Session: 2022-23

Date: 2.11.2022

Name of Student: Harmandeep Kaur

Class: B.Voc. (NEH) Sem I

Roll No. 226921

Did you find the activity useful?

Yes. Activity is useful for us, there is some thing we did not know after that, we now are something about menstrual health

Any Suggestion:

No

Harmandeep  
Signature

Neeti

FEEDBACK FORM

Informative lecture on: "MENSTRUAL HEALTH"

(Under Home Science Dept.)

Session: 2022-23

Date: 2.11.2022

Name of Student: ...*Parimpreet Kaur*.....

Class: ...*B.C.CE*.....

Roll No. ...*223128*.....

Did you find the activity useful?

.....*Yes, we have learn so many things*.....  
.....*regarding our personal hygiene.*.....

Any Suggestion:

.....*No, overall lecture was very good*.....  
.....*and informative.*.....

*Parimpreet Kaur*  
Signature

*Neeti*

FEEDBACK FORM

Informative lecture on: "MENSTRUAL HEALTH"

(Under Home Science Dept.)

Session: 2022-23

Date: 2.11.2022

Name of Student: Aman.....

Class: ECCE.....

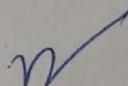
Roll No. 223127.....

Did you find the activity useful?

Yes we have learn so many things  
regarding our personal hygiene

Any Suggestion:

No, overall lecture was very  
good and informative.

  
Signature

Neet

FEEDBACK FORM

Informative lecture on: "MENSTRUAL HEALTH"

(Under Home Science Dept.)

Session: 2022-23

Date: 2.11.2022

Name of Student: Jasmeet Kaur

Class: ECCE

Roll No. 223127

Did you find the activity useful?

Yes, We have learn so many things  
regarding our personal hygiene.

Any Suggestion:

No, Overall lecture was very good  
and informative.

Signature

Neethi

FEEDBACK FORM

Informative lecture on: "MENSTRUAL HEALTH"

(Under Home Science Dept.)

Session: 2022-23

Date: 2.11.2022

Name of Student: ...*Sonal*.....

Class: ...*B.VOC (NEH) SEM-V*.....

Roll No. ...*227001*.....

Did you find the activity useful?

...*It was very interesting and I gained a lot of knowledge about menstrual health and vaccines*.....

Any Suggestion:

...*No, that was very fascinating. Thank you*.....

*Sonal*  
Signature

*Neeti*

FEEDBACK FORM

Informative lecture on: "MENSTRUAL HEALTH"

(Under Home Science Dept.)

Session: 2022-23

Date: 2.11.2022

Name of Student: Janishka

Class: B. Voc (NEH) Sem - V

Roll No. 227002

Did you find the activity useful?

Yes the activity was very useful and  
informative.

Any Suggestion:

Sufficient

Janishka  
Signature

Week 1

FEEDBACK FORM

Informative lecture on: "MENSTRUAL HEALTH"

(Under Home Science Dept.)

Session: 2022-23

Date: 2.11.2022

Name of Student: Nishtha Jain.....

Class: B.VOC (NCH) Sem-5<sup>th</sup>.....

Roll No. 227005.....

Did you find the activity useful?

Yes, the lecture is so much useful, it make us aware about many important hygienic tips and let us all know about the caring, curing of our menstrual Health.

Any Suggestion:

Every thing was perfect, No any need to suggest, every thing was perfect and knowledge provided by doctor is more sufficient

Nishtha Jain.  
Signature

Neel

FEEDBACK FORM

Informative Lecture On : "MENSTRUAL HEALTH"

(Under Home Science Dept.)

Session: 2022-23

Date: 2.11.2022

Name of Student: ....Rajji.....

Class: ..B.Voc. [N.E.H.] Sem V

Roll No. 227006.....

Did you find the activity useful?

Yes, I get the new ideas about health and how to deal with it.

Any Suggestion:

No, Everything is satisfied.

Rajji

Meethi

FEEDBACK FORM

Informative lecture on: "MENSTRUAL HEALTH"

(Under Home Science Dept.)

Session: 2022-23

Date: 2.11.2022

Name of Student: Ramnik.....

Class: B. Voc. Neh. Sem. 5.

Roll No. 227008.....

Did you find the activity useful?

The activity was very useful for us students we got to know about the problems that occur due to menstrual imbalance

Any Suggestion:

Sufficient.....  
.....

Ramnik  
Signature

Neer

FEEDBACK FORM

Informative lecture on: "MENSTRUAL HEALTH"

(Under Home Science Dept.)

Session: 2022-23

Date: 2.11.2022

Name of Student: Jaspinder Kaur.....

Class: B.Voc (NEH) Sem 5

Roll No. 227011.....

Did you find the activity useful?

It was very interesting and I gained a lot  
of knowledge about reproduction and other types  
of vaccines

Any Suggestion:

No.....

Jaspinder Kaur

Signature

✓ Veek