



NURTURING POTENTIAL

SAKET GYANPEETH'S SAKET COLLEGE OF ARTS, SCIENCE & COMMERCE

(Un-Aided, Hindi Linguistic Minority Institution)

(Permanently Affiliated to University of Mumbai)
(NAAC Accredited "B" Grade)

Notice No:- 1069

Date:04/01/2024

Notice

All the Degree College Girls students are hereby informed that Women Development Cell in association with IQAC is organizing Guidance session on **Puberty & Menstrual Hygiene** on Tuesday **9th January, 2024**

Venue: **College Building 102.**

Time 10:30am

Principal

Prof. (Dr.) Vasant D. Barhate

Copy To:

1. Hons.Secretary / C.E.O,Saket Gyanpeeth
2. Vice-Principal
3. Office Superintendent
4. Notice Board
5. Notice File
6. Web Site



Saket Vidyanagari Marg, Kalyan East, Dist. Thane (MAH), INDIA - 421 306.

www.saketcollege.edu.in | info@saketcollege.edu.in

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Report On Puberty & Menstrual Hygiene.

Time: 10.30

Venue: College Building 102

Date: 10th January 2024

Alumni Association and WDC in association with IQAC organized a guest lecture for girl students of Saket College of Arts Science & Commerce on dated 09/01/2024. An alumni of BMS branch of Saket College, Mrs. Dakshata Ranade had a guest lecture for College girls students on menstruation and hygiene. She guided them about the important phase of their lives in a very beautiful and scientific manner.

She educated students about menstruation and hygiene with help of power point presentation. She discussed about why is menstruation hygiene important, what are the elements of menstrual hygiene, what are the types of hygiene, and so on. She told students about the bad impact and serious health risk of Poor menstrual hygiene, like reproductive and urinary tract infections which can result in future infertility and birth complications. Neglecting to wash hands after changing menstrual products can spread infections, such as hepatitis B and thrush. She also informed them about the affordable and sustainable menstrual hygiene products (e.g. menstrual cloths, reusable pads, disposable pads, menstrual cups and tampons) is key to improving menstrual health and hygiene.

Many students openly asked her questions and she answered them satisfactorily.

OBJECTIVE OF PROGRAM

1. To educate girls about menstruation and hygiene.
2. To educate about the measures taken to maintain the physical and mental health of girls.

OUTCOMES OF THE PROGRAM

1. Girls were aware of their physical and mental changes. They got knowledge about what care should be taken during menstruation
2. Menstruation is a very natural process and should be accepted wholeheartedly by all. Number of Girls.

Number of Girls: 107



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Principal
Saket Gyanpeeth's
Saket College of Arts, Science & Commerce
Saket Vidyanagari Marg, Kalyan East

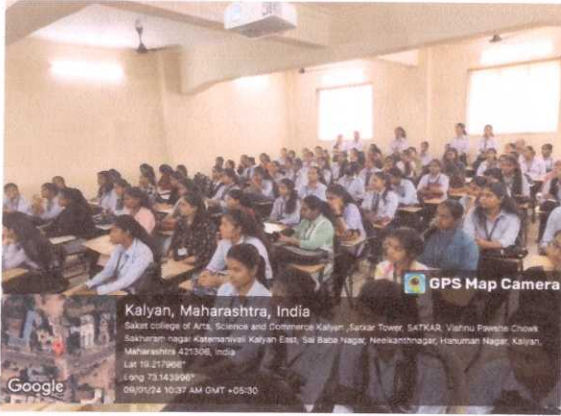


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Fradya
Chairperson



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Barbude

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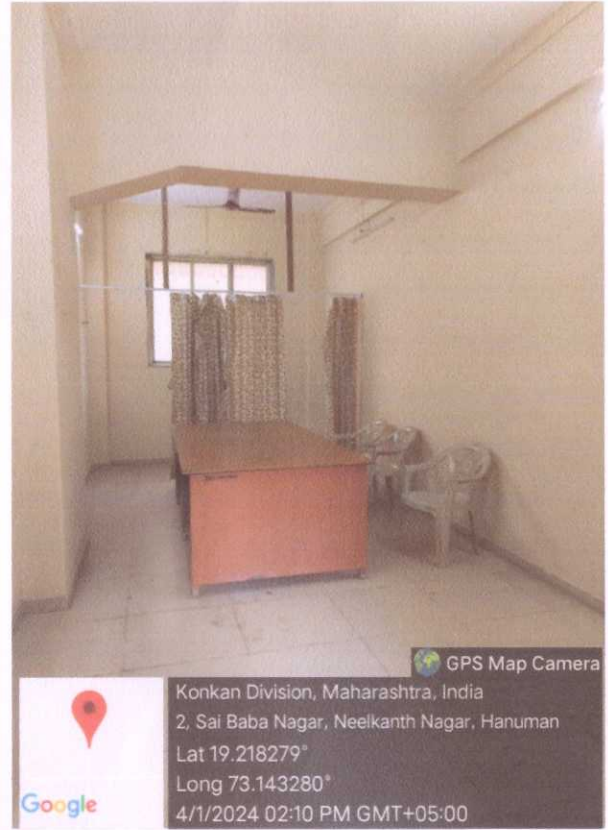
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Institutional value and Social responsibility



GPS Map Camera

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2, Sai Baba Nagar, Neelkanth Nagar, Hanuman
Lat 19.218279°
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4/1/2024 01:08 PM GMT+05:00



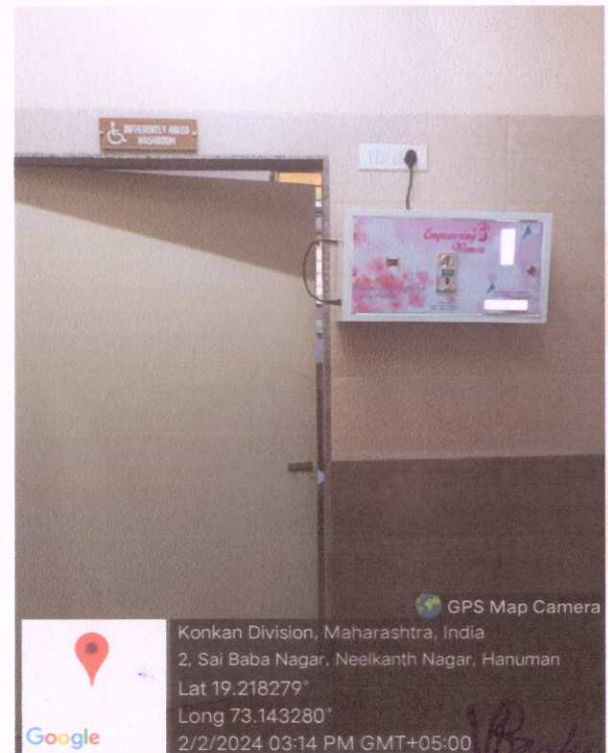
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Bhandari
Principal

Saket Gyanpeeth's

Saket College of Arts, Science & Commerce

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