

Summer Training

IIHMR UNIVERSITY

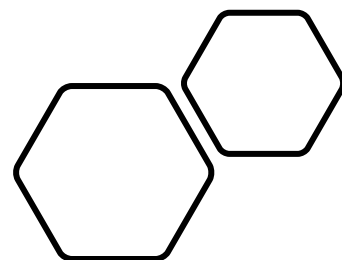
Batch: RM-09

University Mentor : Prof. Ratna Verma

Organization Mentor: Ms. Bhumika Rawat

Submitted By: Muskan Agrawal (0082)

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Objective/Goal

Upliftment of the area

Focus on Women Health

Menstrual Hygiene

My Contribution



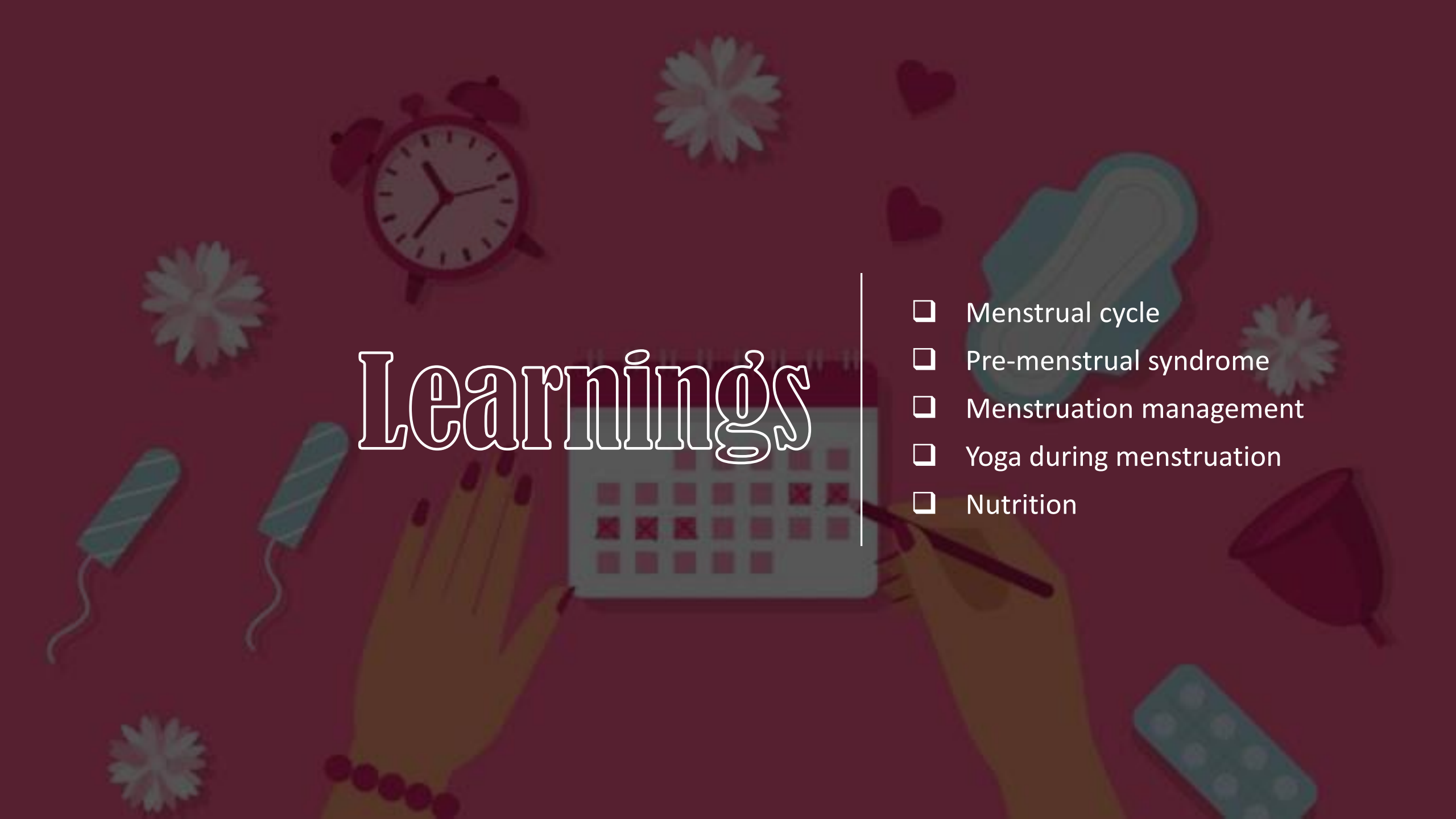
Formation of base line
and mid-line
questionnaire.



Creating module.



Social media strategy and
handling



Learnings

- ☐ Menstrual cycle
- ☐ Pre-menstrual syndrome
- ☐ Menstruation management
- ☐ Yoga during menstruation
- ☐ Nutrition

Thank
you
