



Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya, Satara
Academic Year: 2024-25

A Report of a Workshop on Menstruation

Organized by IQAC and Women Empowerment Cell: Beyond the Boundaries

Day and Date: Saturday, 17th June 2025

Time: 10am

A workshop on the topic of **Menstruation** was organized by the Internal Quality Assurance Cell (IQAC) and Women Empowerment Cell: Beyond the Boundaries of Savitribai Phule Mahila Mahavidyalaya, Satara. The event was held on **17th January 2025 at 10:00 AM** in Karmaveer Bhaurao Patil Auditorium

The workshop aimed to provide scientific knowledge, dispel myths, and foster open discussions around menstruation, a subject often shrouded in stigma. The event also sought to empower participants with practical strategies for menstrual health management and to promote awareness about menstrual hygiene and its role in overall health.

Objectives

1. **To Educate About Menstrual Health:** Offering accurate, science-based knowledge about menstruation and addressing common misconceptions.
2. **To Promote Menstrual Hygiene:** Emphasizing the importance of hygiene practices and access to resources.
3. **To Break the Stigma:** Encouraging participants to engage in open conversations and challenge societal taboos surrounding menstruation.

Key Highlights

1. **Welcome and Introduction:**
The event commenced with a welcome address by **Dr. Mrs. Jayashri Aphale** who introduced the objectives of the workshop and highlighted its relevance to women's health and empowerment.
2. **Session by Resource Persons:**
The workshop featured an expert talk by **Dr. Chitra Dabholkar**, a menstrual health advocate. The session covered:
 - o The biology of menstruation and the menstrual cycle.

- Common menstrual disorders and their management.
- Importance of menstrual hygiene and its impact on health.

The resource person addressed common myths and cultural stigmas associated with menstruation, providing a safe space for participants to ask questions.

3. **Interactive Activities:**

To ensure active participation, the workshop included:

- **Q&A Sessions:** Participants asked questions related to menstrual health, hygiene products, and managing menstrual discomfort.
- **Demonstration of Hygiene Practices:** Proper usage and disposal of menstrual products like sanitary pads, tampons, and menstrual cups were explained.

4. **Role-Playing and Group Discussions:**

The attendees engaged in group activities to discuss how to spread awareness about menstrual health in their communities and how to challenge taboos effectively.

5. **Compering and Vote of Thanks:**

The program was efficiently compered by **Ms. Aishwarya Kshirsagar** who ensured smooth transitions between sessions. The formal vote of thanks was delivered by **Shri Ravindra Gaikwad** expressing gratitude to the organizers, resource persons, and participants for making the workshop a success.

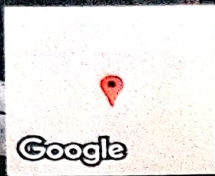
Outcomes

The workshop successfully met its objectives of educating students about menstruation and menstrual health. Participants reported feeling more informed and confident in discussing menstrual health openly. Many expressed their intention to share their knowledge to help others break free from stigmas.

