



JEEVANDEEP SHAIKSHANIK SANSTHA'S POI'S  
**ARTS, COMMERCE & SCIENCE COLLEGE**

(Affiliated to Mumbai University)

Mumbai University Affiliation No. Aff / Recog. /6403 of 2008 dt. 17th Oct. 2008  
Govt. of Maharashtra Order No. NGC 2008 / (218 / 08) MS - 3, dt. 16/6/2008

At. Khardi (E), Tal. Shahapur, Dist. Thane Pin 421 601. • Website : [www.jsspcollegekhardi.in](http://www.jsspcollegekhardi.in) • Email: [jeevandeepkhardi@gmail.com](mailto:jeevandeepkhardi@gmail.com)

Ref. : JSSP/ACSCK / \_\_\_\_ /

Date : \_\_\_\_\_

सूचना

१८/०१/२०१९

महाविद्यालयातील सर्व विद्यार्थिनींनी सुचित करण्यात येते की, दि.२५ जानेवारी २०१९ रोजी सकाळी ०९:०० वा. महिला विकास मंच च्या विद्यमाने महिला आरोग्य या विषयावर व्याख्यानाचे आयोजन केले आहे. तरी सर्व विद्यार्थिनींनी उपस्थित रहावे.

B.B. Bhor  
समन्वयक



**Principal**

Jeevandeep Shaikshani Sanstha Poi's  
Art's, Commerce & Science College Khardi  
Khardi, Tal. Shahanur, Dist. Thane 421 601.

Translated Document

Circular

Date 18/01/2019

All the female students of the college are advised that on 25th January 2019 at 09:00 AM, A lecture on women's health has been organised under the Women Development Cell. All female students should attend the lecture

Co-ordinator



A handwritten signature in blue ink, appearing to be "Jeevandeep", written over the printed name of the Principal.

**Principal**

Jeevandeep Shaikshanik Sanstha Pol's  
Art's, Commerce & Science College, Khardi  
Khardi, Tal. Shahapur, Dist. Thane 421 601.



MOD.. 0005244322

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Date : \_\_\_\_\_

## Report: Lecture on Menstrual Hygiene for Female Students

### Introduction:

College organized a comprehensive lecture on menstrual hygiene for female students on 25th January 2019. The initiative aimed to educate and empower students with essential information regarding menstruation, hygiene practices, and menstrual health management.

### Objectives:

1. To provide accurate and reliable information about menstruation and menstrual hygiene.
2. To address myths, misconceptions, and stigma surrounding menstruation.
3. To promote proper menstrual hygiene practices and menstrual health awareness among female students.
4. To equip students with the knowledge and resources necessary for maintaining menstrual health and well-being.

### Lecture Highlights:

The lecture, conducted by Dr. Sneha Ayyar, an expert in reproductive health, covered various topics related to menstrual hygiene. It commenced with an overview of the menstrual cycle, explaining the physiological changes that occur and the significance of menstruation in women's health. The speaker addressed common myths







MOD. 0005244522

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associated with menstruation, emphasizing the importance of dispelling misinformation and fostering a supportive environment for open discussions.

Practical guidance was provided on menstrual hygiene practices, including the proper use and disposal of menstrual products, such as sanitary pads. Students were educated on the importance of maintaining personal hygiene during menstruation to prevent infections and discomfort. Additionally, the lecture highlighted the significance of access to clean water, sanitation facilities, and affordable menstrual products for ensuring menstrual health and dignity.

Interactive sessions allowed students to ask questions and share their experiences, facilitating an open dialogue about menstruation and related concerns. The lecture concluded with the distribution of informational pamphlets and resources on menstrual hygiene, empowering students with practical knowledge to make informed decisions about their menstrual health.

### Outcomes:

The lecture received positive feedback from participating students, who expressed appreciation for the valuable information provided. Many students reported gaining a better understanding of menstruation and feeling more confident in managing their menstrual hygiene. The initiative contributed to breaking the silence surrounding menstruation and fostering a supportive environment for female students to address their menstrual health needs.





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**Recommendations:**

1. Organize regular educational sessions on menstrual hygiene to reinforce knowledge and awareness among students.
2. Incorporate discussions on menstrual health into the curriculum to normalize conversations about menstruation.
3. Collaborate with health organizations and experts to provide access to menstrual health resources and support services.
4. Establish designated spaces for menstrual hygiene management on campus,

**Conclusion:**

The lecture on menstrual hygiene served as a crucial step towards promoting menstrual health and well-being among female students at College. By providing accurate information, dispelling myths, and fostering open dialogue, the initiative empowered students to prioritize their menstrual health.

