



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 || NAAC Re-Accredited 'A' Grade (CGPA: 3.50)

NOTICE NSS UNIT

DATE: 31th March 2021

NSS UNIT OF RJ COLLEGE organises Menstrual Health and Hygiene Management

InterestedNSSVolunteersjointhewebinarat03:30pm Webinar

link:<https://youtu.be/sqqUI-kpEVk>

M Panchal
Dr. Mangesh Panchal
NSSPO

Geeta Joshi
Dr. Geeta Joshi
NSSPO

Himanshu Dawda
Dr. Himanshu Dawda
Principal

I/c 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

2013 & 2014: 'Jagar Jaanivancha Award' by Govt. of Maharashtra 2016: ISO 14001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013

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)

Name of/event/competition: Menstrual Health and Hygiene Management

Collaboration:- RJC- CWDC

Date :-31st March, 2021

Report! -: NSS Unit and WDC of RJ College organized webinar on Menstrual Health and Hygiene Management. Ms. Ankita Sukhwai (CSR Executive, Unicharm India) was speaker of the webinar. Girls Volunteers participated in this webinar and learned the importance of Menstrual Health.

Hindi Vidya Prachar Samiti's
RAMNIRANJAN JHUNJHUNWALA COLLEGE
 of Arts, Science & Commerce (AUTONOMOUS)
 In association with
WDC and NSS
 by
 Unicharm India and Global Hunt Foundation

Webinar on Menstrual Health and Hygiene Management

MEET OUR SPEAKER
Ms. Ankita Sukhwai
 CSR Executive, Unicharm India

Ms. Ankita Sukhwai, Executive CSR has been a part of Unicharm India for almost 3 years where she is handling the program implementation on menstrual health and management. As a core team member of the CSR team her role involves training and development, managing relationship with internal and external stakeholders and responsible for implementing CSR strategy of the group pan-India. She holds an experience of conducting more than 100 community training with adolescent girls and women on menstrual health and management. She brings an experience of working with some of the international not-for-profit as community mobilizer on health issues. On her academic background, she holds a Master degree in Social Work with specialization in Child and Women Welfare.

LIVE on ZOOM
 Meeting ID: 836 1681 2848 Password: 756701

DATE 31st March 2021
TIME 7:30 PM

Menstrual Management

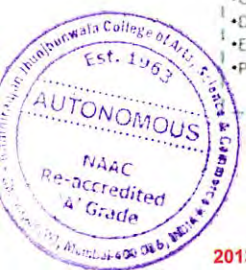
This will give you an idea about:
 Length of your menstrual cycle
 Number of days you bleed
 Tracking your menstrual cycle will help you to stay prepared for the next menstruation

The average menstrual cycle is 28 days long. It usually starts on the first day of one menstruation to the first day of the next menstruation.

Tracking is important to understand our cycle, as well as to have healthy periods. Missing periods or having prolonged periods are causes of:
 •PCOS
 •Thyroid disorders
 •Uterine fibroids
 •Diabetes
 •Endometriosis
 •PID (Pelvic Inflammatory Disease)

January 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		





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Attendance of Nss Unit Volunteers

Sr No.	Name	Class	Div	Roll No.
1.	Akanksha Chaubey	SYCS	F	7
2.	Poonam choudhary	SYCS	F	53
3.	Sakshi Dubey	SYCS	F	14
4.	Sweta pal	FYBA	A	16
5.	Kajal Yadav	SYBSC	A	58
6.	Shrutika dongre	TYBT	E	9
7.	Shahin khan	TYBT	E	24
8.	Preeti oza	TYBT	E	35
9.	Akanksha gupta	SYBCOM	B	223
10.	Sheetal Yadav	SYBCOM	C	535
11.	Bhumika gupta	FYCS	F	31
12.	Vishakha Jaiswal	FYCS	F	46
13.	Anchal Yadav	FYBT	E	64
14.	Anchal Gupta	FYBT	E	16
15.	Ankita patil	FYBSC	A	542
16.	Siddhi more	FYBSC	B	334
17.	Siddhi bendre	FYBSC	C	409
18.	Sonali munge	FYBA	C	454
19.	Riya bhiwandkar	FYBT	E	4
20.	Mansi vishwakarma	FYBA	B	299
21.	anshika singh	FYBSC	B	372
22.	Bhavika parab	SYBCOM	B	276
23.	Nikita throat	FYBA	C	414
24.	Vidyavanshi Shetty	SYBCOM	B	311
25.	Kiran Gautam	FYBA	A	102
26.	Anjali Dubey	SYBCOM	C	418
27.	Anjali gupta	FYBCOM	B	224
28.	Prajakta throat	FYBA	C	415
29.	Vanshika tripati	SYBCOM	C	518
30.	Kinjal gohil	FYBT	E	9
31.	Mansi Vishwakarma	SYBA	B	299
32.	Dhanashree rane	SYBSC	C	741
33.	Aayushi Yadav	FYBSC	C	620
34.	Roshani Vishwakarma	SYBSC	C	686
35.	Nutan shesware	FYBT	E	51
36.	Mhaske apurva	FYBA	C	434
37.	Neha kanojiya	FYBA	B	213
38.	Singh Sandhya	SYBCOM	C	304



T/C PRINCIPAL

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