

Seminar on

"Menustrial Health and Hygiene"

About the Seminar

Menstrual health and hygiene are crucial for the well-being of individuals who menstruate. This seminar aims to educate and spread awareness about proper menstrual care, breaking myths, and promoting healthy practices. Join us to learn, discuss, and empower yourself with essential knowledge.

This seminar aitopics

Covered

√ Understanding Menstrual Health

√ Proper Hygiene

Practices

√ Common Myths &

Facts

✓ Nutritional Needs

During Menstruation

√ Importance of Open

Discussions

✓ Sustainable Menstrual

Products Addressing

Social Taboos

Who Should Attend?

Students

Teachers &

Educators

W Health Professionals

Parents & Guardians

Social Workers

Anyone Interested in Menstrual Health

Awareness

Why Attend?

 Gain scientific knowledge about menstruation

Learn practical hygiene

 Explore sustainable menstrual products

 Contribute to breaking social stigmas

 Get expert guidance on health and nutrition



Event Details:

Date: 08/03/2024

Time: 11.30

Venue: Seminar Hall

Resource Person:

Usha Bhalerao

email admin@dacc.edu.in website- www. dacc.edu.in Dnyansagar Arts and Commerce Balewadi, Pune-411045.

Dnyansagar Arts and Commerce College

I Affiliated to Savitribai Phule Pune University I (AISHE Code: C- 41459)





Dnyansagar Arts and Commerce College (B.com,BBA,BCA)



WOMEN'S DAY CELEBRATION

"Empowering Women, Empowering the World! Celebrate Womanhood this Woman's Day!"

Chief Guest

Mrs. Usha Bhalerao Dhumale

DATE: Friday 8th March 2024

TIME: 10.30 am



Seminar Hall, SKP CAMPUS Balewadi.

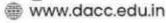


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:+91 - 8956238188/87

SKP Campus, Baner – Balewadi, Pune – 411045

principal@dacc.edu.in



Mrs. Usha Bhalerao Dhumale

Mrs. Usha Bhalerao Dhumale actively involved in social welfare as the Founder President and Curator of Vivaan Welfare Foundation, dedicated to societal improvement. Additionally, she serve as the President of the Human Rights Association in North East District Mumbai and she is a member of the Powai Mohalla Police Committee. She has received recognition, including the title of Mrs. Best Icon in 2018 and being named the Face of Pune ARMRS INDIA in 2019. Her contributions extend to beauty and congeniality awards. In 2022, she facilitated ration distribution for around 5000 families in slum areas. Currently, she is focused on a women empowerment program, having successfully trained 3000 women through Entrepreneurship Development Programs (Edp) training.

She also involved in activities related to woman menstruation health and hygiene, breast cancer and cervical cancer awareness programs.

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Principal Dnyansagar Arts and Commerce College

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Date: 4/03/2024

NOTICE

Dear Students.

We are pleased to inform you that our college is organizing an Awareness Program on Menstrual Health and Hygiene to educate and empower students about this important aspect of health and well-being.

Event Details:

Topic: Understanding Menstrual Health and Hygiene

Date: 08/04/2023

Time: 10.30 am

Venue: Seminar Hall

Guest Speaker/Facilitator: Mrs. Usha Bhalerao.

This session aims to provide students with essential knowledge and create a supportive environment to discuss menstrual health openly and responsibly. All students are encouraged to attend.

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Guest Lecture on Menstrual Health and Hygiene

Date of Lecture: 8 March 2024

Venue: Seminar hall

Organized By: Dnyansagar Arts and Commerce College

Guest Speaker: Usha Bhalerao.

Purpose of the Lecture: To raise awareness about menstrual health and hygiene, debunk myths, and promote healthy practices.

Objectives

- To cultivate gender sensitivity and promote inclusivity within educational spaces.
- To enhance knowledge about menstruation, address common myths, and encourage the adoption of healthy menstrual hygiene practices.
- To create awareness about the need to challenge and eliminate the stigma surrounding menstruation through education and open conversations.

Report

The Menstrual Hygiene Day program was organized by the Dnyansagar Arts and Commerce College on 8th March, 2024, at the Class room No.109.Mrs.Usha Bhalerao, the guest speaker for the event, highlighted the importance of maintaining menstrual hygiene and promoted eco-friendly methods for the disposal of menstrual waste. Mrs. Usha Bhalerao Dhumale actively involved in social welfare as the Founder President and Curator of *Vivaan Welfare Foundation*, dedicated to societal improvement. Additionally, she serve as the *President of the Human Rights Association in North East District Mumbai* and she is a member of the *Powai Mohalla Police Committee.*

She has received recognition, including the title of Mrs. Best Icon in 2018 and being named the Face of Pune ARMRS INDIA in 2019. Her contributions extend to beauty and congeniality awards. In 2022, she facilitated ration distribution for around 5000 families in slum-areas. Currently, she is focused on

Dnyansagar Arts and Commerce College :+91 - 89562381831875.

