

**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 – An Awareness Session on Sustainable Mensuration and Menstrual Hygiene**

**Department:** NSS UNIT

**Program:** An Awareness Session on Sustainable Mensuration and Menstrual Hygiene

**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:** to address common myths and misconceptions related to menstruation, disposable menstrual products and introduce sustainable alternatives.

**Judge:** NA

**Date:** 26<sup>th</sup> August 2023

**Cost/Budget:** NA.

**Proposed by:** Dr. Vijay Vishwakarma

**Verified by:** Dr. Vijay Vishwakarma.

**Date of Approval:** 19<sup>th</sup> August 2023

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**Notice (WhatsApp):**

Jai Hind

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

Presents

An Awareness Session on Sustainable Mensuration and Menstrual Hygiene  
Shattering Taboos: Join the Conversation on Menstrual Health and Hygiene.

Resource person:

Dr. Apeksha Manoj Mohite

Designation consultant Obstetrician and Gynaecologist

Degree:- MBBS, MS, DNB OBGY

Attendance will be provided for the session and hours will given for the same

Date: 26th August 2023.

Time: 11.00 am onwards

Venue: Room No. 607

For any queries Call:

Jai Nakashe :- 89286 50996

Saanvi Poojari :- 90040 52402

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**Minutes of the meeting:- An Awareness Session on Sustainable**

**Mensuration and Menstrual Hygiene**

There was an online meet taken on Zoom Platform.

**1<sup>st</sup> Meeting on 25<sup>th</sup> August 2023**

- 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: An Awareness Session on Sustainable Menstruation and Menstrual Hygiene**

**Event:** An Awareness Session on Sustainable Menstruation and Menstrual Hygiene

**Date:** 26<sup>nd</sup> August 2023

**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 Arts, Management Studies, Powai has organized An Awareness Session on Sustainable Menstruation and Menstrual Hygiene. The session aims to empower individuals with knowledge and resources to make sustainable choices for menstrual health. Emphasize the significance of maintaining good menstrual hygiene practices. Session also acknowledged benefits of eco-friendly options like menstrual cups and alternatives to reduce waste and contribute to a healthier planet.

**Total Number of Volunteers- 69**

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**Photos:**



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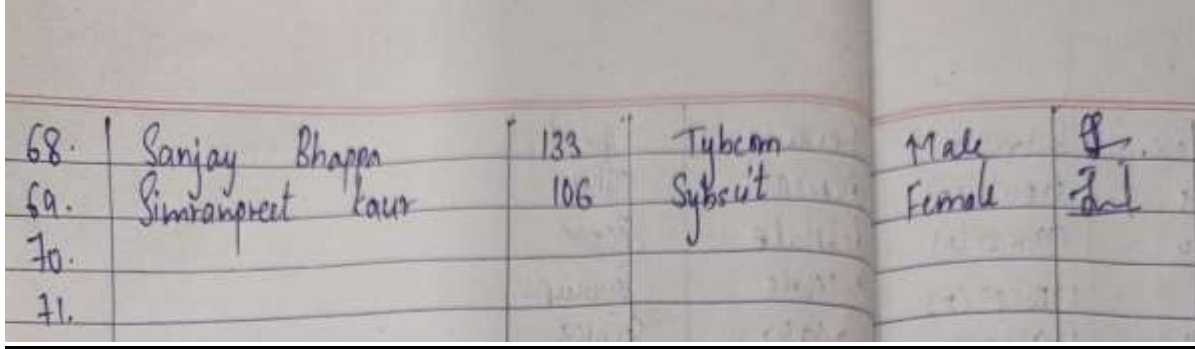
**Participants list:**

