

MAEER'S
MIT | Arts, Commerce
& Science College

Affiliated to Savitribai Phule Pune University
Accredited by NAAC with "A" Grade
Alandi (D), Pune - 412 105

Department of Arts & Commerce
In Association with Internal Complaint Committee

Academic Year 2024-25

NOTICE

One day e-training on "Menstrual Hygiene"

Date: 1st March 2025

All the girl students of Arts & Commerce department are hereby informed that, Department of Arts & Commerce is organizing **One day e-training on "Menstrual Hygiene"** on **Monday, 3rd March 2025** at **9.00 am**. **Ms. Harshita**, GlobalHunt Foundation, Bangalore will be the resource person for this program.

Objective of this program is to develop a biological understanding, talk on related social taboos and aware girl students on hygiene practices to be maintained during menstruation.

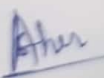
All students are required to attend this program as per schedule.

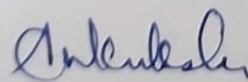
Date : 03/03/2025

Time : 9.00 am

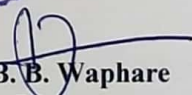
Platform: G-meet (<https://meet.google.com/tsk-eqqq-xkm>)




Dr. Archana Aber
Coordinator


Mrs. Aakanksha Landge
ICC - Presiding Officer


Dr. Padmavati Undale
HoD Arts & Commerce


Dr. B. B. Waphare
Director

Department of Arts & Commerce

**In Association with Internal Complaint Committee
Academic Year 2024-25**

Report on

One day e-training on "Menstrual Hygiene"

Date: 3rd March 2025

Name of the Activity: One day e-training on "Menstrual Hygiene"

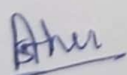
Objectives: To develop a biological understanding, talk on related social taboos and aware girl students on hygiene practices to be maintained during menstruation.

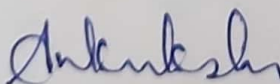
Date : 3rd March 2025

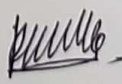
One day e-training on "Menstrual Hygiene" was successfully organized by the Department of Arts & Commerce in association with Internal Complaint Committee on Monday, 3rd March 2025 under the guidance of Dr. Padmavati Undale, HoD Arts & Commerce.

Ms. Harshita, GlobalHunt Foundation, Bangalore was the resource person for this program. She shared her views to raise awareness and provide critical knowledge on menstrual health, hygiene management, and the importance of menstrual health education. She took overview of menstruation: Biological aspects and stages along with menstrual hygiene practices across different cultures and societies. She explained different types of menstrual products: Pads, tampons, menstrual cups, cloth and advantages and disadvantages of each product. Proper usage, disposal, and storage of menstrual products. Environmental impact of disposable products and sustainable alternatives.

70 girl students attended this program and feedback from them indicated that this training program successfully met its objectives, equipping participants with the knowledge to raise awareness on menstrual hygiene, especially in communities with limited access to resources and information.


