

Activity Approval Format

Date: 29-9-2021

Program: Disseminating the message of menstruation & How to use art as a medium to help menstruators and non-menstruators to view this process from a positive lens.

Need: To increase awareness among adolescent girls & boys on Menstrual Hygiene.

Objective: Aims to break the silence, raise awareness and change negative social norms surrounding menstrual hygiene.

Content: Use of menstrual products, interactive question answer session, breaking the myths made by society on menstrual life.

Resource Person: Ms. Rashmi Balakrishnan & Ms. Ashwati Nair (Paddling Foundation)

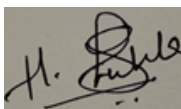
Date: 4-10-2021

Time: 4:00 pm onwards

Venue: Zoom Webinar

Cost/Budget: NA

Proposed By: Health Club



Verified By:



Minutes of the meeting

Date: 30/10/2021

Time: 4:00 p.m

Mode: Whatsapp Call

Following things were discussed in the meeting:-

It was decided that the Health Club of college will organize a program on Menstrual Hygiene in collaboration with the Paddling foundation on 4th October, 2021. The session will start at 4:00 pm over Zoom. The session is open for all the citizens.

Health Club In-charge:

Asst. Prof. Himani Shukla

Health Club Members:

Asst. Prof. Vinay Vilas Shahapurkar

Asst.Prof. Utkarsh Kapadia



Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

Notice

Date: 3/10/2021

"Don't wait for a girl to become a woman to empower them. Empower a girl's life by giving sanitary pads to them. With pads, we give them wings." 🌸

Hello Everyone! 🙏

Warm Greetings from the

Menstrual Educator of Paddling Foundation Collaborating 🤝 with Health Club of Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies (Affiliated to University of Mumbai), Powai, Mumbai 🏢 is conducting a National Webinar 😊

Topic: Disseminating the message of menstruation 🩸 & How to use art 🎨 as a medium to help menstruators and non-menstruators to view this process from a positive lens 😊

For : All UG & PG Students 👧 👦

Webinar Link :

<https://us02web.zoom.us/j/88936108792?pwd=RVpkQ2JRWlsS0FzVnZsSCtRazBLdz09>

📅: 4th October, 2021.

🕒: 04:00 pm to 5:00 pm.

Students attending the webinar will be receiving ✨ e-CERTIFICATE ✨ in their mail.

For any queries, contact at :

Asst. Prof. Himani Shukla

himanis@smshettyinstitute.org



B. Shetty
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

Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

Backdrop



Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies,
Powai, Mumbai - 400076.
(Affiliated to University of Mumbai)
NAAC Accredited 'A' Grade
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

Health Club
In collaboration with
Paddling Foundation
Presents
National Webinar
On
" Menstrual Hygiene "
4th October, 2021 (4:00 - 5:00 pm)

Resource Person : Ms. Rashmi Balakrishnan & Ms. Ashwati Nair

Certificate



Bunts Sangha's
S.M.Shetty College of Science, Commerce and Management Studies, Powai
(Affiliated to University of Mumbai)
NAAC Accredited 'A' Grade
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

Certificate of Participation

This is to certify that Anita Charles of S.M. Shetty College has participated in the National webinar on "Menstrual Hygiene" organized by the Health Club in collaboration with Paddling Foundation on 4th October, 2021

 Asst.Prof.Himani Shukla Health Club In-charge	 Asst.Prof. Sandesha Shetty Vice Principal	 Dr. Liji Santosh Vice Principal	 Dr. Sridhara Shetty Principal
---	---	--	---




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

Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

Report

Organized by: Health Club in collaboration with Paddling Foundation.

Event Topic: Disseminating the message of menstruation & How to use art as a medium to help menstruators and non-menstruators to view this process from a positive lens

Date: (Monday) 4th October , 2021

Timing: 4:00 pm onwards

Venue: Zoom

Scope: Students

Resource Person: Ms. Rashmi Balakrishnan & Ms. Ashwati Nair (Paddling Foundation)

Total Count: 52 - 34 Females & 18 Males.

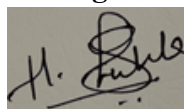
Objective: Aims to break the silence, raise awareness and change negative social norms surrounding menstrual hygiene.

