




**Jogeshwari Education Society's
JES COLLEGE OF COMMERCE,
SCIENCE & INFORMATION TECHNOLOGY
(AFFILIATED TO MUMBAI UNIVERSITY)**

Activity Report

IQAC Document No.	
Association/ Department/ Cell:	Women Development Cell
Event/Theme of event:	Workshop Menstrual Hygiene and holistic health for adolescent girls
Event Committee In-charge:	Tejswini Parab
Spokesperson/ Collaborative agency:	Dr Uma Sawant, Shobha Kabra & Dr. Jayanti Kamat
Date/ Time:	24th July,2018 to 26th July,2018./11:00AM -12:30 PM
Venue/Platform:	Block no:208
Objective:	<ul style="list-style-type: none">To empower girls with knowledge and awareness on menstrual hygiene to manage their menstruation in a hygienic way in privacy, safety and with dignity at home, at school and in the community.To generate awareness amongst adolescent girls about menstrual health and hygiene
Outcome:	<ul style="list-style-type: none">Cleared about process of menstruationGirls were aware about how to manage their menstruationHow to resolved irregular or painful period problem.How unhygienic practices affect reproductive system.
Target Audience:	All girl student of degree section
No. of Beneficiaries:	47+49+46=142
Feedback:	Analysis done for every speaker. Student found overall event satisfactory




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Caves Road, Jogeshwari (E), Mumbai-400 060.



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NOTICE

All the degree college girl students are hereby informed that, Women Development Cell (WDC) is organising three days' workshop on "Menstrual Hygiene and holistic health for adolescent girls" in collaboration with The Art of Living team on the occasion of International Self-Care Day on 24th July, 2018 to 26th July, 2018.

Date: 24th July, 2018 to 26th July, 2018.

Time: 11:00 AM -12:00 NOON

Venue: Block No.218



Tejswini Parab
WDC Co-ordinator

Dr Prashant Shelar
Principal



Prashant Shelar
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Caves Road, Jogeshwari (E), Mumbai-400 060.



To,

The Principal,

JES COLLEGE

JOGESHWARI EAST

MUMBAI

18/11/20

Respected Sir /Madam,

Subject: Organizing a training workshop on Menstrual Hygiene and holistic health for adolescent girls studying in your institution /school/ high school.

The Art of Living is an International Non-profit Educational, Charitable, and Humanitarian Organization rendering services and implementing projects in more than 157 countries around the world. Founded in 1982, As a Non-Governmental Organization, the Art of Living also works in special consultative status with the Economic and Social Council of the United Nations, participating in a variety of committees and activities relating to health, education, sustainable development and conflict resolution.

Gurudev Sri Sri Ravi Shankarji's life and work has been dedicated to reviving human values and bringing about world peace and development through an individual commitment to joyful living, selfless service and self-awareness.

International Association for Human Values (IAHV) , under the aegis of the Art of Living is a registered **Public Charitable Trust** constituted to promote **spiritual, educational, cultural and social developmental activities** for the benefit of the public. The organization runs various programmes called the Art of Living courses, which are designed to **develop personality, eliminate mental stress, and improve the physical health of an individual** irrespective of economic status, caste or religion. The organization also works to instil a sense of self-esteem in the youth and women of urban and rural India. It promotes educational, social, recreational, cultural and other activities that can strengthen and bring about a positive change in society. More information about us can be gathered at our website www.artofliving.org www.vvki.org

Our Art of Living volunteers are working for creating awareness on Menstrual Hygiene among the school going girls across India. We request you to provide our volunteers with appropriate time and students for conducting this training program at your school. Details of the training program are as mentioned in the attached file for your better understanding.

With kind regards,

For NAPOTHAN 23/7/18

International Association for Human Values, India
The Art of Living,
Bangalore.

International Association for Human Values (IAHV)

The Art of Living International Centre, Gate No.1, 21st Km Kanakapura Main Road, Udayapura,
Bangalore – 156008, Phone: +918067433683/ 684

Training Program Details:

Training program schedule: 5 hours spread over 3 consecutive days.

Content of the training program:

- Growing Up
- Puberty
- Female Reproductive System
- Menstruation
- Issues Related to Menstruation
- Balanced Diet
- Remedy for Menstrual Problems
 - Asanas-Badhakonasana, Marjari Asana ,Shishu Asana,Bhujang Asana,
 - Mudras – Vayu Nashaka mudra, Shakti Mudra, Surya Mudra etc.
 - Bhramari Pranayama
 - Bhastrika Pranayama
 - Chanting
 - La – La Meditation
- Assignments
- Menstrual Hygiene
- Menstrual Diary
- Menstruation Myths

Benefits of the Training Program:

- Boosting in of Confidence to cope up with the periods
- Awareness generation
- Handling the menstrual problems in a better way with the help of Asanas and Mudras.
- Betterment in food practices
- Students won't be absent to school during their periods
- The knowledge can be transferred to their younger generation
- Improved sanitation practices
- Less prone to diseases

International Association for Human Values (IAHV)

