

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

D/11/068/22-23

Approval Form – Session on Menstrual Cycle and Hygiene

Department: NSS UNIT

Program: Session on Menstrual Cycle and Hygiene

Objectives: To promote awareness on Menstrual Cycle in the Students.

Content: This to give an opportunity to present their views on this social topic.

Date: 20th September, 2022

Resource Person: Manish .G. Ullal

Proposed by: Dr. Vijay Vishwakarma

Verified by: Dr. Vijay Vishwakarma & Prof. John Menezes.



NSS Programme Officer



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Criterion 3 - Research, Innovations and Extension



PRINCIPAL

Bunts Sangha's S.M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai-400 076.
Tel. 022-6132 7352
Email: college@smshettyinstitute.org

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Notice --Menstrual Cycle and Hygiene

Jai Hind 


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

Presents A Awareness Session on Menstrual cycle and Hygiene

Resource person : Manish G Ullal.

Biology lecturer in Bunts Sangha's S. M. Shetty Junior College, Powai for the last 12 years.

 **Date: 20th september,2022**

 **Time: 11:15 am**

 **Venue: Room no. 610**

Do check our Social Media handles

Instagram - https://instagram.com/shettyNSSunit_b46?igshid=1xuafngvhevfg

Facebook - <https://www.facebook.com/smshettyNSS/>

YouTube - https://www.youtube.com/channel/UC3ysq4y-Y_7UmvOkP6t60_Q

Twitter - <https://twitter.com/NssBunts?t=-0XZ3VbnoHsWQHKtO9anpA&s=09>

For any queries Call: 

Ayesha khan- 8828486740

Abhijeet patil - 8355822256

Samay Shah - 8879874488



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Mayur Shewale - 8828069553

Poster



The poster is purple with white and blue text. At the top, it features the 75th anniversary logo of India (75 आजादी का अमृत महोत्सव) and the college's logo. The text reads: 'Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies Powai, Mumbai Permanently Affiliated to University of Mumbai IMC RBNQ CERTIFICATE OF MERIT 2019 ISO 21001:2018 Certified'. The main title is 'NATIONAL SERVICE SCHEME Is Organising An Awareness Session on Menstrual Cycle and Hygiene'. Below this is a photo of Mr. Manish.G.Ullal, a resource person, with his details: '(Biology lecturer since 12 years in Bunts Sangha's S.M.Shetty College)'. The event details are: 'Date :- 20th September, 2022', 'Venue:- 610, 6th floor Time:- 11:15 am onwards', and 'E-Certificate will be Provided to all Participants'. For queries, contact 'Ayesha Khan - 8828486740' or 'Abhijeet Patil - 83558222561'.



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POWAI
MUMBAI, IN
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Report – Session on Menstrual Cycle and Hygiene

Event: Session on Menstrual Cycle and Hygiene


Date: 20th September, 2022

Objective: To give an introductory session on Menstrual Cycle and Hygiene To the NSS Volunteers and other participates

Highlights: This event was organized by the NSS Unit of S.M.Shetty College Of Science, Commerce & Management Studies, Powai. This Session was on the Menstrual Cycle and Hygiene. The Seminar started with the introduction of the resource person Mr. Manish G Ullal (Biology lecturer in Bunts Sangha's S. M. Shetty Junior College, Powai since last 12 years.) by our NSS Volunteer Ms. Komal Thakula. Sir has given us knowledge about Menstrual Cycle and Hygiene. Volunteers clear their doubts by asking the sir. Volunteers got information about the topic Menstrual Cycle and Hygiene. Volunteers participated in large numbers and the session was much more interactive.

The session ended with the vote of thanks by NSS Volunteer Ms. Komal Thakula

There were a total of 100 participants in the session.



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Images-



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Thankyou Letter – Menstrual Cycle and Hygiene

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 **BUNTS SANGHA'S**
S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE &
MANAGEMENT STUDIES PERMANENTLY AFFILIATED TO UNIVERSITY OF MUMBAI
ACCREDITED BY NAAC - 'A' GRADE
IMC - RBNQ Merit Certificate
ISO 21001 : 2018 Certified

SMS/535 20th September, 2022

To,
Prof. Manish G Ullal
Lecturer


Dear Sir,


It was an immense pleasure to have you as a 'Resource Person' for a session on "Menstrual Cycle and Hygiene" on 20th September, 2022 organized by the NSS Unit of Bunts Sangha's S.M. Shetty College of Science, Commerce & Management Studies.


We on behalf of our college are indeed thankful to you for sparing your precious time.