Highlights:

The webinar started with a welcome address by Asst.Prof.Himani Shukla about the event. both the resource person were introduced by Ms. Kinjal Shetty student member of FYBSc.IT. The event covered topics like how menstrual occurs, use of sanitary napkins, tampons, menstrual cups & their differentiation. Application available in the market to track the periods date & time. Resource person received more than 50 questions from the students & were answered satisfactorily. Students demanded to keep more such sessions for their benefit. The event was concluded with the vote of thanks given by Asst.Prof. Utkarsh Kapadia (Member of Health Club). The entire technical part was handled by Asst.Prof. Vinay Vilas Shahapurkar (Member of Health Club).

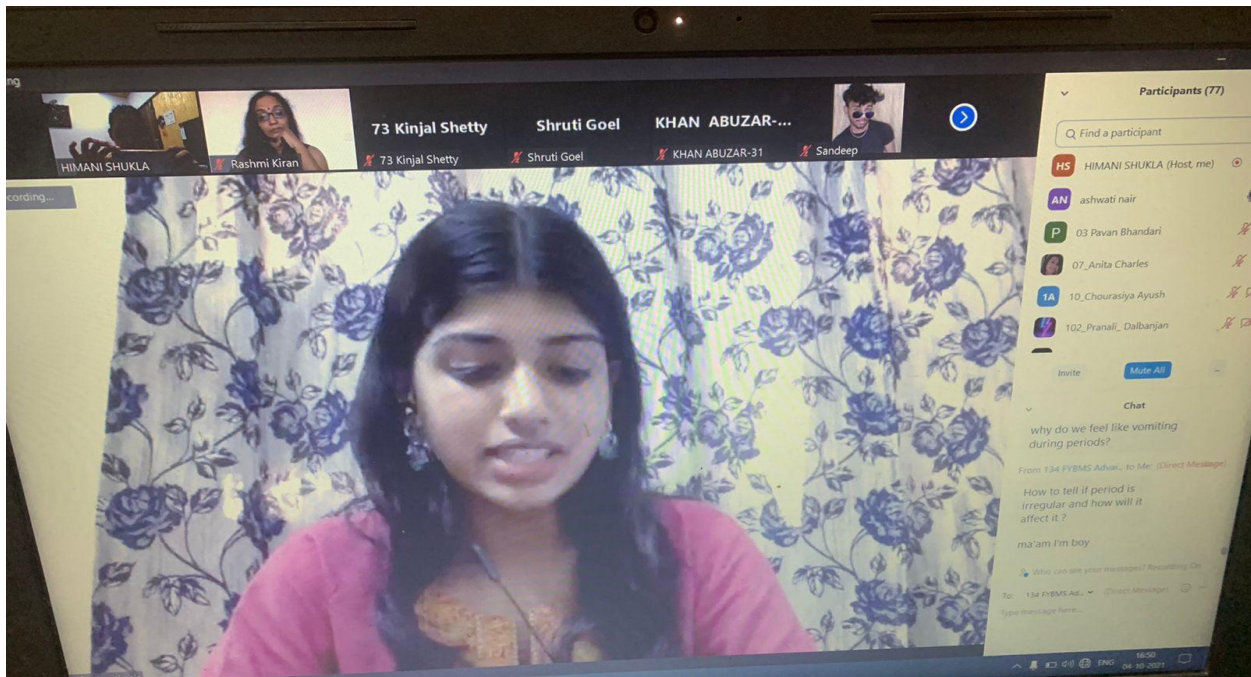
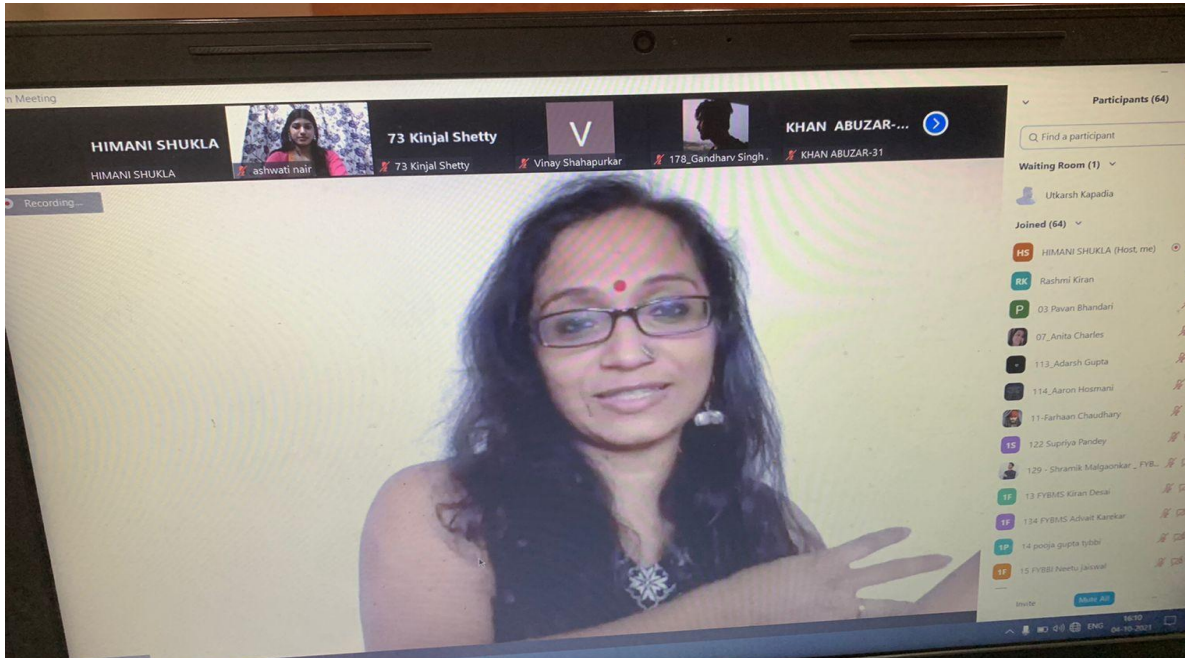
Health Club In-charge:

Health Club

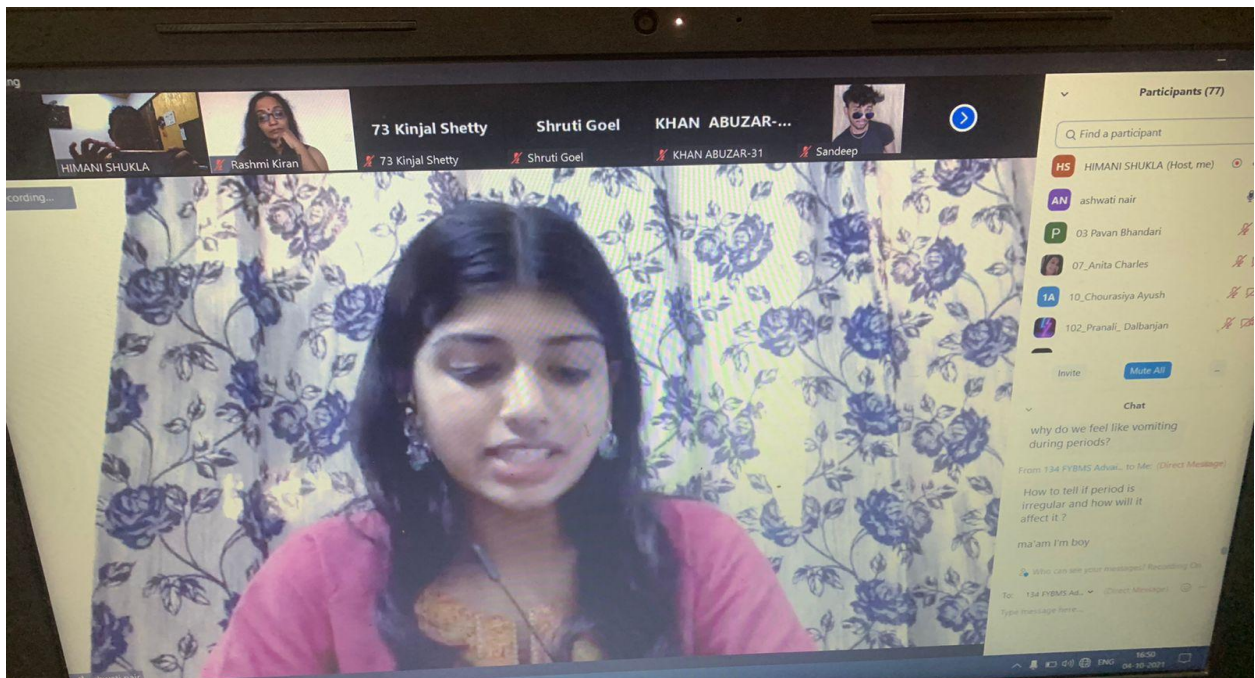
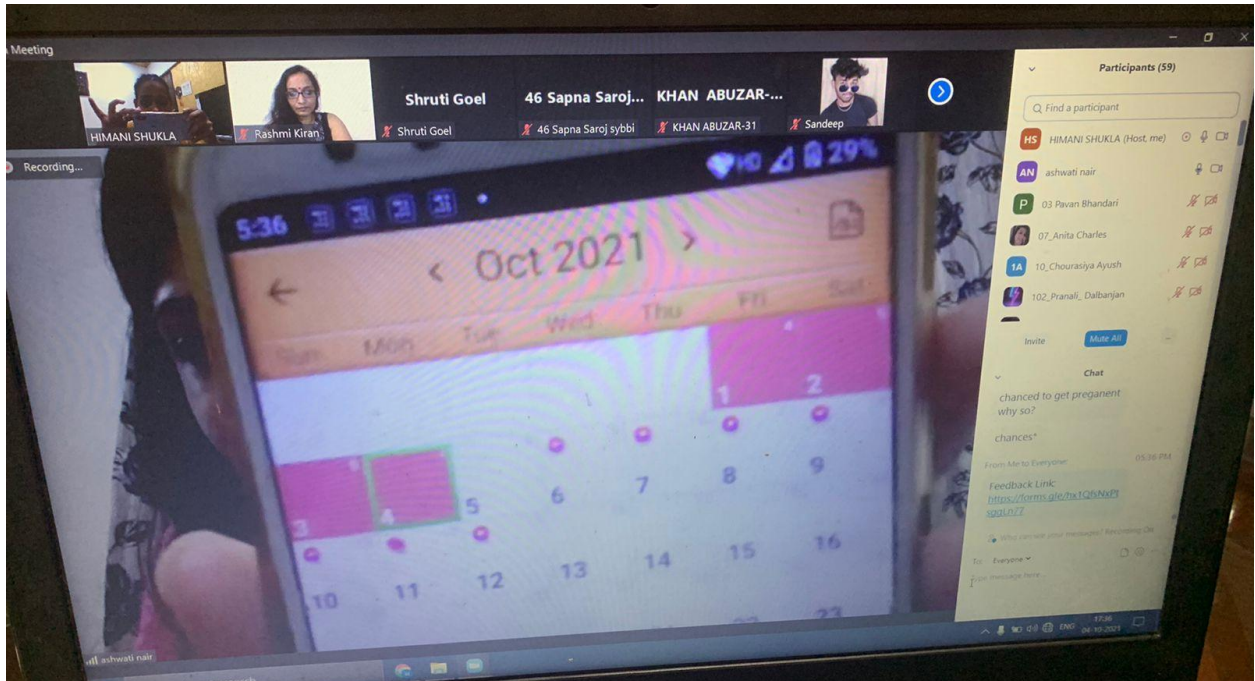


Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

Pictures



Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019



Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

Participant List

Sr.No	Email Address	Full Name	Institution Name	Gender	Participant type	Class
1	singhratnakar10101@gmail.com	Ratnakar Singh	S.M. Shetty College	Male	Student	TY BSCIT A
2	nagsimran1364@gmail.com	Nag Simran Durgesh	S.M. Shetty College	Female	Student	FYBSCIT
3	farhaanchaudhary777@gmail.com	Farhaan Chaudhary	S.M. Shetty College	Male	Student	A
4	anitacharles320@gmail.com	Anita Charles	S.M. Shetty College	Female	Student	Ty bscit A
5	arshadpathan03032002@gmail.com	Arshad Efroz Pathan	S.M. Shetty College	Male	Student	SYBBI
6	vaishnavigaikwad081@gmail.com	Vaishnavi Yogesh Gaikwad	S.M. Shetty College	Female	Student	SYBSCIT/B
7	ps2409587@gmail.com	Preeti balaram sahu	S.M. Shetty College	Female	Student	Fy Bsc.IT
8	dishalodha20@gmail.com	Disha Rakesh Lodha	S.M. Shetty College	Female	Student	FYBMS
9	smsdegbcom1778027gaurang@smsshettyinstitute.org	Gaurang Prashant Gaokar	S.M. Shetty College	Male	Student	TY Bcom
10	mansimolavade@gmail.com	Manasi Mahadev Molavade	S.M. Shetty College	Female	Student	FYBBI
11	smsdegbcsit2452641r@smsshettyinstitute.org	Harishini Ravi	S.M. Shetty College	Female	Student	SY-B. Sc-IT-A
12	abhijeetpatil5544@yahoo.com	Patil Abhijeet Digambar	S.M. Shetty College	Male	Student	S.Y. B.Sc. IT-A
13	yadavpreeti78769@gmail.com	Yadav preeti santosh kumar	S.M. Shetty College	Female	Student	Sybbi
14	kt340985@gmail.com	Krishna Tiwari	S.M. Shetty College	Female	Student	FYBMS A
15	sidshete14@gmail.com	siddhi shete	S.M. Shetty College	Female	Student	TY-IT

Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

16	smsdegbscit1626106aaron@smshettyinstitute.org	Hosmani Aaron	S.M. Shetty College	Male	Student	T.Y.B.Sc.I.T
17	advaitkarekar123@gmail.com	Advait Santosh Karekar	S.M. Shetty College	Male	Student	FYBMS
18	bhandaryshobhit@gmail.com	Shobhit Bhandary	S.M. Shetty College	Male	Student	Tybsit
19	imsufiya508@gmail.com	Khan sufiya Parvez	S.M. Shetty College	Female	Student	FY b.com -A
20	dimplegungaliya@gmail.com	Dimple Gungaliya	S.M. Shetty College	Female	Student	FYBCOM
21	kinjalshetty2003@gmail.com	Kinjal Shetty	S.M. Shetty College	Female	Student	FY BSC IT
22	campbelljoylin@gmail.com	Joylin campbell	S.M. Shetty College	Female	Student	FYBMS-B
23	smsdegbscit1755457keshavprasad@smshettyinstitute.org	Kanojiya keshav prasad motilal	S.M. Shetty College	Male	Student	BSC. IT -A
24	ayushch030@gmail.com	Chourasiya Ayush Surendre	S.M. Shetty College	Male	Student	TYBsc-IT
25	adarshmja1348@gmail.com	GuptaAdarsh	S.M. Shetty College	Male	Student	SyIT B
26	ishwarilingayat10@gmail.com	Ishwari Lingayat	S.M. Shetty College	Female	Student	Fybsc.it
27	nikitag1040@gmail.com	Nikita Gupta	S.M. Shetty College	Female	Student	FYBBI
28	Komal99877@gmail.com	Komal Manohar Gaikwad	S.M. Shetty College	Female	Student	FYBBI
29	yaditi825@gmail.com	Yadav Aditi	S.M. Shetty College	Female	Student	
30	kirandesai0424@gmail.com	Kiran Ladu Desai	S.M. Shetty College	Female	Student	FYBMS A
31	smsdegbscit2469269ajaykumar@smshettyinstitute.org	Singh Ajay Nandkumar	S.M. Shetty College	Male	Student	Sy BSCIT
32	smsdegbscit193715samruddhi@smshettyinstitute.org	Samruddhi Vikas Sawant	S.M. Shetty College	Female	Student	TY IT



Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

33	smsdegbscit2449599sriyakumari@smshettyinstitute.org	Sahu Sriya Sunil	S.M. Shetty College	Female	Student	SYIT
34	sapnasaroj2020@gmail.com	Sapna Rajesh Saroj	S.M. Shetty College	Female	Student	SYBBI
35	pranalidalbanjan@gmail.com	Pranali Parshuram Dalbanjan	S.M. Shetty College	Female	Student	Ty bscit
36	saisaranyyam@gmail.com	Saisaranyya Menon	S.M. Shetty College	Female	Student	Sy- bammc
37	Namita010304@gmail.com	Namita fernandes	S.M. Shetty College	Female	Student	FYBMS B
38	svastishetty@gmail.com	Svasti Shetty	S.M. Shetty College	Female	Student	FY bcom
39	ananyarao411@gmail.com	Ananya Surendra Rao	S.M. Shetty College	Female	Student	TY BCOM
40	divyamhatre3001@gmail.com	Divya Haresh Mhatre	Model college	Female	Student	F.Y BMS
41	khanabuzar2399@gmail.com	KHAN ABUZAR MOHD FAROOQUE	S.M. Shetty College	Male	Student	FYBSCIT
42	msdegbscit1580434tooba@smsshettyinstitute.org	Shaikh Tooba Abdullah	S.M. Shetty College	Female	Student	TYIT A
43	janvikb111@gmail.com	Janvi Bhanushali	S.M. Shetty College	Female	Student	FYBMS B
44	reshmayadav465@gmail.com	Yadav Reshma Sanjay	S.M. Shetty College	Female	Student	SYBSC. IT
45	smsdegbscit1361033rohit@smshettyinstitute.org	Rohit Sanjeev Singh	S.M. Shetty College	Male	Student	Ty Bsc-IT
46	jaiswalneetu774@gmail.com	Neetu jagdish jaiswal	S.M. Shetty College	Female	Student	FYBBI
47	santosh211182@gmail.com	Sandeep Santosh Mahto	S.M. Shetty College	Male	Student	Fybcom
48	smsdegbscit2461585sakib@smshettyinstitute.org	Fakir Sakib	S.M. Shetty College	Male	Student	SYIT
49	kv449432@gmail.com	Khushi Arvind Verma	S.M. Shetty College	Female	Student	FYBBI
50	tashushetty543@gmail.com	Tashu Shetty	S.M. Shetty College	Female	Student	FYBSc IT B



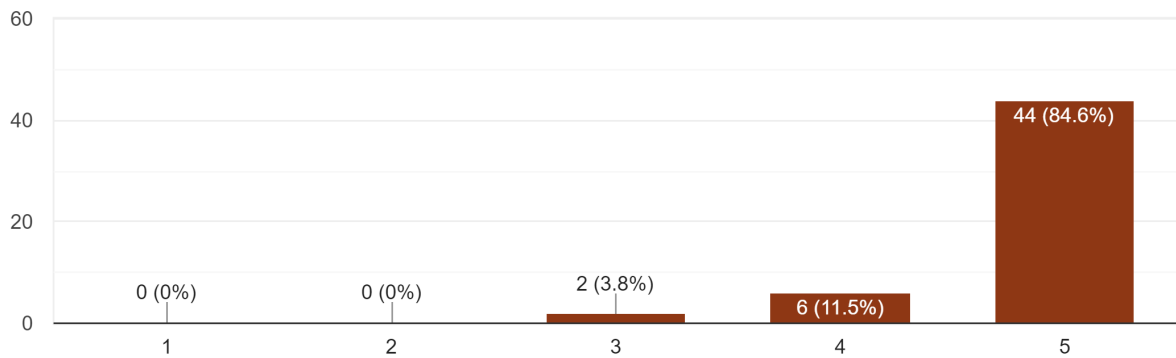
Bunts Sangha's
 S.M.Shetty College of Science, Commerce & Management Studies, Powai.
 NAAC ACCREDITED 'A' GRADE
 ISO 21001:2018 CERTIFIED
 IMC RBNQ CERTIFICATE OF MERIT 2019

51	bhandaripavan9@gmail.com	Bhandari Pavan Arun	S.M. Shetty College	Male	Student	FYBSCIT A
52	ys4048880@gmail.com	Shaikh Yasin kasim	S.M. Shetty College	Male	Student	Sybscit