The Art of Living International Centre, Gate No.1, 21st Km Kanakapura Main Road, Udayapura,
Bangalore – 156008, Phone: +918067433683/ 684



PAVITRA Training - Attendance Sheet

Venue/Institution: Block No. 218 District: _____
 Trainer Name: Dr Uma Sawant State: Maharashtra
 Date Start: 24/08/2018 End: 11:00AM No. of Participants: 47

S. No.	Roll No.	FULL NAME	Gr.	Age	Signature
1		Yashar Radhika. Bharat.	B	18	
2		Sonal Ladi Yadav	B	17	
3		Susati Geikewad	A	18	
4		Ankita chavan	B	17	
5		Yadav Sachita	B	18	
6		Yadav Neety	B	18	
7		Priya Jaiswal	A	17	
8		Kirti Jaiswal	B	18	
9		Ansari Sajiya Banu faizul	A	18	
10		Jannat Ishaan	A	17	
11		shivali maulya	B	18	
12		Deepa Moli	B	17	
13		Pooja Norkar	B	17	
14		Nikita kumbhar	B	17	
15		Saloni Gupta	B	17	
16		Heta Yadav	B	17	
17		S.Y.B.COM			
18	100	Taiba memon	A	19	
19	157	S.K Muskan	B	19	
20	177	Neha Sanvadkar	B	18	
21	194	Natshana Waghare	B	19	
22	150	Akshata sawant	B	19	
23	140	Rohini Rane	B	19	
24	188	Prachi Thukral	B	19	
25	164	Sadhana Sharma. R	B	18	
26	197	Urmila walubalkar	B	19	
27	76	Deepika .D. Mishra.	B	19	
28	89	Shruti S. Gurav.	A	18	
29	121	Kalpna J. Dalvi	B	20	
30	190	Agati D. Hekar.	B	19	
31	151	Bharati. S. Sawant	B	19	
32	184	Kranti R. Savare	B	19	
33	34	Priyanka L. Gupta	A	19	
34	356	Tejra S. Khawadkar	A	19	
35	90	Kajal S. Patil	A	19	
36	23	Kavali U. Dubey	A	20	
37	45	Anuradha - e- Jaiswal	A	19	
38	149	Pratiksha Sawde	B	18	
39	117	Anshika chumekar	A	18	
40	181	Prayakta utkar	B	18	
41	42	Poonam Jadhav	A	19	
42	6	Tasneem Bamraavala	A	19	
43	43	Tanya Jadhav	A	20	
44	192	Sefal Veer	B	19	
45	62	Jyoti Tanaji Mahagavakar	A	18	
46	653	Prayakta Tanaji Kesare	A	18	
47	51	Akshata Anil Kasare	A	18	
48					
49					
50					



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PAVITRA Training - Attendance Sheet

Venue/Institution: Block No. 218
 Trainer Name: Shobha Kabra
 Date Start: 25/08/2018 End: 11:00 AM
 District: Maharashtra
 State: Maharashtra
 No. of Participants: 49

S. No.	Roll No.	FULL NAME	FY	Age	Signature
1		Aditi Nikam	B	18	Aditi Nikam
2		Mugdha Narkar	B	18	Mugdha Narkar
3		Jyoti Prajapati	B	18	Jyoti Prajapati
4		Sarita Yadav	B	18	Sarita Yadav
5		Sonali M. Khairnar	B	17	Sonali M. Khairnar
6		Hashmi Sana Begum	B	17	Hashmi Sana Begum
7		Alfa Sawant	B	18	Alfa Sawant
8		Rupali Kadam	B	19	Rupali Kadam
9		Rashi Solanki	B	19	Rashi Solanki
10		Ankita Singal	B	19	Ankita Singal
11		Suchita Ram	B	17	Suchita Ram
12		Apurva Bhutale	B	18	Apurva Bhutale
13		Vaibhavi Mohite	B	17	Vaibhavi Mohite
14		Prithvi Patel	A	18	Prithvi Patel
15		Shivani Gurav	B	18	Shivani Gurav
16		Sonali Chimule	B	18	Sonali Chimule
17		Sakshi S. Kamble	B	18	Sakshi S. Kamble
18		Neha S. Patil	B	18	Neha S. Patil
19		Pranali G. Kasale	B	20	Pranali G. Kasale
20		Vrushali R. Bamdivadkar	B	19	Vrushali R. Bamdivadkar
21					
22		<u>FYBAF</u>			
23			-		
24		Prerana Maruti Vichare	-	17	Prerana Maruti Vichare
25		Pentamidi Anita Mohan	-	17	Pentamidi Anita Mohan
26		Megha P. Parmar	-	17	Megha P. Parmar
27		Vaishnavi V. Nakashe	-	17	Vaishnavi V. Nakashe
28		Arati Y. Devekag	-	17	Arati Y. Devekag
29		Pratiksha C. Terekar	-	18	Pratiksha C. Terekar
30		Pratiksha R. Chauhan	-	19	Pratiksha R. Chauhan
31		Khushi Suvana	-	18	Khushi Suvana
32		Khan NPda	-	17	Khan NPda
33		Shaikh Tahsin	-	17	Shaikh Tahsin
34		Anuja Adawade	-	17	Anuja Adawade
35		Dikshita Salgaonkar	-	17	Dikshita Salgaonkar
36		Purva Tawde	-	17	Purva Tawde
37		Urjita Dausant	-	17	Urjita Dausant
38					
39		<u>SYBcom</u>			
40		Jayantiya Thevar	B	18	Jayantiya Thevar
41		Kritika Upadhyay	B	18	Kritika Upadhyay
42		Minjal B. Parmar	A	18	Minjal B. Parmar
43		Rati Vishwakarma	B	18	Rati Vishwakarma
44		Neha Yadav	B	18	Neha Yadav
45		Preeti Gupta	B	18	Preeti Gupta
46		Smrutirekha Sahoo	B	18	Smrutirekha Sahoo
47		Bhagyashri Redij	B	18	Bhagyashri Redij
48		Anwar A. Sadeerwala	B	19	Anwar A. Sadeerwala
49		Sharma Anjal J.P	B	19	Sharma Anjal J.P
50					



