



Dnyansagar Arts and Commerce College

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
- ✓ Health Professionals
- ✓ Parents & Guardians
- ✓ Social Workers
- ✓ Anyone Interested in Menstrual Health Awareness

Why Attend?

- ◆ Gain scientific knowledge about menstruation
- ◆ Learn practical hygiene tips
- ◆ 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

phone +8956238188

website- www.dacc.edu.in

Mudk



S. J. D.
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(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.



S. Jadhav
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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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S. J. Joshi

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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.

S. J. K.

Principal
Principal

Dnyansagar Arts and Commerce College
Balewadi, Pune-411045.





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

1. To cultivate gender sensitivity and promote inclusivity within educational spaces.
2. To enhance knowledge about menstruation, address common myths, and encourage the adoption of healthy menstrual hygiene practices.
3. 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 serves 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



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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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Chief Guest

Mrs. Usha Bhalerao Dhumale

DATE : Friday 8th March 2024

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Seminar Hall, SKP CAMPUS Balewadi.



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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.



S. Jadhav

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Dnyansagar Arts and Commerce College Balewadi

Seminar on "Menustrial Health and Hygiene" Students Attendences

Date :- 08/03/2023

Sr. No.	Students Name	Sign
	Bharwad prathmesh Appa	Bum
	Gore prashant Bhalerao	Prashant
	Sudami Vaishnavi Shivprasad	Vaishnavi
	Amekar Sanika Vinayak	Sanika
	Balwadekar Om Narendra	Om
	Dotal Mahesh Prabhu	Mahesh
	Ipte Namrajay Nitin	Nitin
	Kamlaule Sakshi Jyotish	Sakshi
	Hadiwe Divya Bhadrappa	Divya
	Kaduskar Sakshi Sani	Sakshi
	Jadhav Kundan Rattu	Kundan
	Swami Dhinam Anand Singh Himari	Anand
	Murkute Samil Uday	Samil
	Rathod Rushikesh Bhanu	Rushikesh
	More Kartik Krishna	Kartik
	Kanjikali Kartik Mahesh	Kanjikali
	Redhe Nandew Prabhakar	Nandew
	Saroheti Nidhi Dipesh	Nidhi
	Shelke Prashant Shivaji	Prashant
	Kubad Radhika Justoritsinam	Radhika
	Kadam Vishwajal	V. Kadam
	Chandani Anurag Devdas	Anurag
	Bhosale Ninkya Anprakash	Ninkya
	Mauli Pratik Jitendra	Pratik
	Chavan Sachin Avind	Sachin
	Changwala Mohammad Nayam	Mohammad
	Arade Shrushti Chandrakant	Shrushti
	Mesharam Sameer Rajam	Sameer
	Ahale Shwiti Ram	Ahale
	Manvare Shena Vishwas	Shena
	Ahode Parikumar Omkar	Parikumar
	Malekar Bhomi Ravindra	Bhomi
	Purde Pranshvi Ramit	Pranshvi
	Ritak Divya Shankar	Divya
	Mangalwar Abhishek Suchakar	Abhishek
	Arade Prashant Krunal	Prashant
	Sable Pratik Rahul	Pratik
	Markad Nena Subash	Nena
	Panchan Vishnu Chandrami	Vishnu
	Ambekar Akshara Dinesh	Akshara



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

has participated in “**Menstrual Health and Hygiene**” Seminar on 08/03/2024

organized by Dnyansagar Arts and Commerce College.

उ. भालेराव...

**Usha Bhalerao
Resource Person**

S. Sajid

**Dr. Sajid Alvi
Principal**

M. S. ...

**Principal
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.

उ. भालेराव...
Usha Bhalerao
Resource Person

S. Sajid Alvi
Dr. Sajid Alvi
Principal

M.S.K.
Principal
Dnyansagar Arts and Commerce College
Balewadi, Pune-411045.





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This is to certify that Mr/Ms. *Angad Singh Himai*

has participated in “**Menstrual Health and Hygiene**” Seminar on 08/03/2024
organized by Dnyansagar Arts and Commerce College.

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Usha Bhalerao
Resource Person

S. Sajid Alvi

Dr. Sajid Alvi
Principal

Mud

Principal
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This is to certify that Mr/Ms. *Sakshi Sani*
has participated in “**Menstrual Health and Hygiene**” Seminar on 08/03/2024
organized by Dnyansagar Arts and Commerce College.

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Usha Bhalerao
Resource Person

Sajid
Dr. Sajid Alvi
Principal

Principal
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This is to certify that Mr/Ms. *Swami Vaishanavi Shivprasad*
has participated in “**Menstrual Health and Hygiene**” Seminar on 08/03/2024
organized by Dnyansagar Arts and Commerce College.

उ. भालेराव...

**Usha Bhalerao
Resource Person**

S. Sajid Alvi

**Dr. Sajid Alvi
Principal**

M. S. ...

Principal
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Balewadi, Pune-411049





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This is to certify that Mr/Ms. *Nidhi Dipesh*

has participated in “**Menstrual Health and Hygiene**” Seminar on 08/03/2024
organized by Dnyansagar Arts and Commerce College.

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Usha Bhalerao
Resource Person

S. Sajid
Dr. Sajid Alvi
Principal

Principal
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This is to certify that Mr/Ms. *Rajapathi Karthik Mahesh*

has participated in **“Menstrual Health and Hygiene”** Seminar on 08/03/2024
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**Usha Bhalerao
Resource Person**

S. Sajid Alvi

**Dr. Sajid Alvi
Principal**

M.S.



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

has participated in “**Menstrual Health and Hygiene**” Seminar on 08/03/2024
organized by Dnyansagar Arts and Commerce College.

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Usha Bhalerao
Resource Person

S. Sajid
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Principal



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This is to certify that Mr/Ms. *Kadam Vishwapal*
has participated in “Menstrual Health and Hygiene” Seminar on 08/03/2024
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**Usha Bhalerao
Resource Person**

S. Sajid Alvi

**Dr. Sajid Alvi
Principal**

M. S. ...



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This is to certify that Mr/Ms. *Moae kartik krishna*

has participated in **“Menstrual Health and Hygiene”** Seminar on 08/03/2024

organized by Dnyansagar Arts and Commerce College.

उ. भालेराव....

**Usha Bhalerao
Resource Person**

S. Sajid

**Dr. Sajid Alvi
Principal**

M...



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