

STUDENT ENRICHMENT ACTIVITY APPROVAL FORM

Department: Women Development Cell

Program: Health Awareness Session on "Menstrual Hygiene"

Objectives: -

To break taboos and educate students about menstrual health and hygiene.

Need: To promote safe menstrual practices and provide access to necessary resources.

Content: Importance of menstrual hygiene, sustainable menstrual products, and health tips.

Scope: Intra-collegiate, for students

Resource Persons: Mr. Visnath Hegde

Date: 28th August 2024

Time: 11:30 to 12:00

Venue: Room 812, S. M. Shetty College, Powai.

Cost/Budget: N/A

Proposed by: Women Development Cell

Verified by:



Asst. Prof. Neena Sharma
Convenor



Dr. Sridhara Shetty
Principal

MENSTRUAL HEALTH SESSION

MINUTES OF THE MEETING

Date _____
Page _____

• Minutes of Meeting:

Date: 27/08/24
Time: 11:30 am to 12:00 pm
Venue: Room no. 803

Main agenda: Preparation for Menstrual hygiene session

Agenda:

- ① Deciding of the venue of the session.
- ② Preparation of schedule for the session
- ③ Delegation of work
- ④ Deciding the volunteers.

Attendance:

① Taniya Boricha	(Signature)
② Akshata Shetty	(Signature)
③ Sumiksha Shetty	(Signature)
④ Bhuvanesh Tiwari	(Signature)
⑤ Dhruv	(Signature)
⑥ Saurabh	(Signature)
⑦ Nisha	(Signature)

Teachers

Ms. Neena Sharma
Ms. Jyoti Sharma
Ms. Vaishali Nikam

WhatsApp Message



Date- 28th August, 2024 Time- 10:30 ...
docs.google.com

The NSS UNIT of Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies, Powai (Autonomous)

Is Organising
SESSION ON MENSTRUAL HEALTH

In collaboration with
Women Development Cell

Resource Person: Mr. Visnath Hegde

It's Crucial for all of you to attend. We aim to empower and educate. Your Presence is invaluable in making this initiative Successful.

 **Date:** 28th August, 2024

 **Time:** 10:30 am Onwards

 **Venue:** Room no 812

 **MAKE A NOTE**

- The hours will be given to CC Students of NSS and Gender Sensitization.
- This is only for GIRLS so register yourself . Registration is must 📌

https://docs.google.com/forms/d/e/1FAIpQLSfhcteCOQjWt1SMIHFBqADD12VmgP6l-L_TmrE2iijHBPgOSg/viewform

Attendance will be given for the session

 **For any queries contact:**
Jaimeey Chhadwa: [9326062091](tel:9326062091)
Shivanshi Tiwari: [9 9678 01174](tel:9967801174)
Sarvesh Shetty: [81087 92251](tel:8108792251)
Sakshi Kamble: [75064 25491](tel:7506425491)

17:31

Notice

Date:- 26th August, 2024

Notice

The NSS Unit & Women Development Cell (WDC) of Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies, Powai (Autonomous)

Organises

A Session on Menstrual Health

Resource Person - Ms. Vinath Hegde

Date: 28th August 2024

Time: 10:30 am Onwards

Venue: Room 812

Note:-

- The session is only for girls
- The hours will be given to CC Students of NSS and Gender Sensitization.

Pre-registration form has been started interested girls can register themselves for the session.



Any queries Contact:-

Sakshi Kamble- 7506425491

Jaineey Chadwa- 9326062091

Saryesh Shetty- 81087 92251
01174

Shivanshi Tiwari- 99678

Principal

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IMC RBNQ CERTIFICATE OF MERIT 2019 ISO 21001:2018 CERTIFIED

Volunteer List

WDC VOLUNTEERS FOR MENSTRUAL CYCLE

(28th August 2024)

NAME	DEPARTMENT	PHONE NUMBER	SIGNATURE
DIVYA GUPTA	BCOM	9920557178	Divya
INDUSHRI KONAR	BCOM		
SIMRAN KAUR	BCOM	99679320415706	Simran
JEEVIKA SHETTY	BCOM		
SAANVI SHETTY	BCOM		
SNEHA SONI	BCOM		
AASTHA YADAV	BCOM	8928 227-282	Aashtha
BHOOMIKA SONAR	BAF		
AFRIN PHANEPURE	BBI	9833695956	Afrin
KASHISH BHAVAKE	BSCIT		
ALIZA K	BAMMC	9594335633	Aliza
PRERNA GOSAVI	BAMMC	8928916307	Prerna
SUVARNA PRATHUM	BAMMC		
(Sona) SONALI JAISWAR	BCOM	9653108649	Sona
SHWETHA MALI	BCOM	8850831323	Shwetha
ARAADHANA MANKER	BCOM	8097035961	Araadhana
KHUSHI PASI	BCOM		
MUSKANPREET SINGH	BCOM		
PRAJAKTA JAYRAM	BCOM	8433641096	Prajakta
HARSHITA DONGDI	BCOM		

