



R. J. COLLEGE of Arts, Science & Commerce (AUTONOMOUS)

(Hindi Vidya Prachar Samiti's RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce)

Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai 400086, Maharashtra, INDIA.

Website: www.rjcollege.edu.in Email: rjcollege@rjcollege.edu.in Tel No: +91 22 25151763 Fax No: +91 22 25150957

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

Affiliated to UNIVERSITY OF MUMBAI II NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

Date: 26/08/2022

NOTICE

ROTARACT CLUB OF RJ COLLEGE

The Rotaract Club of Ramniranjan Jhunjunwala College is conducting a webinar on the menstrual cycle that aims to break the taboo surrounding menstruation. Menstruation is a natural and normal bodily process that is experienced by half of the world's female population.

Date: 28/08/2022

Timing: 11:00 a.m. onwards

Mode: Online Google Meet

Prof. Kalaiselvi Nadar

BMS co-ordinator.

Dr Himanshu Dawda

Principal

PRINCIPAL
RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA



2019: Star College Status by DBT

2008: Best College by University of Mumbai 2010: IMC RBNQ Award 'Performance Excellence' for the year 2009

2011: 'Best Teacher Award' by Government of Maharashtra 2013: DST-FIST 2014: DBT STAR College

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2018: Autonomous Status by University Grants Commission (No. F. 22-1/2018(AC) - 28.05.2018) & by University of Mumbai (No.Aff./ICD/18-19/440 - 08.06.2018)

BROCHURE



District 3141
Rotaract

CLUB OF MULUND HILLS
ROTARY CLUB OF MULUND HILLS
CLUB ID - 213307



😊 SMILY DAYS 😊

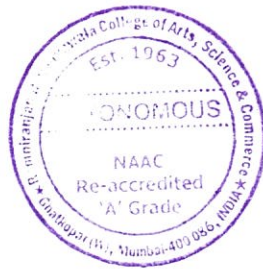
A webinar on
☐ MENSTRUAL HEALTH & HYGIENE ☐

Date :- 28th August, Sunday
Time :- 11:00 am onwards
Venue :- Google meet



For queries, Contact ☐
Rtr. Janki Balasara:- 9870305490

 Rcmh3141  Rotaract Club Of Mulund Hills




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REPORT

Title: Menstrual Health & Hygiene

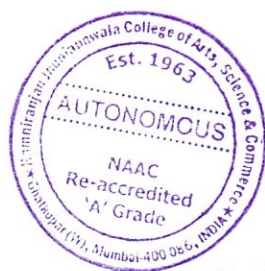
Date: 28/08/2022

Timing: 11:00 a.m. onwards

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The aim of the webinar is to break down the cultural taboo surrounding menstruation and to create a safe and inclusive environment for people of all genders to discuss and learn about the menstrual cycle. The stigma and shame associated with menstruation often prevent people from seeking information and support when they need it. Saloni Kalambe and Dhruvi Kothari who are menstrual health educators at paddling foundation explained the importance of hygiene. By creating a space where individuals can discuss their experiences and learn from one another, the webinar was meant to promote an open and honest views about menstruation. In addition to providing accurate information about the menstrual cycle, the webinar also addressed common myths and misconceptions. Many of these myths are based on cultural beliefs and have no scientific basis. It also aimed to encourage men to participate in the conversation about menstruation. The impact of the webinar on the menstrual cycle was very significant in breaking the stigma and shame surrounding menstruation. It increased awareness and understanding; it provided accurate information about the menstrual cycle, its importance, and how it affects women's physical and emotional health. It also addressed the various myths and misconceptions surrounding menstruation. It helped to increase awareness and understanding among participants and reduce the misinformation that contributes to the stigma surrounding menstruation. One of the important impacts of the webinar was that it reduced the shame and stigma associated with menstruation among men.

The feedback from the event was worth listening to, and we were appreciated for creating a safe and inclusive space. Attendees appreciated and said that the webinar created a safe and inclusive space for people of all genders to discuss and learn about the menstrual cycle. It increased knowledge and understanding; they gained a better understanding. They learned about the various myths and misconceptions surrounding menstruation and how to debunk them with scientific evidence. They felt empowered by the knowledge and understanding they have gained information about their bodies and the menstrual cycle. Participants expressed gratitude for addressing a taboo topic that is often ignored or dismissed in many societies. By normalising conversations about menstruation, the webinar helped reduce the shame and stigma associated with it and created a more inclusive and supportive community for all.