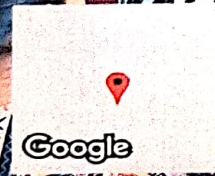
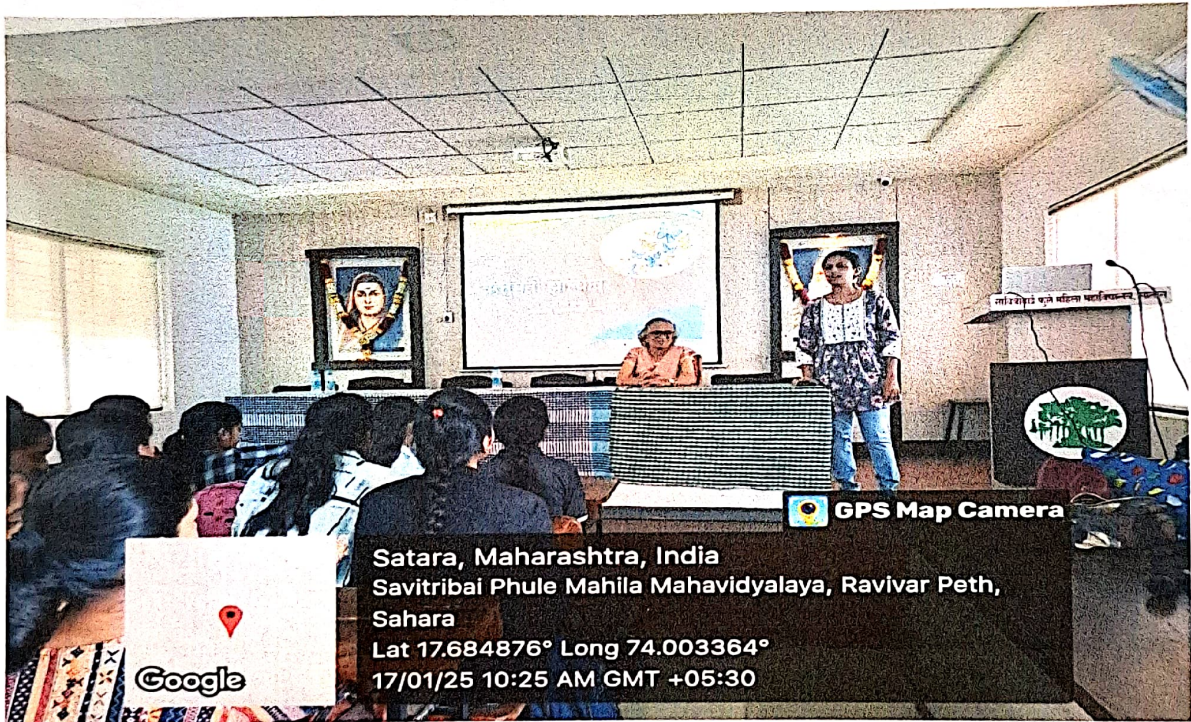
Conclusion

The "Beyond the Boundaries" workshop on Menstruation was an impactful event that empowered participants with knowledge and tools to manage menstrual health effectively. It underscored the importance of breaking taboos and creating awareness, aligning with the college's mission to foster holistic development and empowerment among students.

Photos:



Satara, Maharashtra, India
Savitribai Phule Mahila Mahavidyalaya, Ravivar Peth,
Sahara
Lat 17.684876° Long 74.003364°
17/01/25 10:39 AM GMT +05:30



Satara, Maharashtra, India
Savitribai Phule Mahila Mahavidyalaya, Ravivar Peth,
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Josephali
co-ordinator
Women Empowerment cell

Josephali
IQAC
Co-ordinator

Pravinimbi
Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA.





Rayat Shiksha Sanstha's

Savitribai Phule Mahila Mahavidyalaya, Satara

2024-25

IQAC and WDC Jointly organized Lecture Series

Beyond The Boundaries

Session 4- Menstruation

Date- 17/01/2025

Time- 10.00 am

Sr. No	Name of Students	Class	Sign.
1.	Shewale Shivani Nanasa	B.com I	S.N. Shewale
2.	Kadum Shavani Ajit	B.com I	Kadum.
3.	Gujar Samiksha Ganpat	B. Com I	S.G. Gujar.
4.	Pawar Dhanashri Murlidhar	B.com I.	D.M. Pawar
5.	Deshmukh Shweta Rajendra	B. Com-I	Deshmukh
6.	Nikam Divya Shankar	B.com-I	Nikam
7.	Pol Prajakti Vishwas	B.com-I	Pol
8.	Sawant Divya Dattatray	B.com II	Sawant
9.	Nikam Disha Jalindar	B.com-II	Nikam
10.	Shinde Sakshi Shama	BA-I	A.A. Shinde
11.	Ranbagle Shruti Sanjay	BA-I	S.S. Ranbagle
12.	More Sanchita Dhondiba	BCA-I	S.D. More
13.	Pawar Payal Jeevan	BCA-I	P.J. Pawar
14.	Yadav Pooja Santosh	B.com II	P.S. Yadav
15.	Kumbhar Vaishnavi Ramdas	B.com II	Kumbhar
16.	Jadhav Dhanashri Sachin	BCA-I	D.S. Jadhav
17.	Pranali Shwalesh Randire.	B.A. III	Pranali
18.	Pooja Sandip Nikam	B.A. III	Pooja
19.	Payal Anil Pawar	B.A. III	Payal
20.	Shreyo Anil Rasal.	B.A. III	Shreyo





