

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/11/0163/22-23

Approval Form – Session on Personality Development And Menstrual Hygiene

Department: NSS UNIT

Program: Session on Personality Development and Menstrual Hygiene

Objectives: The main motto is to make people understand what is Personality Development and Menstrual Hygiene to both girls and boys.

Need: Spreading the information about the Menstrual cycle

Content: Volunteers are attended a session on Menstrual Hygiene

Judge: NA

Date: 20th January, 2023.

Cost/Budget: NA.

Proposed by: Mr. Shivam Upadhyay

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

Date of approval: 14th January, 2023.



NSS Programme Officer



NSS Programme Officer

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(WhatsApp):

Jai Hind 

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

 Organize

Personality Development and Menstrual Hygiene

In association with

MILLION MINDS PVT LTD

*Resource Person: Anchal Yadav *

Venue: 20th January, 2023.

Time: 11:30 am to 12:30 pm

Venue: 8th Floor Room No: 810



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Minutes of the meeting – Session on Personality Development And Menstrual Hygiene

There was an online meet taken on the Zoom Platform

1st Meeting on 19th January, 2023

- Volunteers were instructed to maintain discipline.
- The session details were given to the volunteers.
- Dress code, rules and the regulation were explained to the volunteers.



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Report: Session on Personality Development and Menstrual Hygiene.

Event: Session on Personality Development and Menstrual Hygiene.

Date: 20th January, 2023.

Objectives: The main motto is to make understand what is Personality Development and Menstrual Hygiene to both girls and boys

HIGHLIGHT: The **NSS unit of Bunt's Sangha's S.M. Shetty College of Science, Commerce and Management Studies, Powai** had conducted a session on Personality Development And Menstrual Hygiene. In the session our resource person **ANCHAL YADAV** made us understand how to develop our personality by doing basic things in our day-to-day life and how we can improve on our personality. She also spoke about the Menstrual Cycle which was the major topic. It was an interactive session which made it interesting to listen and solve our doubts. The session had many more interesting topics which girls didn't know. We also talked about sanitary napkins, products which we use in day-to-day life, etc. Miss Anchal Yadav guided us how to be confident in any interview and the key points to an interview which we needed. So, the session came to an end, and the girls got the hampers which included sanitary napkins.



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Hence, it was an interactive and fun session

Participants:

1. Isha Soni
2. Sonal Jhadav
3. Jaineeey Chadwa
4. Sakshi Rai
5. Sheetal Bathane



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Action Taken Report on Session on Personality Development And
Menstrual Hygiene

Date	Feedback Received	Suggestions Provided
20 th January, 2023	Feedback received on all the volunteers and audience was highly positive and encouraging. Suggestions were received regarding conducting more such events in the future. Please add some more events such as. Many more activities spreading the awareness the people.	Conduct such more activity to help the people.



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