*BSShore*



*[Signature]*

**Principal**

Jeevandeep Shaikshanik Sanstha Poi's  
Art's, Commerce & Science College Khardi  
Khardi, Tal. Shahapur, Dist. Thane 421 601.



जीवनदीप शैक्षणिक संस्था पोई, संचालित  
कला, वाणिज्य व विज्ञान महाविद्यालय, खर्डी  
महिला विकास मंच

दिनांक : 25/01/2019

वेळ : 10 am to 12 pm.

कार्यक्रमाचे नाव - Symposium on Menstrual Hygiene..

कार्यक्रम आयोजक - N.D.C.

प्रमुख पाहुणे - Dr. Sneha

Sr.No.	Roll No.	Sign	Sr.No.	Roll No.	Sign
1	183020	Bhoir	21	185012	Bhoir
2	183036	N.V. Dhasade	22	185007	P.B.P.
3	183046	Bhande	23	185075	M. Shejke
4	183044	K. G. K. K.	24	185085	M. K. K.
5	183072	K. M. K.	25	186103	K. Y. K.
6	183080	A. K. K.	26	186070	S. K. K.
7	183005	M. K. K.	27	182030	M. K. K.
8	183090	K. K. K.	28	181067	V. K. Bhoir
9	183038	K. K. K.	29	182039	B. K. K.
10	183025	K. K. K.	30	182063	K. K. K.
11	183222	K. K. K.	31	182006	K. K. K.
12	183235	K. K. K.	32	182057	P. A. K. K.
13	183230	K. K. K.	33	189204	K. K. K.
14	188054	K. K. K.	34	186090	K. K. K.
15	188062	K. K. K.	35	186204	K. K. K.
16	182127	K. K. K.	36	186206	K. K. K.
17	182025	K. K. K.	37	185086	K. K. K.
18	182021	K. K. K.	38	185096	K. K. K.
19	185084	K. K. K.	39	182002	K. K. K.
20	185036	K. K. K.	40	182031	K. K. K.



Sr.No.	Roll No.	Sign	Sr.No.	Roll No.	Sign
41	182128	<u>Bhangare</u>	71		
42	182073	<u>Kamini</u>	72		
43	182028	<u>Shinde</u>	73		
44	182027	<u>Shinde</u>	74		
45	185078	<u>Shinde</u>	75		
46	185026	<u>Dalpatra</u>	76		
47	188053	<u>Dalpatra</u>	77		
48	188042	<u>Amalhe</u>	78		
49	189030	<u>Shinde</u>	79		
50	184116	<u>Shinde</u>	80		
51	184056	<u>Shinde</u>	81		
52	184105	<u>T. Shinde</u>	82		
53	185071	<u>Shinde</u>	83		
54	185002	<u>Shinde</u>	84		
55	184058	<u>Shinde</u>	85		
56	184200	<u>Shinde</u>	86		
57	185059	<u>Shinde</u>	87		
58	185061	<u>S.S. Patil</u>	88		
59	182001	<u>Shinde</u>	89		
60	185029	<u>Shinde</u>	90		
61	185004	<u>Shinde</u>	91		
62	188005	<u>Shinde</u>	92		
63	182007	<u>Shinde</u>	93		
64			94		
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68			98		
69			99		
70			100		

