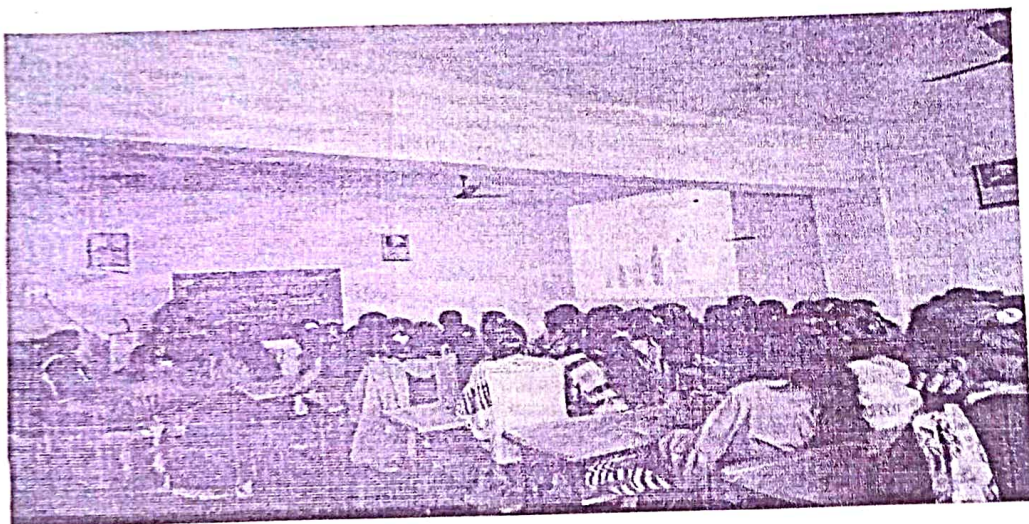
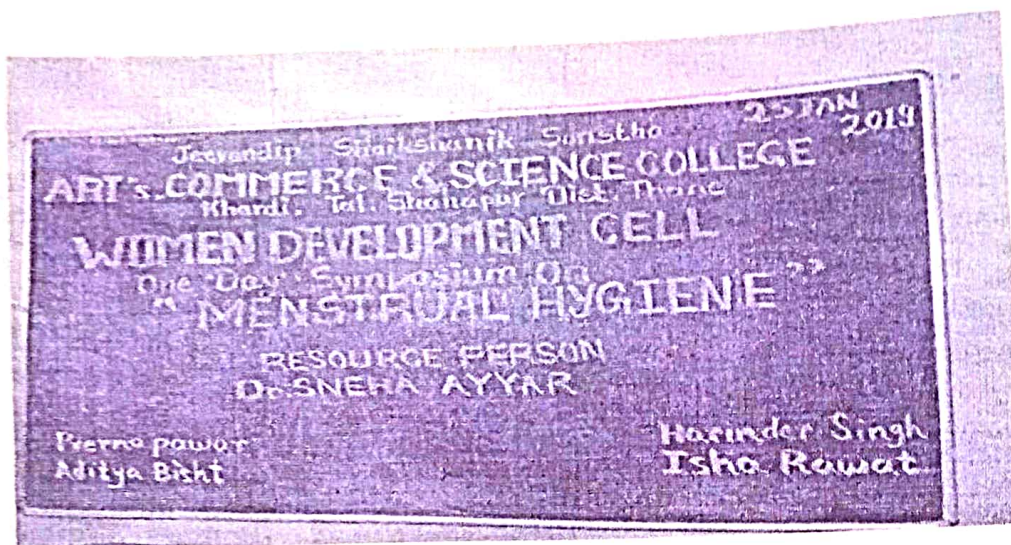


