

**Shri. Vijaysinha Yadav College, Pethvadgaon, Dist. Kolhapur**

**Internal Complaint Committee & Dept. of commerce**

**Report of "My Voice My Choice"**

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**Name of Activity** : Invited talk on Menstrual Health and Hygiene Awareness Session

**Date and time of Activity conducted** : 29 Sep. 2009, 09.00 am

**Target Group** : College-going Girls (Age Group: 18–24 years)

**Number of students took the advantage** : 64

**Name of Organizers** : Internal Complaint Committee and Department of commerce

**Name of the Guest** : Ms. Nikita Pardeshi (Counselor – Procter & Gamble, P&G)

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**Objectives of the Activity:**

- \* To create awareness among college-going girls about menstrual health and hygiene.
- \* To remove myths and misconceptions related to menstruation.
- \* To educate students about healthy practices during menstruation, including diet and hygiene.
- \* To encourage open discussion and break the social stigma associated with menstruation.

**Short Description of activity conducted:**

The internal complaint committee and the Commerce Stream have Organized Invited talk on Menstrual Health and Hygiene Awareness Session i.e. My voice My Choice. The Menstrual Health and Hygiene Awareness Session was organized for college-going girls with the objective of providing accurate information and promoting healthy menstrual practices. The session was conducted by Ms. Nikita Pardeshi, Counselor from Procter & Gamble (P&G).

Ms. Pardeshi conducted the session in an interactive and engaging manner. She explained the importance of menstrual hygiene, proper dietary habits during menstruation, and maintaining personal cleanliness. She also guided the participants on selecting appropriate menstrual products, such as Whisper, for better comfort and safety.

The session focused on addressing common myths and misconceptions related to menstruation and encouraged students to participate actively by asking questions. An open and supportive environment was created, allowing students to discuss their concerns freely.

Ms. Nikita Pardeshi emphasized that menstruation is a natural biological process and should be discussed openly without hesitation or stigma. She highlighted the importance of self-care, awareness, and confidence in managing menstrual health. Her practical examples and friendly approach made the session informative and relatable.

**Outcome of the Activity:**

- \* Students gained scientific and practical knowledge about menstrual health and hygiene.
- \* Awareness regarding healthy habits and proper menstrual product selection was enhanced.
- \* Myths and taboos related to menstruation were addressed and reduced.

The session helped build confidence and encouraged self-care among participants.

Miss Ashwini Deshmukh has expressed vote of thanks. Miss Madhavi Koli were anchoring for the programme. The programme made successful by the president of ICC committee Dr. Varsha Sahadev.

**Conclusion:**

The activity proved to be highly beneficial for the students. It successfully created awareness about menstrual health and hygiene while promoting a positive and informed attitude toward menstruation. Such awareness programmes play a vital role in empowering young women and improving their overall well-being.

**Photo plate**

**“My voice My Choice”**





29-Sept-2025 9:55:39 am  
Vadgaon - Lat Jage Road  
Peth Vadgaon  
Pune Division  
Maharashtra





**Prof (Dr.) Varsharani N. Sahadev**  
Chairman, ICC



*Handwritten signature*  
**I/C Principal**  
Shri Vijaysinha Yadav College,  
Peth Vadgaon, Tal. Hatkanangle,  
Dist. Kolhapur.

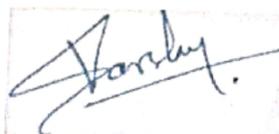
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**Internal Complaint Committee & Dept. of commerce**  
**Report of "Menstrual Health and Hygiene Awareness Session"**

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**Programme Schedule**

**Monday                      29 Sep. 2025                      09:00 a.m.**

<b>Content</b>	
Photo Pujan	Auspicious hands of Professors
Preface and Introduction	Prof. Dr. Varsha Sahadev
Welcome of Resource Person	Miss. Madhavi Koli
Examiners Speech	Miss Nikita Pardeshi
Vote of Thanks	Miss. Ashwini deshmkh



**Prof (Dr.) Varsharani N. Sahadev**  
**Chairman, ICC**



  
**I/C Principal**  
**Shri Vijaysinha Yadav College,**  
**Peth Vadgaon, Tal. Hatkanangale,**  
**Dist. Kolhapur**



**Shri Shahu ShikshanPrasarak Seva Mandals**  
**Shri Vijaysinha Yadav College, Peth Vadgaon**  
**Internal Complaint Committee & Commerce Department**