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PAVITRA Training Attendance Sheet

Venue/Institution Block No. 218

District:

Trainer Name Dr. Jaganti Kamat

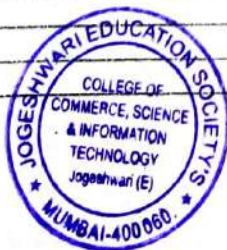
State: Maharashtra

Date Start: 26/08/2018

End: 11:00 AM

No. of Participants: 46

S. No	FULL NAME	Age	Signature
1	Neha Damodar Gupta	17 th	Neha
2	Rutika Sanjay Padwal	17	Rutika
3	Jyoti Jitesh Dalvi	16	Jyoti
4	Ketaki Santosh Gangan	18	KS Gangan
5	Laxmi Kanhaiya Mawriya	18	Laxmi
6	Achal Gupta	18	Achal
7	Nisha Deepak Kule	17	Nisha
8	Akshaya Suresh Pandhare	19	Akshaya
9	Hrutuja Raghunath Ahadigaonkar	18	Hrutuja
10	Prajakta Pradip Komble	18	Prajakta
11	Rashmin Abrar Kasal	17	Rashmin
12	Mahek Jaceque Shaikh	17	Mahek
13	Vinashki Thimbak Kundurkar	18	Vinashki
14	Mamata B. Gund	17	Mamata
15	Yanshita Dinesh Bhuvadi	18	Yanshita
16	Sayali Ashok Dhanawade	17	S.A. Dhanawade
17	Nilakshi Santosh Patil	18	Nilakshi
18	Nisha Harishchandra Mahadik	17	Nisha
19	Twani Neha Chandrashekhari	17 th	Twani
20	Pratibha Prakash Suryavanshi	18	Pratibha
21	Kehkashan Faiz Ahmed	17	Kehkashan
22	Fatima A. Sadriwala	19	Fatima
23	Mayuri Ashok Shigvan	18	Mayuri
24	Shivani Rakesh Mishra	18	Shivani
25	Ankita S. Sanjay Rai	17	Ankita
26	Shaikh Shaista	18	Shaikh
27	Rati Mayuri Samir	18	Rati
28	Gupta Neha Udayraj	18	Neha
29	Krupali Sawant	18	Krupali
30	Antina Vishwakarma	19	Antina
31	Pranita Jadhav	18	Pranita
32	Bhavya Sutar	17	Bhavya
33	Hshmita Bictani	18	Hshmita
34	Kiran Pandey	18	Kiran
35	Disha Desai	17	D. Desai
36	Archana chendurkar	18	Archana
37	Parisha Agrawal	18	Parisha
38	Smita Somawanshi	18	Smita
39	Bi Bi Ayesha Jameer Shaikh	17 th	Bi Bi
40	UZMA TEHAMIN JAVED MIYAN MURUMKAR	17 th	UZMA
41	Shoukh Sauma	17	Shoukh
42	Ansari Amol	17 th	Ansari
43	KAJAL R. VERMA	17 th	Kajal
44	Preeti Yadav	18	Preeti
45	KAVITA R. SHARMA	18	Kavita
46	Ansari Shirin	18	Shirin
47			
48			
49			
50			



R. Shinde
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Workshop Pictures:

Day-1



Day-2



Day-3



P. S. Helkar
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**Menstrual Hygiene and holistic health for adolescent girls'
workshop report**

On the Occasion of "International Self-Care Day", WDC department of JES college organized workshop on "Menstrual Hygiene and holistic health for adolescent girls" in collaboration with The Art of Living team from 24th July, 2018 to 26th July, 2018. Total 142 students attended this seminar. Dr Uma Sawant (MD Obst Gynaec) cleared the concept about process of menstruation and how to manage their menstruation. Shobha Kabra gave tips about how to resolved irregular or painful period problem and also taught yoga which will give relief during periods. Dr Jayanti Kamat (Gynaecologist and IVF Consultant) explained how unhygienic practices affect reproductive system.

It was a wonderful and helpful session for students. Seminar attendance record is also attached with this report.



R. Shelar

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