



PIMPRI CHINCHWAD EDUCATION TRUST'S  
**S B PATIL INSTITUTE OF MANAGEMENT**  
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## Report on Health and Hygiene during Menstruation

20/07/2020

S. B. Patil Institute of Management organized a session on “Health and Hygiene during Menstruation” considering the importance of the topic via zoom platform. The session was delivered by Dr. Bijal Kasar, MD, Gynecology.

All the ladies staff members and the Girl students of MBA -II year were present online for the session.

The session started with a welcome speech given by Ms. Sejal from MBA II year. She welcomed Dr. Kasar and all the ladies who joined via zoom platform.

Close	Participants (18)	Close	Participants (20)	Close	Participants (24)
Search		1921447 Roshin Mariam Roy	1921515 Tanvi Ramgade		
1921303 Sejal Darade		1921503 Kalyani Gupte	1921518 Varsha Talele		
SBPIM PBS		1921507 Akanksha Rajput	CNN SPECIAL Dr.CNNarayana		
Dr. Kirti Dharwadkar		1921515 Tanvi Ramgade	DK Deepali kadam		
1921402 Manasi Ambade		1921518 Varsha Talele	VS Deepali Sawant		
1921416 Mansi Jaunjaj		DK Deepali kadam	Dr. Kirti Dharwadkar		
1921430 Anjana.sathyan		Dr. Kirti Dharwadkar	Dr.ANURADHA PHADNIS		
1921443 kajal patil		Dr.Aishwarya	Faith Thomas		
1921447 Roshin Mariam Roy		Dr.ANURADHA PHADNIS	Galaxy J5 Prime		
1921507 Akanksha Rajput		Faith Thomas	Iram Ansari		
1921515 Tanvi Ramgade		Kajal Maheshwari	Pooja Bhadlikar		
1921518 Varsha Talele		Swapnali Kulkarni	Swapnali Kulkarni		
DK Deepali kadam		SS Swati Satpute	SS Swati Satpute		

Dr. Kasar started her session by emphasizing on the importance of following personal hygiene practices especially during the menstrual periods. She said that, “unhygienic



practices in personal hygiene especially during menstrual periods can result into severe health problems ranging from internal allergies and infections to infertility and cervical cancer in extreme cases”.

She further talked on how and why the females menstruate. Women shared the kind of problems they face during periods and also the kind of myths and practices that are prevalent in their communities. There are beliefs like menstruating women should not get involved in ‘Puja’ or related activities and should not go to temple otherwise they will be cursed. She shared that the elder women in the family do not allow them to work in the kitchen, some said they are not supposed to touch pickles, water pitcher etc. Some even have the practice of abstaining from bathing and will have proper bath including washing of their hair after third day of the periods are over. She also told that in many villages the women have to stay in a separate room during that period.



Dr. Kasar told about the importance of using undergarments made of cotton fabric, drying them in sunlight and changing sanitary napkins regularly during periods. Some of the myths like not eating rice, milk etc. during the periods were also discussed.

She also focused on that some of the girls complained of severe back and stomach pain. At times, the pain is so severe that they abstain from attending school. They were advised not



to self medicate themselves in such cases as medicines like Aspirin might be very harmful as they accelerate blood loss. They should also maintain their regular physical routine as unnecessary resting is generally not helpful in pain management.

Most of the participants found the session very informative and useful. Question answer session was followed where in the participants got satisfactory answers from Dr. Bijal. The session ended with Ms. Sejal thanking Dr. Bijal Kasar and all the participants.



Dr. Kirti Dharwadkar  
Director



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PIMPRI CHINCHWAD EDUCATION TRUST'S  
**S. B. PATIL INSTITUTE OF MANAGEMENT**  
Gender Equity Sessions  
Ac Year 2020 - 21  
Women Staff Attendance



