

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

### 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 )

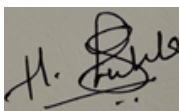
**Date:** 4-10-2021

**Time:** 4:00 pm onwards

**Venue:** Zoom Webinar

**Cost/Budget:** NA

**Proposed By:** Health Club



**Verified By:**



**PRINCIPAL**  
Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai - 400 076.  
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Email: college@bunshettyinstitute.org

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### 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



  
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## 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



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## Backdrop

Bunts Sangha's  
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Powai, Mumbai - 400076.  
( Affiliated to University of Mumbai )  
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**Health Club**  
In collaboration with  
**Paddling Foundation**  
Presents  
National Webinar  
On  
**" Menstrual Hygiene "**  
4<sup>th</sup> October, 2021 ( 4:00 - 5:00 pm)

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

## Certificate

Bunts Sangha's  
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**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



  
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## **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.

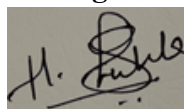
**Objective:** Aims to break the silence, raise awareness and change negative social norms surrounding menstrual hygiene.

### **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:**

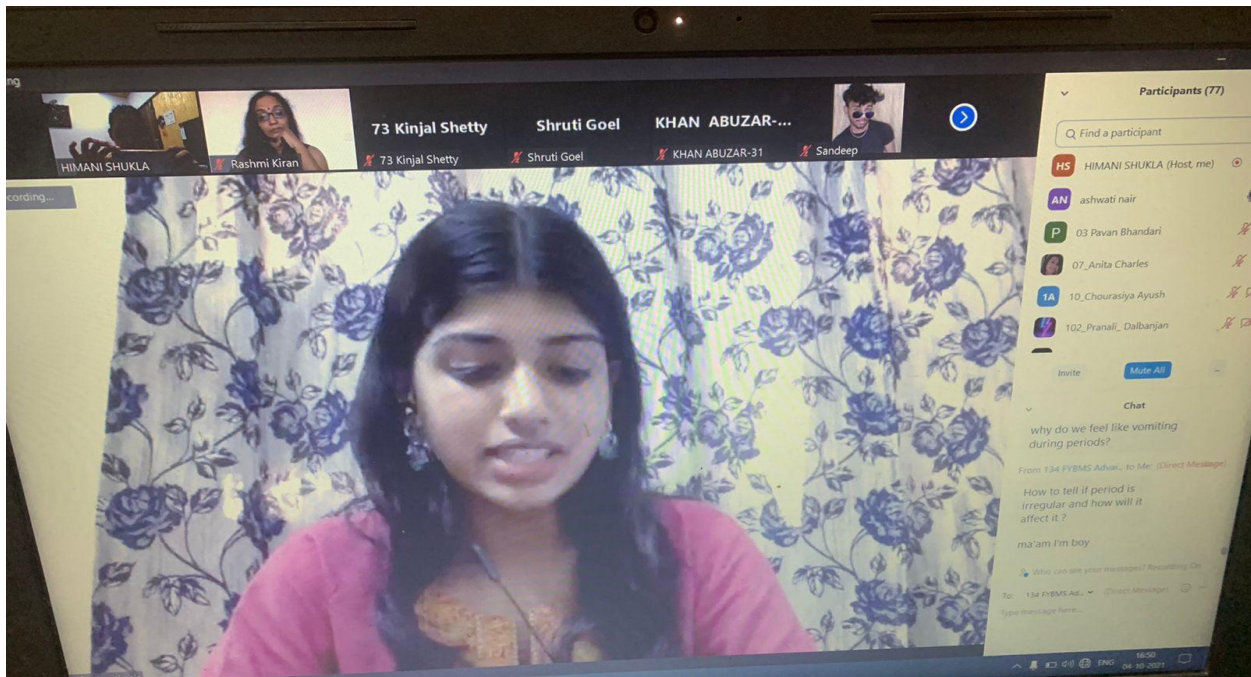
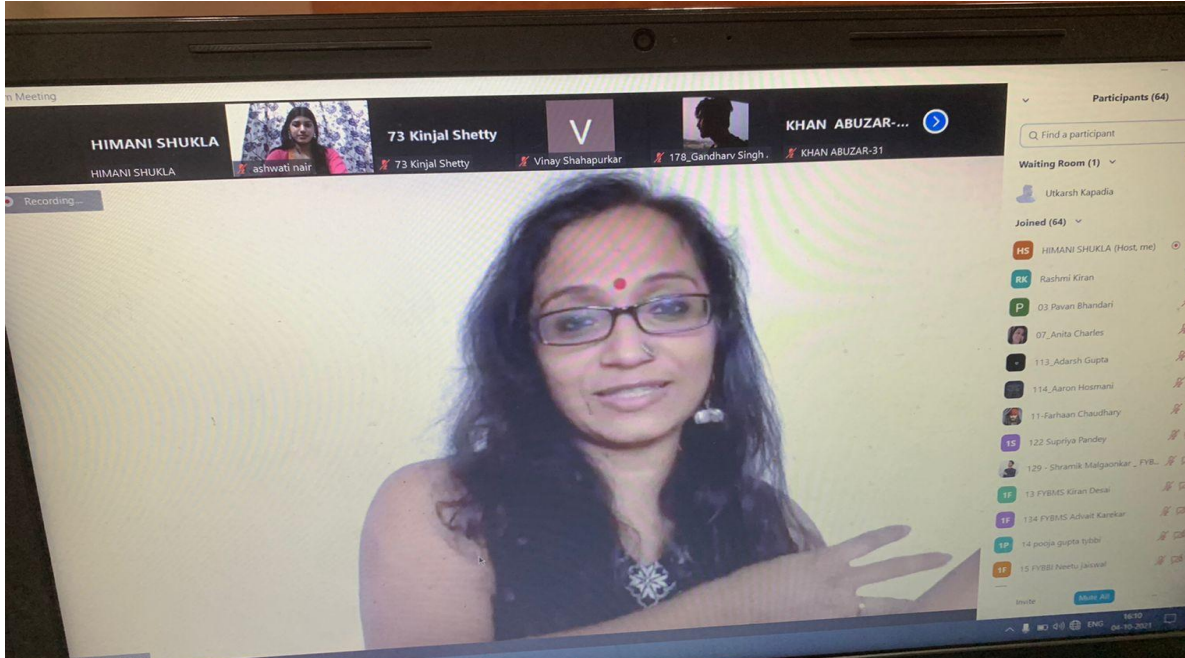
Health Club