Organized  
Menstrual Health and Hygiene Awareness Session

Venue: Seminar Hall

Date: 29/09/2025

Sr. No.	Name of Participant	Signature
1	Peanjal Annasa Patil	[Signature]
2	Sejau Satish Phazane	[Signature]
3	Sanjana Raju Kuzane	S.R.Kuzane
4	Shraddha Dipak Madwane	[Signature]
5	Shruti Satish Koli	S.S.Koli
6	Sanika Mahadev Koli	[Signature]
7	Saniya Bharat Naik	Naik SIA
8	Kishori Dinakar Mane	[Signature]
9	Mayuri Prakash Patil	[Signature]
10	Bharati Balasahab Walkoli	B.A.Walkoli
11	Komal Pavan Patil	K.P.Patil
12	Shweta Shidgonda Patil	[Signature]
13	Sayali Jitendra Patil	[Signature]
14	Aakanksha Sajerao Khot	[Signature]
15	Vaishnavi Santoshi Pudhagankar	[Signature]
16	Vaishnavi Mahik Patil	[Signature]
17	Purva Sunil Patil	[Signature]
18	Vedashri Rajaram Chougwe	V.Chougwe
19	Rutuja Ramesh Aadake	RAadake
20	Sanika Rajendra Patil	[Signature]
21	Satish Hrishchandra Patil	[Signature]
22	Ankita Popat Patil	[Signature]
23	Tanuja Shambho malkar	T.S.Malkar
24	Peanali Tanaji Shinde	[Signature]
25	Vaishnavi Sybhash Bhosale	[Signature]
26	Aditi Udaysing Patil	[Signature]
27	Vaishnavi Nilesh Langarkar	[Signature]
28	Aarпита Hambirrav Adake	[Signature]
29	Amruta Popat Babar	[Signature]
30	Prayakta Laxman Kamble	[Signature]

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Shri Shahu ShikshanPrasarak Seva Mandals  
Shri Vijaysinha Yadav College, Peth Vadgaon

Internal Complaint Committee & Commerce Department

Organized

Menstrual Health and Hygiene Awareness Session

Venue: Seminar Hall

Date: 29/09/2025

Sr. No.	Name of Participant	Signature
31	Vaishnavi Sorang Malawade	Vaishnavi
32	Tanishka Tanaji Khade	Tanishka
33	Payal Shivaji Thorwat.	P.S.Thorwat
34	Sheetal Subhash Patil	Patil
35	Srushti Santosh Teli	S.Teli
36	samruddhi sadanand utale	S.Utale
37	Ankita Subhash Sankpal	A.S.Sankpal
38	Snehal shanad Ghatage	S.Ghatage
39	Sanika Uday Ghatage	S.Ghatage
40	Revati Dajrang Patil	R.Patil
41	Kajal Prakash Sawant	K.Sawant
42	Sayali ashok patil	S.Patil
43	Sahyadri Anil Maddke	S.Maddke
44	Rutuja Jayant Lugade	R.Lugade
45	Dnyaneshubri Anil Shinde	D.A.shinde
46	Mithali Mahesh Relekar.	M.Relekar
47	Sanija Sunil Jadhav	S.Jadhav
48	Vaishnavi Netaji chavan	V.Chavan
49	shreya Anil Chougule	S.Chougule
50	Kavita Sagat Sawant	K.S.Sawant
51	Samiksha Uttam Patil	S.Patil
52	Sanika Vijay Jadhav	S.Jadhav
53	Vaishnavi Mahik Patil	V.Patil
54	Vaishnavi Sahaji dyahgaonkar	V.Dyahaonkar
55	Vaishnavi Trimurti Patil	V.Patil
56	Aakanksha Sarjerao Khot	A.Khot
57	Alisha Khalid Maner	A.Maner
58	Nilam Ramchandra soraafdar	N.Soraafdar
59	Asavari vijaykumar Desai	A.Desai
60	Sanika Baijrao shinde	S.Shinde
61	Sneha Uttam patil.	S.Patil