Dr. Archana Aher
Coordinator

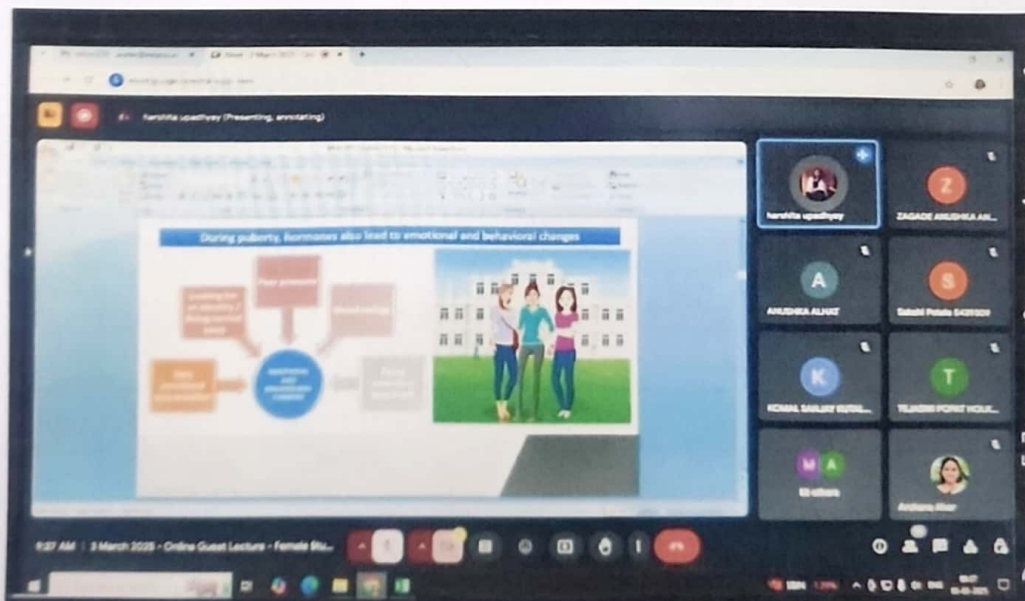
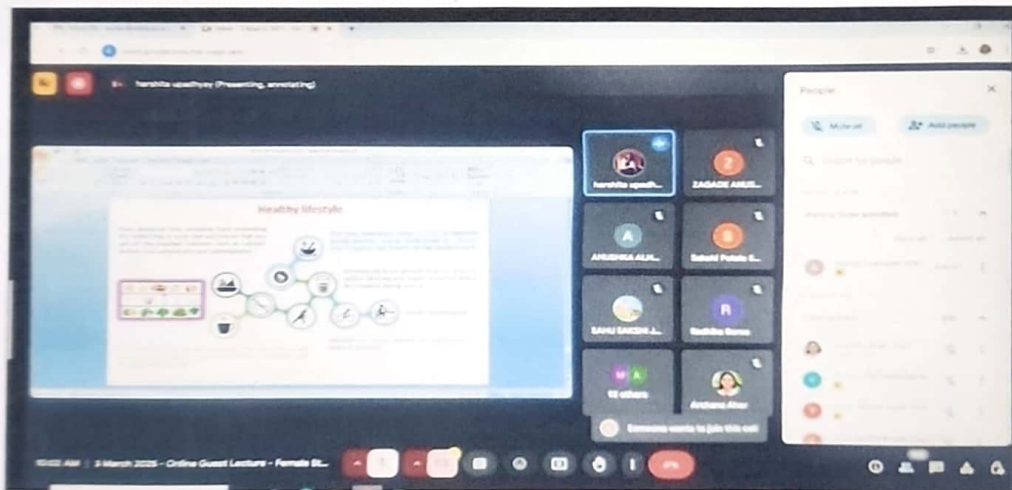
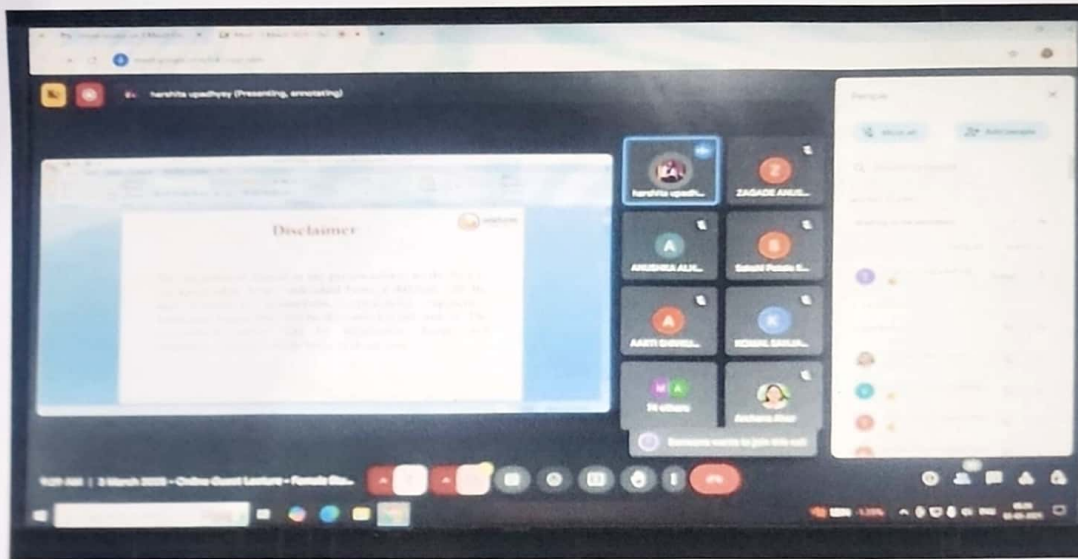

Mrs. Aakanksha Landge
ICC- Presiding Officer


Dr. Padmavati Undale
HoD Arts & Commerce


Dr. B. B. Waphare
Director



One day e-training on "Menstrual Hygiene" Dated 3rd March 2025



Department of Arts And commerce
 ACADEMIC YEAR 2024-25
One day e-training on "Menstrual Hygiene"
Attendance