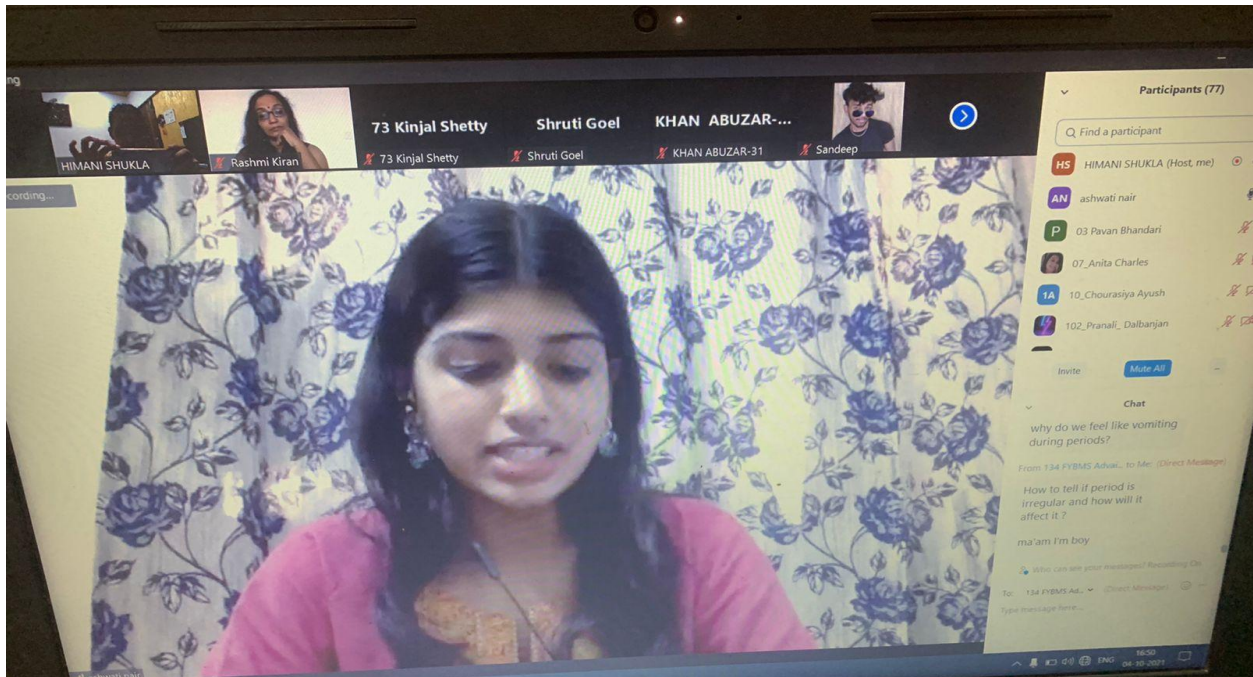
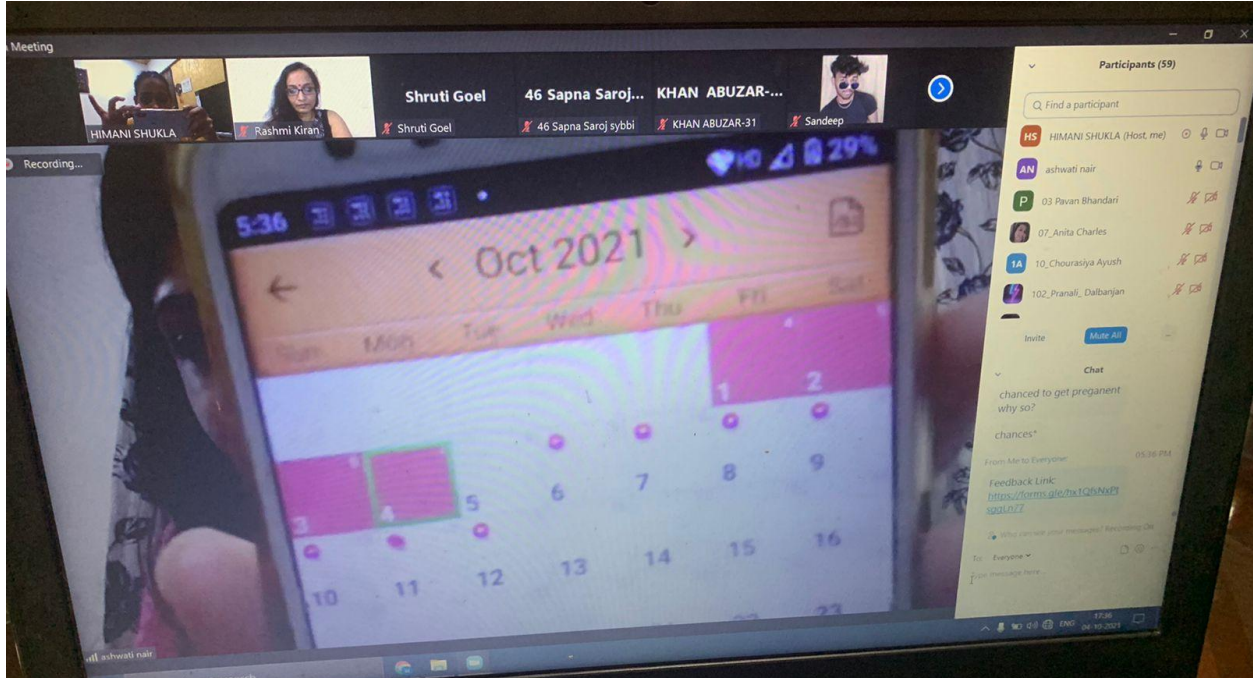
  
