

“Dissemination of Education through Knowledge, Science and Culture”.

--Shikshanmaharshi Dr. Bapuji Salunkhe

Shri. Swami Vivekananda Shikshan Sanstha's

Padmabhushan Dr. Vasantodada Patil

Mahavidyalaya, Tasgaon

WOMEN EMPOWERMENT CELL

REPORT ON

Hygienic Health for Women

Event	Expert Talk on Hygienic Health for Women
Date	13th December 2019
Venue	Botany Laboratory
Total Participants	Female: 96
Organizer	Women Empowerment Cell

Poor sanitation has significant impacts on the safety, well-being and educational prospects of women. Girls' lack of access to a clean, safe toilet, especially during menstruation, perpetuates risk, shame and fear. This has long-term impacts on women's health, education, livelihoods and safety but it also impacts the economy, as failing to provide for the sanitation needs of women ultimately risks excluding half of the potential workforce. Improving sanitation is high on the agenda of the Women Empowerment Cell and College authority.

Population growth will only make it more difficult to achieve targets on access to basic sanitation.

So this programme and demonstration of hygienic sanitary pads also shown by the speaker.

Chief Guests	Shri. Sachin Karad
Chairperson	Principal Dr. Milind Hujare
Organizer	Dr. Alka Inamdr

Dr. Alka Inamdr was welcomed the Principal Dr. Milind Hujare and the Guest Shri. Sachin Karad. And Introduced Shri. Sachin Karad.



Shri. Sachin Karad explained Reproductive tract infections (RTIs) are extremely common among women that they are reported to affect one third of women of reproductive age around the world, according to a report by the World Health Organization. Sexually transmitted infections (of which RTI is a significant contributor) are also classified among the “top five disease categories,” by WHO. The risk of women contracting RTIs are high in rural India, where, in the absence of toilets in villages, access to sanitation is still limited.

According to the study, “self-reported symptoms of RTI disease were less common in girls and women with access to a latrine (vs open defecation) and lower walking times to a bathing location.” Crucially, symptoms were less common among those who reported bathing with soap water versus women who reported washing hands with soap after defecation.

Another crucial aspect dealt in the study is related to the stress women and girls in rural India undergo on a daily basis to find a safe place to defecate in the absence of toilets. “We referred to various studies that found women without access to a latrine reported higher levels of stress.

He demonstrated the Sanitary pads awareness and also the good pads layer wise. During your **menstrual** cycle, change **pad** at regular intervals and avoid using one **pad** for more than 3 or 4 hours. Discard used **sanitary pad** properly as it may become a breeding ground for bacteria and infections. Wash your hands every time you change your **sanitary pad** or use toilet.

Menstruation is one of the vital processes of a woman's body which deserves utmost caution and self-care. Ensuring proper hygiene during menses, and eating right is the key to ease the pain you go through.

Today, on Menstrual Hygiene Day, promise yourself healthy and happy periods with these hygiene tips.

1. Change your sanitary napkin every 4-6 hours:

Changing sanitary napkins or tampons within every 4-6 hours is the cardinal rule to establish vaginal hygiene. Changing your sanitary napkin or tampon regularly curbs the growth of these organisms and prevents infections.

2. Wash yourself properly:

3. Don't use soaps or hygiene products:

While using vaginal hygiene products everyday is a good idea. These artificial hygiene products can hamper the natural process leading to infections and growth of bacteria.

4. Discard the sanitary napkin properly:

Disposing off your tampons and sanitary napkins properly is an important step. Wrap them properly before you throw them away, so the bacteria and infections do not spread.

5. Stick to one method of sanitation:

Without frequent change, the accumulated blood invites bacteria and causes infections. So, it is advisable to use one sanitary napkin and change it as frequently. These cardinal rules will help you stay healthy and manage your period better.





Dr. Alka Inamdr
Convener
Women Empowerment Cell

'Dissemination of Education through Knowledge, Science and Culture'-Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's
PADMABHUSHAN Dr. VASANTRAODADA PATIL MAHAVIDYALAYA,
TASGAON Dist.: Sangli.

Women Empowerment Cell (2019-20)

Attendance report of

Expert Talk on Hygienic Health for Women

Date:13/12/2019

Sr.No	Name of Student	Class	Signature
1	Chavan Rekha Subhash	BCA-III	Rekha
2	Rokade Aakanksha Bhimrao	BCA-III	Rokade
3	Gavandi Sayali Tukaram	BCA-III	Gavandi
4	Ghodake Shweta Chandrakant	B.Sc. II	Shweta
5	Kumbhar Anuradha Somnath	B.Sc. III	Kumbhar
6	Mulani Masum R	B.Sc. III	Mulani
7	Patil Ashwini. sajeeao	B.Sc. III	Patil
8	Mulla Sana Dilawar	B.Sc. III	Mulla
9	Mali Pooja Rajaram	B.Sc. III	Mali
10	Joshi Gayatri Laxman	B.Sc. III	Joshi
11	Wakade Shweta Sunil	B.Sc. III	Wakade
12	Patil Swapnali Bhagawan	B.Sc. III	Patil
13	Gade Shweta Satish	B.Sc. III	Gade
14	Meinkute Snehal Jambu	B.Sc. II	Meinkute
15	Rahmatpore muskan Jaffer	BCA- II	MP
16	Kabugade Sonali Manik	BCA-III	Kabugade
17	Shinde Peadhya Dilip	BCA-III	Shinde
18	Bansode sapana satish	B.Sc. III	Bansode
19	Patankar Rupali Namdev	B.Sc. III	Patankar
20	Jadhav Dhanashree Murtikhar	B.Sc. III	Jadhav
21	Patil Monika Ganesh	B.Sc. III	Patil
22	Patil Megha Rajaram	B.Sc. III	Patil
23	Shendage Bhagyashri Shiraji	B.Sc. III	Shendage
24	Pujari Dipali Mahesh	B.Sc. III	Pujari