विभाग प्रमुख



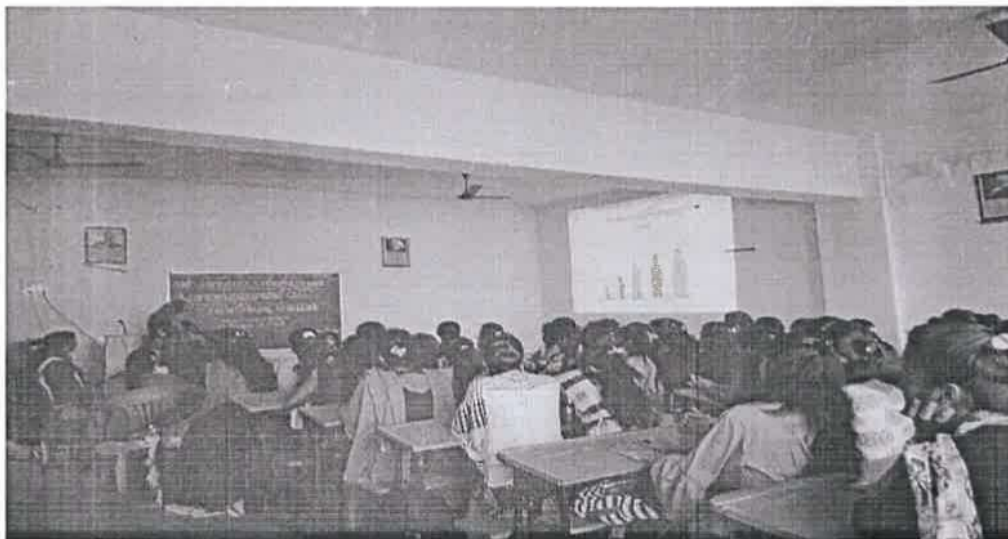
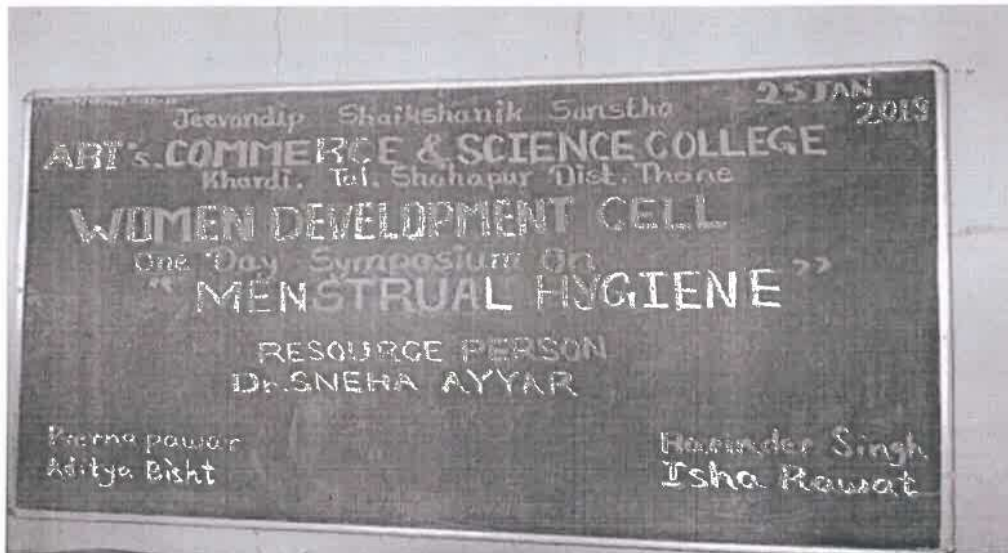
Principal  
प्राचार्य

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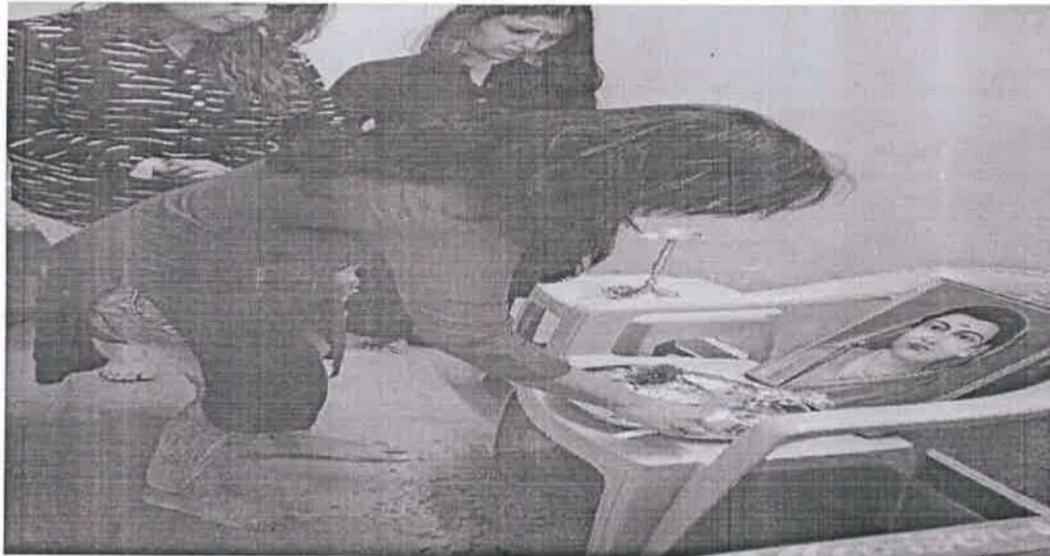


# INFORMATION ON MENSTRUAL HYGENE

Date: 25<sup>th</sup> jan 2019







Information on Menstrual Hygiene dated  
25/01/2019