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Pictures



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**Participant List**

<b><u>Sr.No</u></b>	<b>Email Address</b>	<b>Full Name</b>	<b>Institution Name</b>	<b>Gender</b>	<b>Participant type</b>	<b>Class</b>
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14	kt340985@gmail.com	Krishna Tiwari	S.M. Shetty College	Female	Student	FYBMS A



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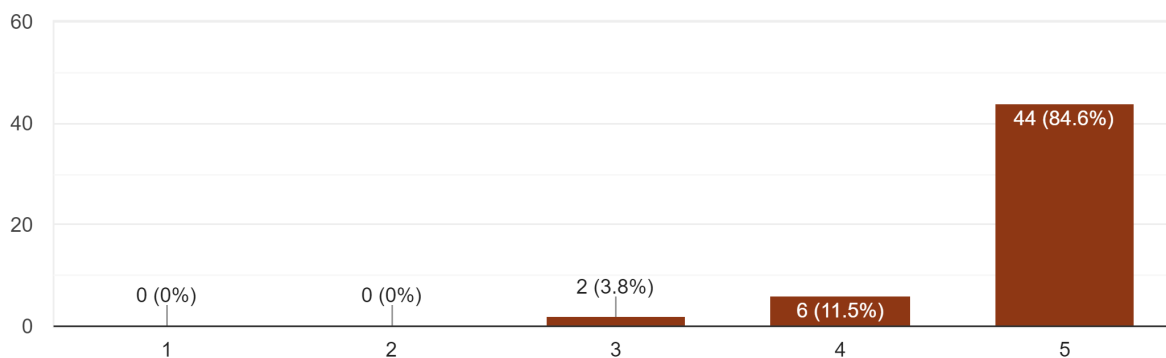
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50	tashushetty543@gmail.c om	Tashu Shetty	S.M. Shetty College	Female	Student	FYBSc IT B
51	bhandaripavan9@gmail. com	Bhandari Pavan Arun	S.M. Shetty College	Male	Student	FYBSCIT A
52	ys4048880@gmail.com	Shaikh Yasin kasim	S.M. Shetty College	Male	Student	Sybscit

### Feedback Analysis

How informative was the session?

52 responses

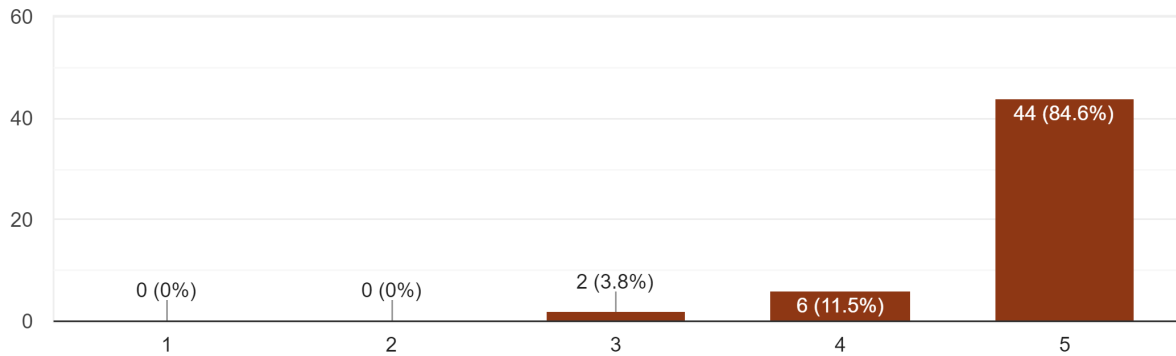


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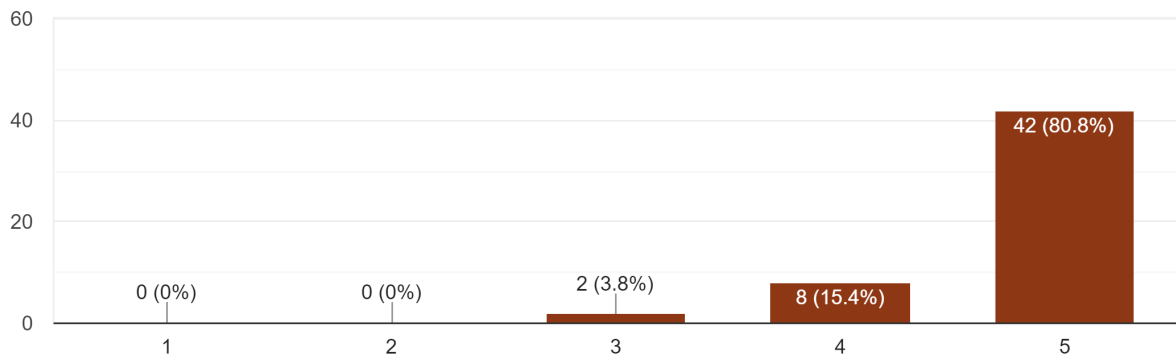
How satisfied are you with the session's content?