Feedback Analysis

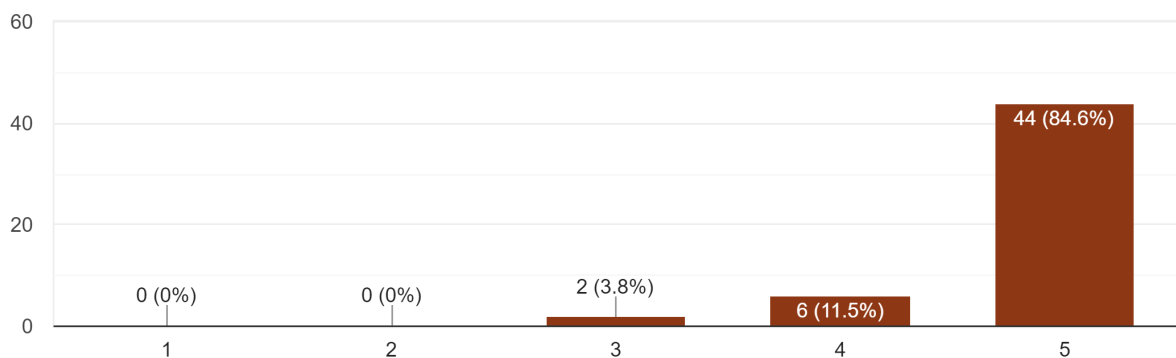
How informative was the session?


52 responses



How satisfied are you with the session's content?

52 responses

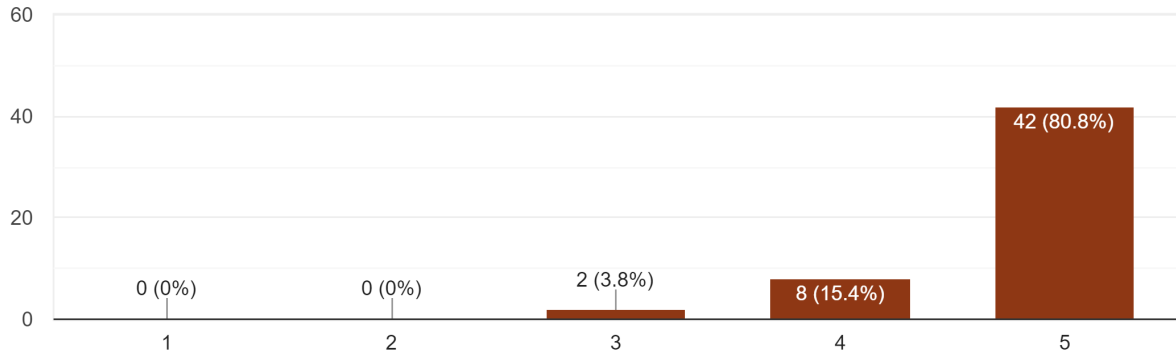



PRINCIPAL
 Bunts Sangha's S. M. Shetty College
 of Science, Commerce & Management Studies
 Powai, Mumbai - 400 076.
 Tel: 022 - 6132 7352
 Email: college@smshettyinstitute.org

Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

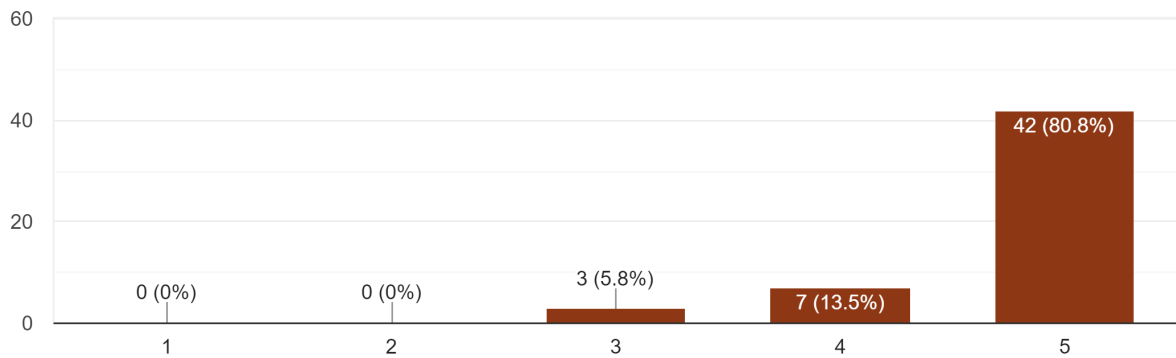
How satisfied are you with the technical aspects of online platform?