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Sr. No	Name of Students	Class	Sign.
21	ANARE vishranti Balkrishna	B.A.III	vismranti
22	siya sandip kamble	B.A.III	skamble
23	Vaishnavi Pravin Nikam	B.A.III	VNikam
24	Payal Ashok Pawar	B.com II (II)	P.A. PAWAR
25	Diksha Nitin Nanaware.	BCA-I	Dnanaware
26)	Vaishnavi Santosh Sawant	BCA-I	Vsawant
27)	Anuja Chandrakant Jawalikar.	B.A.I	A.C. jawalikar
28)	Vaishnavi Ramdas Lohar	B.A.I	Vlohara
29)	Badare Shreya Kiran	B.com II	S.K. Badare
30)	shinde sakshi vijay	B.com II	shinde
31)	Bhande Apurva Shankar	B.com II	A.S.B.
32	vryshalikamlakar waghmare	B.A. I	V.K. waghmare.
34	Supriya Shankar Waghmare	B.A. I	SW
35)	Pawar Vaishnavi Anil.	B.com II	V.A. Pawar
36	Gowale Amisha Dhandibe	B.com II	AGowale
37	Daxekar Tanuja Sunil	B.com II	Tdaxekar
38	Pawar Shruti Somnath	BCA II	S.S. Pawar
39	Kadam Siddhi Anil	BCA II	Skadam
40	Kumbhar Sejal Sachin	BCA II	S.S. Kumbhar



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Sr. No	Name of Students	Class	Sign.
41.	shinde pranali Rajendra	Bcom-IT II	shinde
42	Nikam Namrata Bharat	B.COM IT II	N. B. Nikam
43	Nikam Siddhi Sandip	B.COM IT-D	S Nikam
44	Indalkar Rasika Dhanaji	B.com II-I	Indalkar.
45	Karande Vaishnavi Nivrutti	BCA-III	V.N. Karande
46	Kolekar Putuja Sanjay	BCA-III	Kolekar
47	Jagtap Pragati Shahaji	BCA-III	Jagtap.
48	Khabale pati Shwetani Prabhakar	BCA-III	Shwetani
49	Lokhande Sakshi Rajendra	BCA III	Lokhande
50	Idhate Dipali Dattatray	BCA III	Idhate.
51	More Saloni Laxman	BCA III	S More.
52	Pingale Gitanjali Umaji	BCA III	Pingale.
53	Baligeni Shivani Prabhakar	BCA III	S. Baligeni
54	Shetty stuti kiran	BCA III	Shetty
55	Saloni Sachin Pawar	BCA III	Saloni
56	Aishwarya Bhimashankar Shinge	B.Com I	Ashinge
57	Payal Shivaji Jadhav	B. Com I	P. S. Jadhav
58	Jadhav Suhani Sudhakar	B. AI	S. S. J
59	phadatore arpita Sudhakar	M.com II	Phadatore
60	kadam krudika ramchandra	M.com. II	K. kadam



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Sr. No	Name of Students	Class	Sign.
61]	Kanase Pajal Sopan	B.COM III	Kanase.
62	Jadhav Pooja Sandosh	BCA - III	Jadhav
68)	Bhosale Rutuja Jalindar	BCA III	Bhosale.
64)	Nikam Shamal Mahesh	M.COM II	S.M. Nikam
65)	choudhary pritee Rajendra	M.COM II	Choudhary
66)	Jadhav Avanti Suresh.	M.COM II	Jadhav
67)	Jadhav Divya Harmanant	BCA - III	Jadhav
68)	Gandhale Shraddha Bandu	BCA - III	Gandhale
69)	Lohar Shweta Sampat	BCA - III	Lohar
70)	Mohite Divya Vitthal	B.COM II	Mohite
71)	Jadhav Neha Jayvant	BCA - III	Jadhav
72]	Mandave Punam Hindurao	B.COM I	P.H. Mandave
73)	Shinde Mansi Sambhaji	B.A - III	M. Shinde
74]	GORE Apeksha Sunil	B.A - III	A.S. GORE
75]	Shinde Pradnya Santosh	B.COM - I	Shinde
76)	Nikam Dhanashti Sunil	B.COM - II	D.S. Nikam
77)	Pawar Shrevani Pramod.	B.COM I	Pawar
78]	Yadav Pournima Namdevi	B.COM II	P.N. Yadav
79]	Kanase Sanika Suresh.	B.COM I	Kanase
80]	Pratiksha Chandrakant Jadhav	B.A. III	P. Jadhav