52 responses



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

52 responses

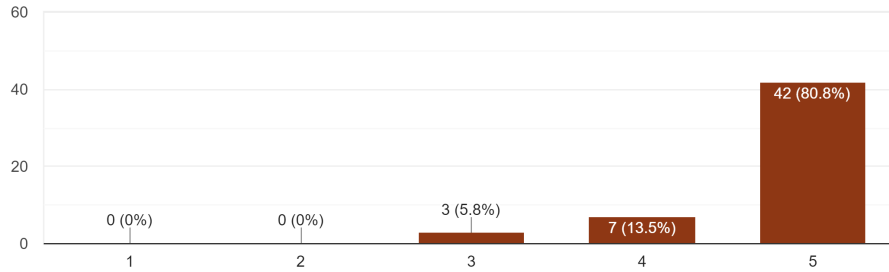


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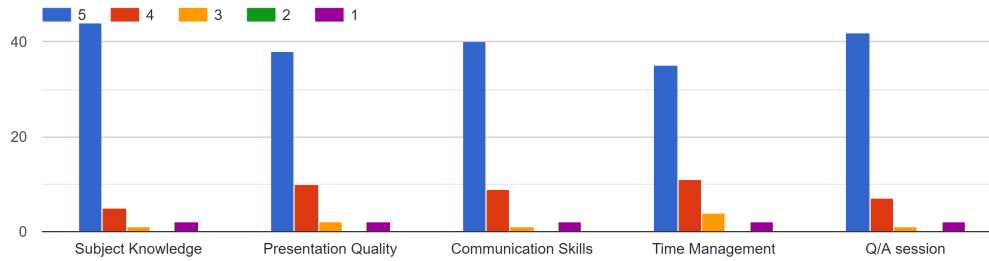
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How relevant and helpful do you think the session was?

52 responses

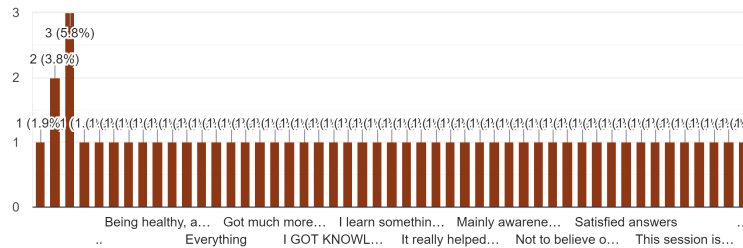


How satisfied were you with the key note speaker?



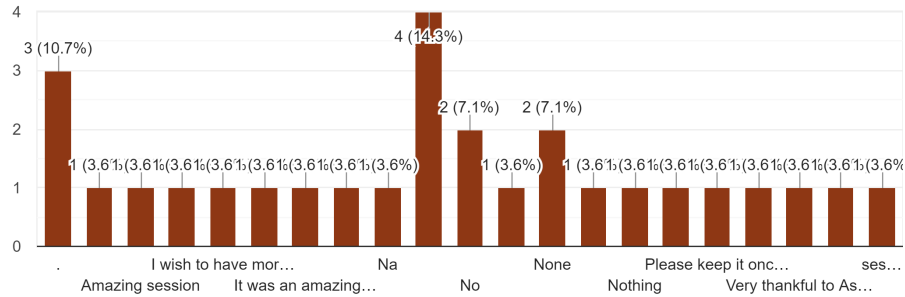
What were your key take aways from this event?

52 responses



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Any other feedback and suggestions for the event?  
28 responses



### Action Taken Report

<u>Date &amp; Topic</u>	<u>Feedback Received</u>	<u>Conclusion</u>
4-10-2021 (Monday)  Menstrual Hygiene	<ul style="list-style-type: none"> <li>● Please keep it once again</li> <li>● It was an amazing and informative session</li> <li>● 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</li> <li>● It was a productive session!</li> </ul>	To keep more such sessions for students in order to cultivate awareness.