52 responses



How relevant and helpful do you think the session was?

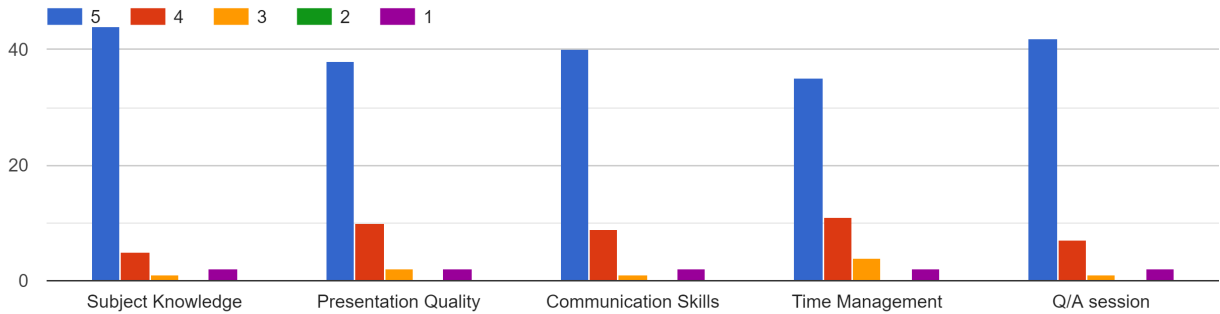
52 responses



B. Shetty
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

Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

How satisfied were you with the key note speaker?



What were your key take aways from this event?

52 responses

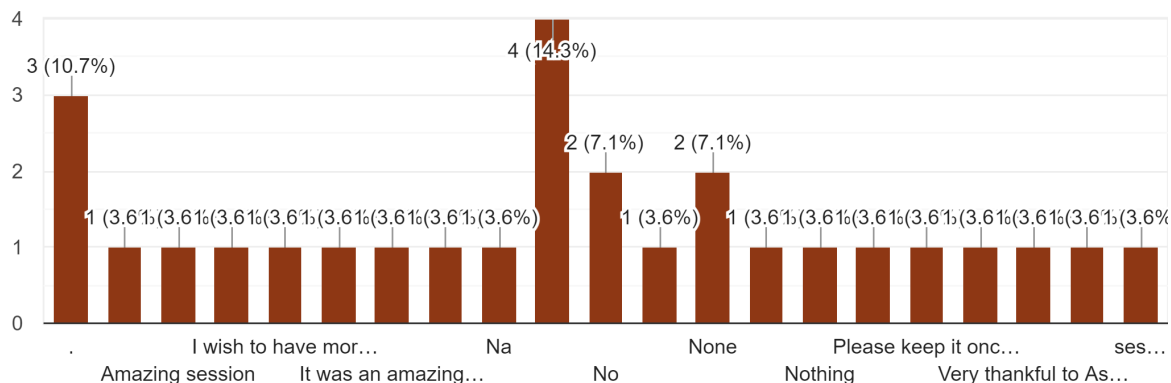



PRINCIPAL
 Bunts Sangha's S.M. Shetty College
 of Science, Commerce & Management Studies
 Powai, Mumbai - 400 076.
 Tel: 022 - 6132 7352
 Email: college@smshettyinstitute.org

Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

Any other feedback and suggestions for the event?

28 responses



Action Taken Report

<u>Date & Topic</u>	<u>Feedback Received</u>	<u>Conclusion</u>
4-10-2021 (Monday) Menstrual Hygiene	<ul style="list-style-type: none"> ● Please keep it once again ● It was an amazing and informative session ● I wish to have more sessions because everyone person has different menstrual cycle n as a girl discuss in the girls group about any issues or how they reduce the cramp pains n all ● It was a productive session! 	To keep more such sessions for students in order to cultivate awareness.




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