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ATTENDANCE

Roll no	Full Name	Class	Roll no.	Full Name	Class
1004	Prachi Ramtirth Sharma	SYBBI	2152	Tabish Bandri	TYBMS
2151	Pushkar Patil	TYBMS	2049	Harshika kailas Gaikwad	FYBMS
2009	Iqra Ansari Shakil	TYBMS	2119	Nawaz Shaikh	TYBMS
2135	Tarun Praveen ootwal	FYBMS	2044	Priya Ratnesh Yadav	TYBMS
837	vedanti vishwajit khandke	SYBCOM	2108	Tanvi Mangain	FYBMS
2126	Khalil Shaikh	FYBMS	2074	Devanaygi	FYBMS
2069	Aastha katoch	FYBMS	2084	Mohit Mishra	FYBMS
2048	Prathamesh Rajesh shinde	FYBMS	2205	Premprakash. Bhagwan. Prajapati	TYBMS
2082	Omkar salekar	FYBMS	2001	SANGEETA YADAV	SYBMS
2103	Harsh Santosh Sonawane	FYBMS	2128	Swati Pradeep Kamble	FYBMS
2053	shikhadevi Anil Kumar tiwari	FYBMS	2207	Bhushan Pawar	TYBMS
1019	Priyanshi Jaiswal	FYBSC	2114	Gupta Riya Omprakash	FYBMS
2203	Sapna singh	SYBMS	2038	Ayush Arun Singh	FYBMS
74	Shruti Ranjan Sandhya Panigrahi	SYBMS	2043	Aditya Abhay Thakur	FYBMS
2072	Dimple maurya Sanjay	FYBMS	2148	Yadav Aman	TYBMS
2003	Hingu Shruti Bhanjibhai	FYBMS	2031	Mohammed Aman Yusuf Khan	SYBMS
2059	Shabana kashamabdul shaikh	FYBMS	2145	Satyam sarvesh singh	TYBMS
2086	Smitesh Mahendra Yeole	FYBMS	2113	Mohammed Sanabano	SYBMS
2065	Sachin gupta	SYBMS	2030	Bijay mohan yadav	TYBMS
2110	Vedant Harishchandra Kamble	FYBMS	2021	Dayanand Ayodhya Maurya	TYBMS
665	Singh Sakshi Vinod	S.Y.B.Sc.	1002	Shubham Indrajeet Prajapati	TYBBI
2137	Aryan Lagad	FYBMS	2116	Shivprasad Gowda	TYBMS
2109	Rai Gaurav	TYBMS	2042	Rohan Rajendra Yadav	FYBMS
647	Jethe Krutika Sandesh	SYBSC	2089	Saima patel	FYBMS
2028	Saima Rabi Shaikh	SYBSC	2049	Harshika kailas Gaikwad	FYBMS
653	Chanda shambhu kanu	SYBSC	2097	Aditi Lalit Jadhav	FYBMS
2016	Sayali chinchalkar	FYBMS	2039	Aakash Dilipkumar Yadav	SYBMS
2132	Yashpal singh jaisingh rajpurohit	TYBMS	2051	Amit Shivmurat Patel	SYBMS
610	REETIKA SANTOSHKUMAR SINGH	SYBSC	2128	Jyoti Tiwari	SYBMS
431	Vighnesh	SYBCOM	284	Riddhi Singh	FYBA




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Rotaract
C.I.T.B. ID: 41889

Club of
Ramniranjan Jhunjhunwala College
Rotary Club of Mumbai Ghatkopar

CERTIFICATE

This certificate is awarded to

Nawaz shaikh

for participating in the event

"Webinar on menstrual cycle"
on 28-08-2022.


Rtr. Nawaz Shaikh
President 2022-23


Prof. Kalaiselvi Nadar
Teacher Coordinator


Dr. Himanshu Dawda
Principal



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Club of
Ramniranjan Jhunjhunwala College
Rotary Club of Mumbai Ghatkopar

CERTIFICATE

This certificate is awarded to

Tabish Bandri

for participating in the event

"Webinar on menstrual cycle"
on 28-08-2022.


Rtr. Nawaz Shaikh
President 2022-23


Prof. Kalaiselvi Nadar
Teacher Coordinator


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