SKP Campus, Baner – Balewadi, Pune – 411045

principal@dacc.edu.in

www.dacc.edu.in

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a women empowerment program, having successfully trained 3000 women through Entrepreneurship Development Programs (EDP) training. She also involved in activities related to woman menstruation health and hygiene, breast cancer and cervical cancer awareness programs. She also introduced sustainable and comfortable modern menstrual products, encouraging their adoption. Mrs. Usha addressed the participants' questions, Clear doubts about PCOS and menstruation, and shared factual information to clear misconceptions. Furthermore, she advocated for the use of menstrual cups as a sustainable alternative to reduce environmental waste.







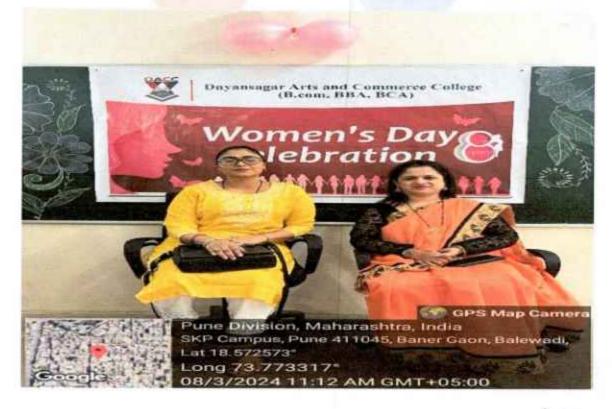




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Outcome:

☐ Increased Awareness



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- Participants will have a clear understanding of the biological and physiological aspects of menstruation.
- They will be able to differentiate between normal and abnormal menstrual symptoms.

☐ Improved Hygiene Practices

- Attendees will learn proper menstrual hygiene practices, including the use of different menstrual products and their safe disposal.
- Adoption of sustainable and safe menstrual products may increase.



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Dnyansagar Arts and Commerce College Balewadi

Seminar on "Menustrial Health and Hygiene" Students Attendences

Date :- 08/03/2023

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Balewadi, Pune-411045.



CERTIFICATE

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This is to certify that Mr/Ms. Ambekar Akshara Dinesh

has participated in "Menustrial Health and Hygiene" Seminar on 08/03/2024 organized by Dnyansagar Arts and Commerce College.

ত প্রালবাব ...-Usha Bhalerao

Resource Person

Dr. Sajid Alvi Principal

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Dnyansagar Arts and Commerce College

Balewadi, Pune-411045



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This is to certify that Mr/Ms. Sanika Vinayah
has participated in "Menustrial Health and Hygiene" Seminar on 08/03/2024

organized by Dnyansagar Arts and Commerce College.

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Resource Person

Dr. Sajid Alvi Principal

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Principal

Dnyansagar Arts and Communic College
Balewadi, Pune-411045.



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Seminar on

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This is to certify that Mr/Ms. Anged Singh Himai

has participated in "Menustrial Health and Hygiene" Seminar on 08/03/2024

organized by Dnyansagar Arts and Commerce College.

Usha Bhalerao

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Resource Person

Dr. Sajid Alvi Principal

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Principal

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Balewadi, Pune 11045.



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This is to certify that Mr/Ms. Sakshi Sani

has participated in "Menustrial Health and Hygiene" Seminar on 08/03/2024 organized by Dnyansagar Arts and Commerce College.

Usha Bhalerao Resource Person

Dr. Sajid Alvi Principal

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Principal

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This is to certify that Mr/Ms. Swami Vaushanavi Shiuprasad

has participated in "Menustrial Health and Hygiene" Seminar on 08/03/2024 organized by Dnyansagar Arts and Commerce College.

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Dr. Sajid Alvi Principal

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This is to certify that Mr/Ms. Widhi Dipesh

has participated in "Menustrial Health and Hygiene" Seminar on 08/03/2024 organized by Dnyansagar Arts and Commerce College.

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Dr. Sajid Alvi Principal

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This is to certify that Mr/Ms. Payapali karlik Mahesh

has participated in "Menustrial Health and Hygiene" Seminar on 08/03/2024 organized by Dnyansagar Arts and Commerce College.

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Resource Person

Dr. Sajid Alvi Principal





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This is to certify that Mr/Ms. Sable Pratik Rahul

has participated in "Menustrial Health and Hygiene" Seminar on 08/03/2024 organized by Dnyansagar Arts and Commerce College.

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Dr. Sajid Alvi Principal

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This is to certify that Mr/Ms. kadam Vishwapal

has participated in "Menustrial Health and Hygiene" Seminar on 08/03/2024

organized by Dnyansagar Arts and Commerce College.

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Resource Person

Dr. Sajid Alvi Principal





Principal

Deyensager Arts and Commerce College
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This is to certify that Mr/Ms. More kurlik krishna.

has participated in "Menustrial Health and Hygiene" Seminar on 08/03/2024 organized by Dnyansagar Arts and Commerce College.

Usha Bhalerao Resource Person

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Dr. Sajid Alvi Principal

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Principal Dayansagar Arts and Commerce College Balewadi, Pune-411045.