Attendance List

WDC & NSS – SESSION ON MENSTRUAL CYCLE
(28th August 2024)

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(28th August 2024)

SR.NO	NAME	DEPARTMENT	YEAR	ROLL NO.	PHONE NO.	GENDER	
1	Genika V. Shetty	FY BCOM	FY	193	7718062126	Female	NSS (CC)
2	Indushri Konar	FY BCOM	FY	155	8850301182	Female	WDC (CC)
3	Saanvi S. Shetty	BCOM	FY	195	9022570818	Female	WDC (CC)
4	Pratima P. Rane	FY BCOM	FY	224	8591824502	Female	NSS (CC)
5	Anantha Yadav	FY Bcom	FY	211	8928227282	Female	
6	Simran kaur	FY BCOM	FY	130	9320415906	Female	
7	Meeza Raut	FYDS	FY	69	7977381354	Female	
8	Jain Jinal	FYDS	FY	19	9826058212	Female	
9	Hiba Anvari	FYDS	FY	02	8657861816	Female	
10	Aarpiya Banger	FY B AMMC	FY	2	8954872163	Female	
11	Saniya S. Hussain	FY B AMMC	FY	22	9619721036	Female	
12	Hasthi Jain	FY B AMMC	FY	13	7208627547	Female	
13	Poitha Das	FY Bcom	FY	22	9819592033	Female	NSS (CC)
14	Sparsha Shetty	FY Bcom	FY	81	8591230846	Female	DLWE (CC)
15	Pratijakta Aron	FY BCOM	FY	07	84333641096	Female	WDC (CC)
16	Shweta Mali	FY BCOM	FY	46	8850631323	Female	WDC (CC)
17	Atadhang Manket	FY BCOM	FY	50		Female	WDC (CC)
18	Divya Gupta	FY B					
19	Singh Muskanpreet	FY BCOM	FY	108	9967900052	Female	WDC (CC)
20	Khushi Pasi	FY BCOM	FY	59	902284290	Female	WDC (CC)
21	Aliza Khan	FY B AMMC	FY	18	9894336633	Female	WDC (CC)

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(28th August 2024)

SR.NO	NAME	DEPARTMENT	YEAR	ROLL NO.	PHONE NO.	GENDER	CC	NSS
1	Shivani Sharma	FY Bcom	2024	80	9029224100	Female		NSS
2	Mamta Shah	FY Bcom	2024	183	8655494200	Female		NSS
3	Pooja Talwar	FY BSC IT	2024	99	9324963462	Female		NSS
4	Dishika Shetty	FY - IT	2024	167	8369070842	Female		WDC
5	Vaishnavi More	FY - IT	2024	141	8850019142	Female		WDC
6	Nidhi Rane	FY - IT	2024	52	9324770993	Female		NSS
7	Purva Gubhakar	FY - IT	2024	21	8591676869	Female		NSS
8	Sakshi Yadav	FY - IT	2024	57	9834398835	Female		WDC
9	Mayuri Phargade	FY - IT	2024	42	9930234948	Female		WDC
10	Kashish Bhavake	FY - IT	2024	5	9326690801	Female		NSS
11	Rakshita Devadiga	FY - IT	2024	12	7718994405	Female		NSS
12	Kavya Mooley	FY - BCOM(A)	2024	34	9004212165	Female		
13	Minal Salian	FY - IT	2024	137	8451882088	Female		
14	Sowjanya Poojari	FY - IT	2024	132	8779825309	Female		
15	Monisha Poojari	FY - IT	2024	129	9594703104	Female		
16	Gumkisha S. Shetty	Bcom	5Y	158	9833779284	Female		
17	Ujjwala R. Suvarya	BBI	5Y	60	8433711028	Female		
18	Bhumiika D. Kotian	BAF	5Y	23	8591895822	Female		
19	Hetvi A. Yadav	T.Y.B.M.S	T.Y	139	8291668769	Female		
20	Disha A. Yadav	FY BSC (IT)	FY	86	809405006	Female		NSS
21	Jaarvi Prabharaj	FY BSC DS	FY	37	8928904198	Female		NSS
22	Carol Pinto	FY BSC DS	FY	68	8591433852	Female		NSS
23	Harshada Gangal	FY BSC DS	FY	12	9321653114	Female		NSS
24	Shivani Kodangi	FY BBT	FY	23	7034911077	Female		NSS
25	Sameeksha Poojari	FY BBT	FY	37	9757345365	Female		NSS
26	Nandini Kodangi	FY BBT	FY	22	9137296534	Female		NSS
27	Priya Joshi	FY BBI	FY	14	9967221174	Female		NSS
28	Anjali Sunan	FY BBI	FY	60	9167696098	Female		NSS
29	Pagani Joshi	FY BBT	FY	15	8828927730	Female		NSS
30	Anjali Yadav	FY BBI	FY	66	9821898874	Female		NSS
31	Thirika Shetty	FY BBI	FY	55	843377871	Female		NSS

