

“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**

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

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.

<b>Chief Guests</b>	<b>Shri. Sachin Karad</b>
<b>Chairperson</b>	Principal Dr. Milind Hujare
<b>Organizer</b>	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.

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### 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	Chavan
2	Rokade Aakanksha Anilrao	BCA-III	Rokade
3	Gavandi Sayali Tukaram	BCA-III	Gavandi
4	Ghodake Shweta Chandrakant	B.Sc. II	Ghodake
5	Kumbhar Anuradha Somnath	B.Sc. III	Kumbhar
6	Mulani Masum R	B.Sc. III	Mulani
7	Patil Ashwini. sajjarao	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	Gode Shweta Satish	B.Sc. III	Gode
14	Mehankute Snehali Jambhu	B.Sc. II	Mehankute
15	Rahimatpura muskan jafar	BCA-III	Rahimatpura
16	Kabugade Sanali 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 Dhonashree Murtidhar	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	Amale
27	Rankhambhe payal Arun	" "	PL
28	Patil Pranjali Abhijeet	" "	Pranjali
29	Patil Ashwini Rajendra	-/-	Patil
30	Patil Ashwini Balasa	B.Sc. III	Ashwini
31	Shendage Dipti Dnyandeo	B.Sc. III	Dipti
32	Shinde Megharani Krishna	B.Sc. III	Patil
33	Mujawar Rojiya Aslam	B.Sc. III	Parjywell
34	Shinde Mayuri Manohar	B.Sc. III	Shinde
35	Patil Snehal Madhukar	B.Sc. III	Snehal
36	Patil Ankita Avinash	B.Sc. III	Ankita
37	Patil Gauri Sharad	B.Sc. III	Patil
38	Khadasale Tanuja Shivaji	B.Sc. III	Tanuja
39	Salunkhe Snehal B.	B.Sc. III	Snehal
40	Atalekar Rutuja Rajendra	B.Sc. III	Rutuja
41	Mali Pranjali Ashok	B.Sc. III	Pranjali
42	Patil Nehal Vilas	B.Sc. III	Nehal
43	Patil Poonam Appasaheb	B.Sc. III	Poonam
44	Jadhav Neha Kisan	B.Sc. III	Neha
45	Patil Rohini Sampatras	B.Sc. III	Rohini
46	Sutor Pranjali Pandurang	B.Sc. III	Pranjali
47	Kalade Suneeta S.	B.Sc. III	Suneeta
48	Patil Sarmudhi S.	B.Sc. III	Sarmudhi
49	More Tejshree R	B.Sc. III	More
50	Khedkar Ashwini A.	B.Sc. III	Ashwini
51	Ghotkar Komal Krushnarao	B.Sc. III	Komal
52	Devkot Aishwariya Rajendra	B.Sc. III	Aishwariya
53	Jadhav Sonali Dadasa	B.Sc. III	Sonali
54	Yadav Komal Durvas	B.Sc. III	Komal
55	Kamble Apetsha Suresh	-/-	Kamble
56	Chavan Snehal Krushnarao	-/-	Snehal
57	Shinde Shital Janardan	B.Sc. III	Shinde



58	Katkar Poonam Anil	B.Sc III	Poonam
59	Patil Swapnali Sampatrao	B.Sc III	SPatil
60	Gulig Snehal Hanmant	-II-	Snehal
61	Salunkhe Ankita Satish	B.Sc III	Salunkhe
62	Gorad Ankita Yuvraj	B.Sc. I <sup>st</sup>	XIGorad
63	Mochite vedanti D	B.Sc. II	Mochite
64	Nalawade Vaishnavi Manik	B.Sc II	Nalawade
65	Geikwad Purna Vijay	B.Sc II	Pratikwad
66	Patil Amruta Dinkar	B.Sc. II	Patil
67	Wagh Akanksha Sanjay	B.Sc. II	AWagh
68	Salunkhe Snehal Dinesh	B.Sc. II	Salunkhe
69	patole Sayali Ramchandaa	B.Sc II	SPatole
70	Dhobale Monali Jeevan	B.Sc I	Dhobale
71	chavan Pooami La Pandurang	B.Sc. II	Chavan
72	Mall Ashwini Ramchandray	B.Sc I	Mall
73	Rani hindrao Bhasale	B.Sc. II	Rani
74	Shreya Chandakant Vitkar	B.Sc. I	Shreya
75	Patil Pratiksha Popat	B.Sc I	Patil
76	Bhasale Ankita Dipak	B.Sc. I	Bhasale
77	Shintte Gautami Shrikant	B.Sc I	GShintte
78	Patil Pradnya Vasant	B.Sc I	Pradnya
79	Kogole Shreya Shital	B.Sc I	Kogole
80	Patil Swatiya Jamir Khan	B.Sc I	Patil
81	Jambale Amruta Nandusabeh	B.Sc I	A.N. Jambale
82	Kasturi Narayan Shinde	B.Sc I	Kasturi
83	Londage Pooja Prakash	B.Sc I	P.Londage
84	Londage Radhika Uttam	-II-	Londage
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 Satinder	B.Sc I	Shinde
89	Pawar Kajal Vishnu	B.Sc I	Pawar

90	Shinde Shubhada Vasant.	B.Sc I	Shinde.
91	shinde sayali sanjay	B.Sc I	Shinde
92	kamble Akshada sheshara	B.Sc I	kamble
93	Patil Kshitija Ashok	B.Sc I	Patil
94	Patil Kusum Raghunath	B.Sc I	Patil
95	Bhosale Nikita Mohan	B.Sc I	Bhosale
96	Bhosale Ankita Mohan	B.Sc I	Bhosale
97			
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99			
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