25	Patil Aishwarya Santosh	B.Sc. II	ASP
26	Mali Nilam Suresh	B.Sc. III	asmali
27	Rankhambe payal Arun	" "	Rankhambe
28	Patil Pranjali Abhijeet	" "	Pranjali
29	Patil Ashwini Rajendra	-1-	Patil
30	Patil Ashwini Balasa	B.Sc. III	Ashwini
31	Shendage Dipti Dnyande	B.Sc. III	Shendage
32	Shinde Megharani Krishna	B.Sc. III	Shinde
33	Mujawar Rojia Aslam	B.Sc. III	Mujawar
34	Shinde Mayuri Manohar	B.Sc. III	Shinde
35	Pawar Snehal Madhukar	B.Sc. III	Pawar
36	Patil Ankita Avinash	B.Sc. III	Patil
37	Patil Gauri Shrad	B.Sc. III	Patil
38	Khandaale Tanuja Shivaji	B.Sc. III	Khandaale
39	Salunkhe Snehal B.	B.Sc. III	Salunkhe
40	Ashokkar Rutuja Rajendra	B.Sc. III	Ashokkar
41	Mali Pranjali Ashok	B.Sc. III	Mali
42	Patil Nehal Vilas	B.Sc. III	Patil
43	Patil Poonam Appasaheb	B.Sc. III	Patil
44	Jadhav Neha Kisan	B.Sc. III	Jadhav
45	Patil Rohini Sampatras	B.Sc. III	Patil
46	Sutar Pranjali Pandurang	B.Sc. III	Sutar
47	Karade Suverna S.	B.Sc. III	Karade
48	Patil Samrudhi S.	B.Sc. III	Patil
49	More Tejshree R	B.Sc. III	More
50	Khedkar Ashwini A.	B.Sc. III	Khedkar
51	Ghotkar Komal Krushnarao	B.Sc. III	Ghotkar
52	Derkar Aishwarya Rajendra	B.Sc. III	Derkar
53	Jadhav Sonali Dadasa	B.Sc. III	Jadhav
54	Jadhav Komal Dadasa	B.Sc. III	Jadhav
55	Kamble Apetsha Suresh	-1-	Kamble
56	Chavan Snehal Krushnarao	-1-	Chavan
57	Shinde Shital Janardan	B.Sc. III	Shinde

58	Kadkar Poonam Anil	B.Sc III	Poonam
59	Patil Swapnali Sampat Rao	B.Sc III	SPatil.
60	Gulig Snehal Hanmant	-II-	Snehal.
61	Salunkhe Ankita Satish	B.Sc III	Bsalunkhe
62	Gorad Ankita Yuvraj	B.Sc. I st	XGorad
63	Mohite Vedanti D	B.Sc. II	Mohite
64	Nalawade Vaishnavi Manik	B.Sc II	Nalawade
65	Gaikwad Purna Vijay	B.Sc II	(P)Gaikwad
66	Patil Amruta Dinkar	B.Sc. II	Amruta
67	Wagh Akanksha Sanjay	B.Sc. II	(A)Wagh
68	Salunkhe Snehal Dinesh	B.Sc. II	salunkhe
69	patole Sayali Ramchandaa	B.Sc. II	SPatole
70	Dhobale Manali ^o Jeevan	B.Sc I	(D)Dhobale
71	chavan Parni La Pandurang	B.Sc. II	chavan
72	Mali Ashwini Ramachandray	B.Sc I	Amali
73	Rani hindrao Bhosale	B.Sc. II	Rani
74	Shreya Chandrakant Vitkar	B.Sc. I	Saivikar
75	Patil Pratiksha Popat	B.Sc I	Patil
76	Bhosale Ankita Dipak	B.Sc. I	AB...
77	Shintte Gautami Shrikant	B.Sc. I	Shintte
78	Patil Pradnya Vasant	B.Sc I	Pradnya
79	Kogole Shreya Shital	B.Sc I	Kogole
80	Pathan Sumaiya Jamir Khan	B.Sc I	Pathan
81	Jumdale Amruta Nandasaheb	B.Sc I	A.N. Jumdale
82	Kasturi Narayan Shinde	B.Sc I	Kasturi
83	Landage Pooja Prakash	B.Sc I	P.R. Landage
84	Landage Radhika Uttam	-II-	Landage
85	Tare Shradha Kailas	B.Sc. II	Tare
86	Kirtakar Komal Anil	B.A. II	Kirtakar
87	Shinde Dipti Manik.	B.Sc. I	Shinde
88	Shinde Pranali Satindar	B.Sc I	Shinde
89	Pawar Kajal Vishnu	B.Sc I	Pawar

90	Shinde Shubhada Vasant.	B.Sc I	<u>Shinde.</u>
91	shinde sayali sanjay	B.Sc I	<u>Shinde</u>
92	kamble Akshada shesharo	B.Sc I	<u>tembl</u>
93	Patil Kshitija Ashok	B.Sc I	<u>Patil</u>
94	Patil Kusum Raghunath	B.Sc. I	<u>Patil</u>
95	Bhosale Nikita Mohan	B.Sc. I	<u>Amr</u>
96	Bhosale Ankita Mohan	B.Sc. I	<u>Amr</u>
97			
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99			
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