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1	Aamna Ansari	FYBSCIT	F.Y	2	8433510860	Female	NSS
2	Nupoor Rai	FYDS	F.Y	40	7021493372	Female	NSS
3	Somya Raut	FYBSCIT	F.Y	189	9920742991	Female	NSS [CC]
4	Aditi Shingare	FYBSCIT	F.Y	173	9167354342	Female	NSS [CC]
5	Riddhima Pat	SVBMS-A	SY	28	9136690395	F	NSS
6	Tanvi Ambre	FYBSC-JHB	FY	103	9321852368	F	NSS [CC]
7	Vidhi Salian	FYBSC-JHB	FY	152	9594733578	F	NSS [CC]
8	Shruti Khot	FYBSC-DS	F.Y	28	8779369916	Female	WDC [CC]
9	Rumana Sayyed	FYBSC-DS	FY	245	9136388274	Female	NSS [CC]
10	Jasvika Khan	FYBSC-DS	FY	26	8369270950	Female	NSS [CC]
11	Sparsha Shetty	FYBSC-DS	FY	51	9137630066	Female	NSS [CC]
12	Kesav Rajan	FYBSC-DS	FY	41	8291225455	Female	NSS [CC]
13	Prerna Gosavi	FYBAMNC	FY	11	8928916307	Female	NSS [CC]
14	Hafsa Nutvalli	FYBAHMC	FY	24	9920636306	Female	NSS [CC]
15	Sonal Jaiswar	FYBCom	FY	33	9653108699	Female	WDC [CC]
16	Shashi Nigam	FYBBI	F.Y	22	8810794320	Female	NSS
17	Vedika Thapate	FYBBI	FY	62	8108385230	Female	NSS
18	Shweta Satya	K. BBI	F.Y	03	9326656870	Female	NSS [CC]
19	Shravya Shetty	FYBAF	FY	65	7788194936	Female	WDC [CC]
20	Neelam Gupta	FYBBI	FY	10	9326565022	Female	NSS [CC]
21	Nutan Chaudhari	FYBBI	FY	3	865748151	Female	NSS [CC]
22	Preethi S Chavan	FYBAF	FY	13	9326262704	Female	NSS [CC]
23	Hasti Jain	FYBMM	FY	13	7208627843	Female	NSS [CC]
24	Aashika Yadav	FYBCom	F.Y	21	8922227282	Female	NSS [CC]
25	Simran Kaur	FYBLOM	FY	130	9320415306	Female	NSS [CC]
26	NISHA-SAGAR	FYBBI	FY	32	7304250885	Female	NSS [CC]
27	Shaina Shaikh	FYBBI	FY	50	8892782685	Female	NSS [CC]
28	Iqra Shaikh	FYBBI	FY	46	9004829510	Female	NSS [CC]
29	Meeza Raut	FYDS	FY	69	7977881354	Female	NSS-CC

Certificates



EVENT REPORT

MENSTRUAL HEALTH SESSION REPORT

Date: 28th August, 2024

Time: 10:30 AM

VENUE: Room no. 812

Event Overview and Objective

On 28th August 2024, the NSS Unit of S.M. Shetty College, in collaboration with the Women Development Cell, hosted a Session on Menstrual Health at Room no 812, starting at 10:30 am. The session aimed to raise awareness about menstrual health, hygiene, and the social stigmas surrounding menstruation, providing students with important knowledge to manage menstrual health effectively. The overall objective was to break down taboos, encourage open discussions, and create a more inclusive and supportive environment on campus.

Key Highlights

The session was conducted by Mr. Visnath Hegde, a renowned expert in the field of health and wellness, with a focus on women's health. He began by explaining the biological aspects of menstruation, guiding students through the menstrual cycle and highlighting the importance of maintaining good menstrual hygiene. He shared valuable tips on how students could manage their health during menstruation, including the proper use of sanitary products, maintaining hygiene, and coping with physical discomforts.

The session also featured an interactive Q&A segment, where students actively participated, asking questions and seeking advice on how to handle specific menstrual health challenges. This allowed for a deeper engagement and ensured that students felt more comfortable discussing such an important topic.

In conclusion, the Session on Menstrual Health was a great success in educating and empowering students about the significance of menstrual health, hygiene, and the need to challenge societal stigmas. It provided an essential platform for raising awareness, fostering inclusivity, and creating a respectful dialogue on

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campus. The session's impact went beyond mere knowledge transfer, as it contributed to the overall goal of promoting a gender-sensitive and informed college environment.



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