Activity 2 - Menstrual Cycle Session  
 Time 11:00 am - 12:30 pm

| SR No | Name                    | Roll No | Section      | Gender | Signature   |
|-------|-------------------------|---------|--------------|--------|-------------|
| 1     | Alok S. Trivedi         | 118     | FYBSC II (A) | Male   | [Signature] |
| 2     | Deep In. Joshi          | 24      | FYBSC II (A) | Male   | [Signature] |
| 3     | Anshu Inga. Nigam       | 28      | FYBSC II (A) | Female | [Signature] |
| 4     | Jayant. Shivam. Sathya  | 123     | FYBSC II (A) | Male   | [Signature] |
| 5     | Havish S. Chennakrishna | 114     | FYBSC II (A) | Male   | [Signature] |
| 6     | Anshu S. Nigam          | 93      | FYBSC II (A) | Male   | [Signature] |
| 7     | Amit B. Singh           | 48      | FYBSC II (A) | Male   | [Signature] |
| 8     | Abhishek S. Singh       | 130     | FYBSC II (A) | Male   | [Signature] |
| 9     | Pranav D. Dubey         | 54      | FYBSC II (A) | Male   | [Signature] |
| 10    | Tal. Manglik            | 11      | FYBSC II (A) | Male   | [Signature] |
| 11    | Akash. Gupta            | 30      | FYBSC II (A) | Male   | [Signature] |
| 12    | Aditya. Jadhav          | 30      | FYBSC II (A) | Male   | [Signature] |
| 13    | Abhishek. Shekharan     | 73      | FYBSC II (A) | Male   | [Signature] |
| 14    | Anshu. Singh            | 170     | FYBSC II (A) | Male   | [Signature] |
| 15    | Havish. Wanjari         | 180     | FYBSC II (A) | Male   | [Signature] |
| 16    | Shreyas. Shil           | 916     | FYBSC II (A) | Male   | [Signature] |
| 17    | Abhishek. Butale        | 110     | FYBSC II (A) | Male   | [Signature] |
| 18    | Pranav. Vaidyanathan    | 124     | FYBSC II (A) | Male   | [Signature] |
| 19    | Pranav. Suresh. Gupta   | 122     | FYBSC II (A) | Male   | [Signature] |
| 20    | Pranav. Singh           | 137     | FYBSC II (A) | Male   | [Signature] |
| 21    | Pranav. Suresh. Patel   | 148     | FYBSC II (A) | Male   | [Signature] |
| 22    | Ravi. Yoon              | 184     | FYBSC II (A) | Male   | [Signature] |
| 23    | Pranav. Umesh. Chhabise | 117     | FYBSC II (A) | Male   | [Signature] |
| 24    | Pranav. Singh           | 168     | FYBSC II (A) | Male   | [Signature] |
| 25    | Pranav. Singh           | 52      | FYBSC II (A) | Female | [Signature] |
| 26    | Pranav. Singh           | 211     | FYBSC II (A) | Female | [Signature] |
| 27    | Pranav. Singh           | 73      | FYBSC II (A) | Male   | [Signature] |
| 28    | Pranav. Singh           | 73      | FYBSC II (A) | Female | [Signature] |
| 29    | Pranav. Singh           | 05      | FYBSC II (A) | Female | [Signature] |
| 30    | Pranav. Singh           | 144     | FYBSC II (A) | Female | [Signature] |
| 31    | Pranav. Singh           | 09      | FYBSC II (A) | Female | [Signature] |
| 32    | Pranav. Singh           | 64      | FYBSC II (A) | Female | [Signature] |
| 33    | Pranav. Singh           | 11      | FYBSC II (A) | Female | [Signature] |

