

**REPORT ON FEMININE CARE****DATE: 30/05/2024****TIME : 2 pm to 3 pm.****VENUE: Multipurpose Hall, SMBT Institute of Nursing.****TOTAL No. of Participants: 100 Students****SPEAKER: Dr. Shilpa Londhe****Introduction:**

**Feminine hygiene** products are personal care products used for women's hygiene during menstruation, vaginal discharge, or other bodily functions related to the vulva and vagina. Products that are used during menstruation may also be called **menstrual hygiene products**, including menstrual pads, tampons, pantyliners, menstrual cups, menstrual sponges and period panties. Feminine hygiene products also include products meant to cleanse the vulva or vagina, such as douches, feminine wipes, and soap. Feminine hygiene products are either disposable or reusable. Sanitary napkins, tampons, and pantyliners are disposable feminine hygiene products. Menstrual cups, cloth menstrual pads, period panties, and sponges are reusable feminine hygiene products.<sup>[1]</sup>

**BRIEF REPORT:**

The programme had started with the felicitation of guest by Dr. Kavita Matere, Principal SMBT Institute of Nursing. Dr. Shilpa Londhe Mam had explained regarding the menstrual hygiene and care to be taken by girls to avoid further complications. Mam had explained regarding the different types of menstrual hygiene products, cleansing products and environmental impact. Explained various health problems or issues female can face if she is not maintain proper hygiene.

**Signature of Principal**

**SMBT**

INSTITUTE OF  
NURSING

A Guest Lecture on

# FEMININE CARE



Guest Speaker

**Dr. Shilpa Londhe**

MS (Prasuti tantra and Strirog)  
Assistant Professor  
SMBT Ayurved College, Dhamangaon

📅 Thursday, 30<sup>th</sup> May 2024

🕒 2.00 pm onwards

📍 Multipurpose Hall, SMBT ION



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