

Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai
NAAC Re-Accredited With A+ Grade, 2nd Cycle
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

Approval Form – Menstrual Health Programme.

Department: NSS UNIT

Program: Menstrual Health Programme.

Objectives: To educate and empower individuals on proper menstrual hygiene practices and about eco-friendly alternatives for menstrual products.

Need: To ensure that individuals have access to accurate information and resources to maintain good menstrual health.

Content: Volunteers will be addressed on menstrual health.

Judge: NA

Date: 6th March, 2024

Cost/Budget: NA.

Proposed by: Dr. Vijay Vishwakarma

Verified by: Dr. Vijay Vishwakarma.

Date of Approval: 28th February, 2024.

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Notice (WhatsApp):

Women Development Cell

Of Bunts Sangha's S.M. Shetty College of Science, Commerce and
Management Studies, Powai, Mumbai

Proudly Presents... a session on

"Female Hygiene"

We are delighted to extend an invitation to you for a session focused on female hygiene. This session aims to provide valuable insights and information on maintaining personal hygiene and overall well-being.

We believe that this session will be beneficial for all attendees, empowering them with knowledge and resources to prioritize their health and hygiene.

Date: 6th March, 2024

Venue: 709

Time: 11:00 AM onwards

Note: It is only for the female students.

We look forward to your presence and meaningful contributions to the discussion.

For Any Queries Contact:

Rishu Singh:

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Minutes of the meeting:- Menstrual Health Programme.

There was an online meet taken on Zoom Platform.

1st Meeting on 5th March, 2024.

- Volunteers should follow the instructions.
- Volunteers were told reporting time and some basic information about the session.
- The Volunteers were guided with the regulation.

Report: Menstrual Health Programme.

Event: Menstrual Health Programme.

Date: 6th March, 2024.

Objectives: To educate and empower individuals on proper menstrual hygiene practices and about eco-friendly alternatives for menstrual products.

Highlight: The NSS unit of S.M. Shetty College of Science, Commerce and Management Studies, Powai in collaboration with Women Development Cell participated in menstrual health program. It outlines a menstrual health program's objectives, targeting the promotion of menstrual hygiene management, tackling menstrual taboos and stigma, and improving access to menstrual products and reproductive health services. The program's components include educational workshops, distribution of hygiene kits, sanitation facility provision, and capacity-building for stakeholders. Implementation strategies involve community engagement, partnerships, advocacy, and culturally sensitive approaches. Monitoring and evaluation methods focus on knowledge, behavior change, product access, and health outcomes. Challenges such as cultural barriers and resource constraints are addressed with lessons learned and recommendations for future programs. The report evaluates the program's impact on knowledge, attitudes, and empowerment, emphasizing the need for sustainability and scalability through local capacity-building, policy advocacy, and technology integration. Ultimately, it highlights the vital role of menstrual health programs in advancing gender equity, reproductive rights, and overall well-being.

Total Number of Volunteers- 12

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Photos:



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Participants list:

P: 12
T: 12

Activity: Menstrual health programme
Date: 6/5/20

SR No	Name	Class	Roll no	M/F
1	Khushi Agrotechi	SYBB1	2	F
2	Nisha	SYBB1	33	F
3	Kashish Chauhan	FYBAP	6	F
4	Shraya	SYDS	31	F
5	Shetal Bhatam	SYIT	7	F
6	Sakshi Kamble	FYIT	25	F
7	Jainelly Chadao	SYBB1	8	F
8	Saanvi Poojari	FYBMS	105	F
9	Pooja Patil Patil	SYBCOM	52	F
10	Bhramika	FYBAF	23	F
11	Sonal			F
12	Amsana			F

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Action Taken Report Of Menstrual Health Programme.

Date	Feedback Received	Suggestions Provided
6 th March, 2024.	Feedback received on all the volunteers was highly positive and encouraging. Suggestions were received regarding conducting more such session in the future.	To spread awareness in every class to aware students.



NSS Programme Officer



Principal