|    |                    |     |              |        |             |
|----|--------------------|-----|--------------|--------|-------------|
| 34 | Akshata. Sawant    | 142 | FYBSC II (A) | Female | [Signature] |
| 35 | Jiya. R. Chaudhary | 49  | FYBSC II (A) | Female | [Signature] |
| 36 | Komal. Jain        | 56  | FYBSC II (A) | Female | [Signature] |
| 37 | Kunal. Singh       | 116 | FYBSC II (A) | Male   | [Signature] |
| 38 | Sunay. Patel       | 144 | FYBSC II (A) | Male   | [Signature] |
| 39 | Pranav. Singh      | 182 | FYBSC II (A) | Male   | [Signature] |
| 40 | Anur. Vaidyanathan | 181 | FYBSC II (A) | Male   | [Signature] |
| 41 | Vaishnavi. Rathod  | 31  | FYBSC II (A) | Female | [Signature] |
| 42 | Pranav. Singh      | 30  | FYBSC II (A) | Male   | [Signature] |
| 43 | Pranav. Singh      | 89  | FYBSC II (A) | Female | [Signature] |
| 44 | Neetu. Yadav       | 556 | FYBSC II (A) | Female | [Signature] |
| 45 | Nidhi. Patel       | 35  | FYBSC II (A) | Female | [Signature] |
| 46 | Gayatri. Bhangale  | 18  | FYBSC II (A) | Female | [Signature] |
| 47 | Pranav. Singh      | 120 | FYBSC II (A) | Male   | [Signature] |
| 48 | Pranav. Singh      | 58  | FYBSC II (A) | Male   | [Signature] |
| 49 | Pranav. Singh      | 52  | FYBSC II (A) | Male   | [Signature] |
| 50 | Pranav. Singh      | 74  | FYBSC II (A) | Male   | [Signature] |
| 51 | Pranav. Singh      | 94  | FYBSC II (A) | Male   | [Signature] |
| 52 | Pranav. Singh      | 32  | FYBSC II (A) | Male   | [Signature] |
| 53 | Pranav. Singh      | 34  | FYBSC II (A) | Male   | [Signature] |
| 54 | Pranav. Singh      | 81  | FYBSC II (A) | Male   | [Signature] |
| 55 | Pranav. Singh      | 60  | FYBSC II (A) | Female | [Signature] |
| 56 | Pranav. Singh      | 104 | FYBSC II (A) | Male   | [Signature] |
| 57 | Pranav. Singh      | 98  | FYBSC II (A) | Female | [Signature] |
| 58 | Pranav. Singh      | 95  | FYBSC II (A) | Female | [Signature] |
| 59 | Pranav. Singh      | 45  | FYBSC II (A) | Female | [Signature] |
| 60 | Pranav. Singh      | 146 | FYBSC II (A) | Female | [Signature] |
| 61 | Pranav. Singh      | 181 | FYBSC II (A) | Female | [Signature] |
| 62 | Pranav. Singh      | 23  | FYBSC II (A) | Female | [Signature] |
| 63 | Pranav. Singh      | 10  | FYBSC II (A) | Female | [Signature] |
| 64 | Pranav. Singh      | 43  | FYBSC II (A) | Male   | [Signature] |
| 65 | Pranav. Singh      | 181 | FYBSC II (A) | Female | [Signature] |
| 66 | Pranav. Singh      | 27  | FYBSC II (A) | Male   | [Signature] |
| 67 | Pranav. Singh      | 131 | FYBSC II (A) | Male   | [Signature] |

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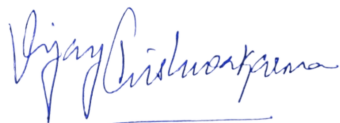
A photograph of a handwritten table in a notebook. The table has six columns and four rows. The first two rows contain student information, while the last two rows are empty. The handwriting is in black ink on lined paper.

|     |                  |     |         |        |   |
|-----|------------------|-----|---------|--------|---|
| 68. | Sanjay Bhappa    | 133 | Tybecom | Male   | ♂ |
| 69. | Simranpreet Kaur | 106 | Sybscit | Female | ♀ |
| 70. |                  |     |         |        |   |
| 71. |                  |     |         |        |   |

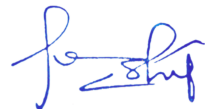
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**Action Taken Report Of An Awareness Session on Sustainable**  
**Mensuration and Menstrual Hygiene**

| <b>Date</b>                  | <b>Feedback Received</b>  | <b>Suggestions Provided</b>                           |
|------------------------------|---|---|
| 26 <sup>nd</sup> August 2023 | Feedback received on all the volunteers was highly positive and encouraging.<br>Suggestions were received regarding conducting more such session in the future. | To spread awareness in every class to aware students. |



**NSS Programme Officer**



**Principal**