Date: 03/03/2025

Roll.No.	Name of the student	Signature
FA1163	Disha Jewary	<i>Disha Jewary</i>
FA1174	Sakshi Potale	<i>Potale..</i>
FA1169	swopnalisa sahoo	<i>Swopnalisa</i>
FA1150	Kumbum Singh	<i>K.S.</i>
FA1171	Sneha Lokhande	<i>Sneha</i>
FA1117	Tanvi Talekar	<i>Tanvi</i>
FA1152	Mrinal Narangewade	<i>Mrinal</i>
FA1153	Ashana Kumari	<i>Ashana</i>
FA1158	Gayatri Upadhyay	<i>Gayatri</i>
FA1141	Trupti Nigade	<i>Trupti</i>
FA1161	Sanjana Naikode	<i>Sanjana</i>
FA1167	Sonika Sutar	<i>Sutar.</i>
FA1146	Shweta . Maidkar	<i>Shweta..</i>
FA1138	Poyal Gaikwad	<i>Poyal</i>
FA1139	Tejaswini Alhat	<i>Tejaswini</i>
FA1140	Tejaswi Holkar	<i>Tejaswi</i>
FA1185	Simran Kind	<i>Simran</i>
FA1127	Radhika Gizi	<i>Radhika</i>
FA1128	Shradha Kusbe	<i>Shradha</i>
FA1130	Anushka More	<i>Anushka</i>
FA1118	Saniya Sayyad	<i>Saniya</i>
FA1117	Tanvi Talekar	<i>Tanvi</i>
FA1115	Tejaswini Lawadkar	<i>Tejaswini</i>
FA1114	Vaishali Dighe	<i>Vaishali</i>

Dr. Archana Aher
 Coordinator

Dr. Padamavati Undale
 HOD Arts & Commerce

Department of Arts And commerce
 ACADEMIC YEAR 2024-25
One day e-training on "Menstrual Hygiene"
Attendance

Date: 03/03/2025

Roll.No.	Name of the student	Signature
65	Ronak Gupta	<u>Ronak</u>
63	Sneha Sharma	<u>Sneha</u>
39	Priya Yadav	<u>Priya</u>
35	Vaishnavi Kladikar	<u>Vaishnavi</u>
33	Kunshi Divedi	<u>Kunshi</u>
31	Anjali P. Gaikwad	<u>Anjali</u>
29	Khushi - P. Prajapati	<u>Khushi</u>
27	Dhruvi Bhanushali	<u>Dhruvi</u>
26	Sneha wadne	<u>Sneha</u>
42	Resham Pawane	<u>Pawane</u>
25	Sakshi Salunke	<u>Sakshi</u>
08	Riya Bhosale	<u>Riya</u>
05	Anandika Gorule	<u>Anandika</u>
15	Neha Lade	<u>Neha</u>
69	Khushi Singh	<u>Khushi</u>
61	Gayatri panchal	<u>Panchal</u>
245	Sanjana Jadhav	<u>Sanjana</u>
43	Nilima Dhotre	<u>N. Dhotre</u>
22	Gauri Nande	<u>Gauri</u>
21	Pooja Maham Khanikar	<u>PJ</u>
22	Sakshi Talid	<u>Sakshi</u>
23	Riddhi Dhore	<u>Ridh</u>

Dr. Archana Aher
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Dr. Padamavati Undale
 HOD Arts & Commerce

Department of Arts And commerce

ACADEMIC YEAR 2024-25

One day e-training on "Menstrual Hygiene"

Attendance

Date: 03/03/2025

Roll.No.	Name of the student	Signature
SA1131	Anushka Alhat	<u>Alhat</u>
SA1130	Anjali Rakhunde	<u>Anjali</u>
SA1136	Tanuja Pande	<u>Pande</u>
SA1124	Poojithi Sha	<u>Poojithi</u>
SA1157	Pratiksha Burange	<u>Pratiksha</u>
SA1120	Jyoti yadav	<u>Jyoti</u>
SA1119	Komal kutal	<u>Kutalks.</u>
SA1115	Pranoti Kadam	<u>Pranoti</u>
SA1114	Divya Gawas	<u>Gawas</u>
SA1144	Kanishka Suradkar.	<u>Suradkar.</u>
SA1108	Cynthia David	<u>David</u>
SA1109	Mokshada Patil	<u>Patil</u>
SA1111	Dhanusha Hazmalakar	<u>Hazmalakar</u>
SA1112	Pragya kandpal	<u>Kandpal</u>
SA1128	Anjali Mishra	<u>Anjali</u>
SA1151	Rutuja Randhavan	<u>Rutuja</u>
TA1148	Ananya Anilkumar Wajage	<u>Wajage</u>
TA1122	Sanika Pate	<u>Pate</u>

Dr. Archana Aher
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