Thanking you,

With Regards,


For **Dr. Sridhara Shetty**
PRINCIPAL
Bunts Sangha's S. M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai - 400 076.




20/09/22.

Hiranandani Garden, Powai, Mumbai 400 076. Tel: 022 - 61327352 / 61327356 / 61327363
Website: www.smsheettycollege.edu.in Email: college@smsheettyinstitute.org



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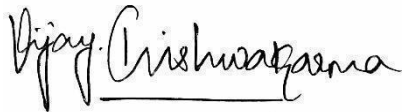
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Participant List:

- | | |
|-----------------------------------|--------------------------------|
| 1. Sanjana yadav | 50. Krishni Shetty |
| 2. Vanshika Parab | 51. Yuvraj jaiswar |
| 3. Taniya yadav | 52. Dhvani Ashwin Salian |
| 4. Shejal | 53. Neetu Yadav |
| 5. Aman Singh | 54. Christy Biju |
| 6. Khan muzahid | 55. Khan saud |
| 7. Rishi Tebak | 56. Anish Kotian |
| 8. Prashant Vijayprakash
Dubey | 57. Sakshi Poojary |
| 9. Jaineeey chhadwa | 58. Sahil Ulvekar |
| 10. Pooja Nikam | 59. Saartha |
| 11. Astha tiwari | 60. Aameena Sayyed |
| 12. Reena chaurasiya | 61. Sahil Anand kadam |
| 13. Zainab siddiqui | 62. Madur Karkera |
| 14. Sneha Nishad | 63. Sonal Gupta |
| 15. Aman Shenoy | 64. Hrehaan Poovadan |
| 16. Sapna Rajesh Saroj | 65. Bainer mallikarjun |
| 17. Kunal Prakash Sawale | 66. Upadhyay Saurabh
Gautam |
| 18. Annapurna shetty | 67. Zeeshan shaikh |
| 19. Kushal shetty | 68. Irfan kazi |
| 20. Saurabh yadav | 69. Preeti sahu |
| 21. Simranpreet kaur nagi | 70. Palak Paswan |
| 22. Sahil shaikh | 71. Alina Retiwala |
| | 72. Tanisha upale |
| | 73. Piyush taith |



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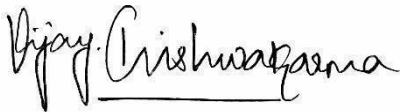


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- | | |
|---------------------------------------|--------------------------------|
| 23. Rishab yadav | 74. Esha Kanojia |
| 24. Appu ambli | 75. Mamta Rajesh Kumar Rajbhar |
| 25. Jainam jain | 76. Sonal Sanjay Jadhav |
| 26. Shruti Dubey | 77. Shravya Shetty |
| 27. Arib mansuri | 78. Pratistha singh |
| 28. Atharva Manohar Amin | 79. Drishti Anil Rajbhar |
| 29. Manoj Poojary | 80. Chetan metrela |
| 30. Preethi Shetty | 81. Sakshi Suresh Rai |
| 31. Sarvesh Shetty | 82. Priti Chaurasia |
| 32. Mohammad Aabid Ali mehboob shaikh | 83. Muskan mulla |
| 33. Shalini suhas dabhade | 84. Sneha mandal |
| 34. Kanan parmar | 85. Pooja |
| 35. Sneha Pandey | 86. Sheetal Ajinath Bhatane |
| 36. Sarthak Takekar | 87. Gargi sachin worlikar |
| 37. Prajesh Prabhakar Gurav | 88. Het |
| 38. SUJAL MORE | 89. Priti pramod Pandey |
| 39. Nidhi patel | 90. Muskan gupta |
| 40. Pratham mahyavanshi | 91. Rushabh |
| 41. Shaun shajj | 92. Kishan |
| 42. Md amaan Chaudhary | 93. Zueb khan |
| 43. Zaara shaikh | 94. Ratnavali Chaurasia |
| 44. Sneha Bhadarge | 95. Diksha Poojary |
| 45. Roshni sahani | 96. Priyanka Manoranjan Sahoo |
| 46. Harsh chheda | 97. Komal Thakulla |
| 47. Priya soni | 98. Amankumar Manojkumar |
| | 99. Mayur Shewale |



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48. SOHAN KUDKE

100. Chinmay shashikant
mule

49. Shahenshah shaikh

Action Taken Report of Session on Menstrual Cycle and Hygiene

Date	Feedback Received	Suggestions Provided
20th September,2022	Feedback received on all the volunteers and participants was positive and some unique topics were introduced. Suggestions were received regarding conducting more such events in the future. Please add some more events such as.	Please conduct such more This was nice interactive session that gives a knowledge.



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