Date - 20/7/2020

MBA - II

Health & Hygiene during Menstruation

Sr No	Roll No	Surname	Name	Attendance
1	mb19217255	AKANKSHA	RAJPUT	P
2	mb19200828	ANIKSHA	MORAJKAR	
3	mb19218688	BHAGYASHREE	AMRUTKAR	P
4	mb19215211	BHAGYASHRI	CHAUDHARI	P
5	mb19203946	BHAVIKA	BHOSALE	
6	mb19215318	DEEPALI	KADAM	P
7	mb19236199	DEEPALI	SAWANT	P
8	mb19202862	HARSHITA	RICHHARIYA	P
9	mb19222337	KAJAL	MANJARE	
10	mb19210290	KALYANI	GUPTA	P
11	mb19202121	KHUSHABU	DEV	
12	mb19207137	MANASI	AMBADE	P
13	mb19209695	MANASWI	DESHMUKH	
14	mb19207558	MANSI	JAUNJAL	P
15	mb19219473	MAYA	AVHAD	
16	mb19223000	MINAL	PITALE	P
17	mb19235777	MRUGAJA	JADHAV	
18	mb19228676	PRACHI	JADHAV	
19	mb19206812	PRAJAKTA	PALANDE	P
20	mb19229126	PRAJAKTA	PATIL	P
21	mb19205642	PRATIMA	DHAGE	
22	mb19242679	PRIYANKA	GARUD	P
23	mb19228583	REKHA	BHOSALE	
24	mb19252420	SABA	MANER	P
25	mb19227742	SAKSHI	KADAM	P
26	mb19211643	SEJAL	DARADE	P
27	mb19220576	SHRUTI	BANKAR	
28	mb19224152	TANIYA	MUTHA	P
29	mb19201288	VAISHNAVI	KHACHANE	
30	mb19234614	HARSHADA	DEVKATE	P
31	mb19207478	KAJAL	PATIL	P
32	mb19226802	KHUSHI	YADAV	
33	mb19208739	KIRTI	THOMBRE	
34	mb19225754	MANISHA	SUTAR	P
35	mb19216394	MONICA	PAWAR	P
36	mb19250137	NILAM	KHUSPE	
37	mb19221771	POOJA	KOTIAN	P
38	mb19224480	POOJA	BHADLIKAR	P
39	mb19202140	PRANALI	YEOLE	
40	mb19225287	PRERANA	MORE	P
41	mb19202377	ROSHIN	ROY	P
42	mb19251636	SAPANA	SHINDE	
43	mb19232083	SARITA	REDDY	



44	mb19214690	SATHYAN	ANJANA	P
45	mb19222782	SHIVANI	KOUL	
46	mb19220957	SHRUTI	NALLA	P
47	mb19211006	SNEHA	RAI	P
48	mb19212581	SURBHI	PATIL	P
49	mb19205287	TANVI	RAMGADE	P
50	mb19212124	THOMAS	FAITH	P
51	mb19202529	VARSHA	TALELE	P
52	mb19210207	VARSHA	KULKARNI	
53	mb19206160	VARSHA	LOKHANDE	P
54	mb19205397	CAROL	NICHOLAS	
55	mb19204554	DIPTI	SHRIGONDEKAR	P
56	mb19219952	MRUNAL	SONAWANE	P
57	mb19223868	NISHIGANDHA	GAVHANE	P
58	mb19238254	PALLAVI	YADAV	P
59	mb19236119	PRAJAKTA	SHARMA	
60	mb19252646	PRATI KSHA	PAWAR	
61	mb19202060	RASHMI	TANDAN	
62	mb19210723	SAYALI	PATIL	P
63	mb19204639	SHRUTI	VISAPURKAR	
64	mb19207428	SHWETA	GAVHANE	P
65	mb19252922	SIDDHI	JOSHI	
66	mb19252543	SOJAL	SOMAN	P
67	mb19215234	SONIA	MATHEW	P

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PIMPRI CHINCHWAD EDUCATION TRUST'S  
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Gender Equity Sessions

Ac Year 2020 - 21

Women Staff Attendance

Date - 10 July 2020

Name of the event - Health & Hygiene during Menstruation

Sr No	Name	Sign
1	Dr. Kirti Dharwadkar	
2	Dr. Kajal Maheshwari	
3	Dr. Parnita Burbure	
4	Dr. Aishwarya Gopalkrishnan	
5	Dr. Lakshmi Jasti	
6	Dr. Swapnali Kulkarni	
7	Dr. Iram Ansari	
8	Dr. Anuradha Phadnis	
9	Ms. Supriya Panse	
10	Ms. Swati Satpute	