INFORMATION ON MENSTRUAL HYGIENE

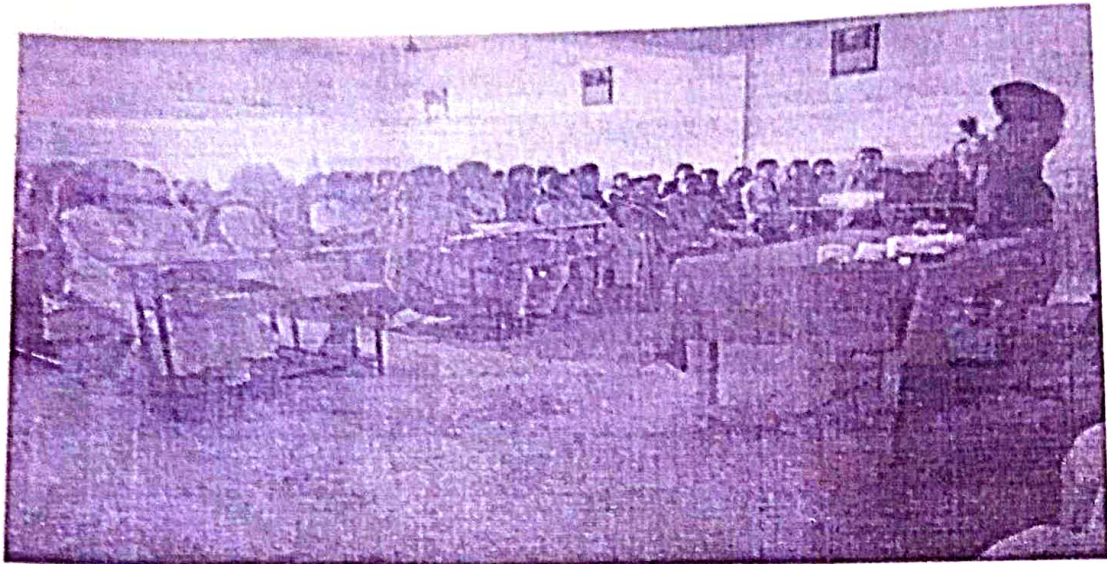
Date: 25th Jan 2019



[Signature]

Principal

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



जीवनदीप शैक्षणिक संस्था पोर्ड, 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	Bhucis	21	185012	P.Bhoir
2	183036	N.V. Dhasade	22	185007	P.B.B.
3	183046	Bhande	23	185075	Mshejke
4	183044	Kariker	24	185085	Amale
5	183072	Krinal	25	186103	Kaynat
6	183080	Araskar	26	186070	Slegie
7	183005	मुलीगार	27	182030	Mansare
8	183090	Talwar	28	181067	V.K.Bhoir
9	183038	Sikar	29	182039	Bharghava
10	183025	P.Bhoir	30	182069	Rene
11	183222	Thinde	31	182006	Nbore
12	183235	D.	32	182057	P.A.kukod
13	183230	Araskar	33	189204	Mulle
14	188054	Grimes	34	186090	Prasanna
15	188062	Raval	35	186204	Prangab
16	182127	Araskar	36	186206	Von dte
17	182025	S.S.Debore	37	185086	Vhakane
18	182021	Cochan	38	185096	Binjal
19	185084	Amale	39	182002	Bhahire
20	185036	Tjadhav	40	182091	Budo



Sr.No.	Roll No.	Sign	Sr.No.	Roll No.	Sign
41	182128	<i>Prangade</i>	71		
42	182073	<i>Kamini</i>	72		
43	182028	<i>Prangade</i>	73		
44	182027	<i>Prangade</i>	74		
45	185072	<i>Prangade</i>	75		
46	185026	<i>Prangade</i>	76		
47	188053	<i>Prangade</i>	77		
48	188042	<i>Prangade</i>	78		
49	189030	<i>Prangade</i>	79		
50	184116	<i>Prangade</i>	80		
51	184056	<i>Prangade</i>	81		
52	184105	<i>T. K. Khar</i>	82		
53	185071	<i>Prangade</i>	83		
54	185002	<i>Prangade</i>	84		
55	184058	<i>Prangade</i>	85		
56	184200	<i>Prangade</i>	86		
57	185059	<i>Prangade</i>	87		
58	185061	<i>S. S. Pawar</i>	88		
59	182001	<i>Prangade</i>	89		
60	185023	<i>Prangade</i>	90		
61	185004	<i>Prangade</i>	91		
62	188005	<i>Prangade</i>	92		
63	182007	<i>Prangade</i>	93		
64			94		
65			95		
66			96		
67			97		
68			98		
69			99		
70			100		

विभाग प्रमुख



Principal

Principal

Jeevandeep Sanstha's Arts, Com. & Science College, Khardi, Tal. Shahapur, Dist. Thane-421 601.

JEVANDEEP SHAIKSHANIK SANSTHA'S POI'S
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Govt. of Maharashtra Order No. NGC 2008 / (218 / 08) MS - 3, dt. 16/6/2008

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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. Bhoir
समन्वयक




प्राचार्य Principal

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



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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





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Ref. : JSSP/ACSCCK / ____ /

Date : ____

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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Ref. : JSSP/ACSCCK /

Date :

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.



[Signature]

Principal

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