



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)

Date: 25/08/2020

AS A PART OF STUDENT CAPACITY BUILDING INITIATIVE IN COLLABRATION WITH ROTARACT CLUB RAMNIRANJAN JHUNJHUNWALA

As a part of Community Service an online session "Seminar on Period Leave" is organized where speaker will share experience about how to keep healthy during period time.

Speaker: Ms. Vandita Morarka

Date: 29/08/2020

Timing: 5 pm onwards

The details of zoom live link:

Meeting ID: 918900988

Passcode: 346635

All are cordially invited.

Prof. Selvi Nadar

BMS Coordinator



Dr. Himanshu Dawda

Principal
PRINCIPAL
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Project Name Seminar on Period Leave

Venue Zoom Meetings

Time Stamp 2020-09-02

Reporting Month August Quarter One

Project Status Early

Avenue 1 Community Service

Start Time 29-08-2020 17:00:00 End Time 29-08-2020 18:30:00

Project Level Club

RCBMH club's initiative, titled as 'Sakhi' is a project whereby we champion, empower, educate, and accept everything around Menstruation. Through this project, we are venturing to spark open conversations that surround the taboo, the wrong ideologies related to periods, and attempting to normalize its significance in our society. With Zomato implementing Period Leaves in the recent past, no better time to organize this seminar. Being one of the most volatile topic, it was organized to address the concerns and issues revolving around this stigma and how one can address these and work towards betterment in such enticing times. The idea of collaborating with maximum clubs and involving girls as well as boys was to ensure larger reach and greater level of comfort among both genders while dealing with these concerns. The primary purpose of organizing this seminar was to ensure we are able to reach maximum number of people and impact as many people as we can. This being our backbone, we approached several clubs for collaboration and successfully managed 23 other Rotaract Club's participation. Groundwork for this seminar involved approaching our speakers, Vandita Morarka and Sanaya Patel from One Future Collective, and deciding upon the coverage of topics for the seminar. There was constant communication and co-ordination among single point of contact for each club and had all the participants for the seminar join multiple whatsapp groups where continuous updates and details of the events were shared. With Zomato implementing Period Leaves, we believed there was no better time to organize this seminar. Before this issue loses its velocity, we decided to organize this webinar to address the concerns and issues revolving around this stigma and help one address these further. We approached Vandita Morarka and Sanaya Patel from One Future Collective to address the audience and explain the concept of period leaves and how one can move forward to ensure implementation of this concept in increasing work places. Rotaract Club of Bombay Mahakali heights under its Project Sakhi, organized this formative webinar in collaboration with 23 other Rotaract Clubs. Impact of the Event - We believe that the need and importance of period leave is not something which should start and stop with only girls. This was our attempt to educate both genders about stigmas and concerns around this. Collaboration with 23 other clubs was the reason for us to have an excellent mixed-gender audience of 237 people. We believe if not immediate impact, but it did successfully leave a print in everyone's mind about the existing issues around menstruation and what menstruation is. This will eventually help lead to bigger results in the future.



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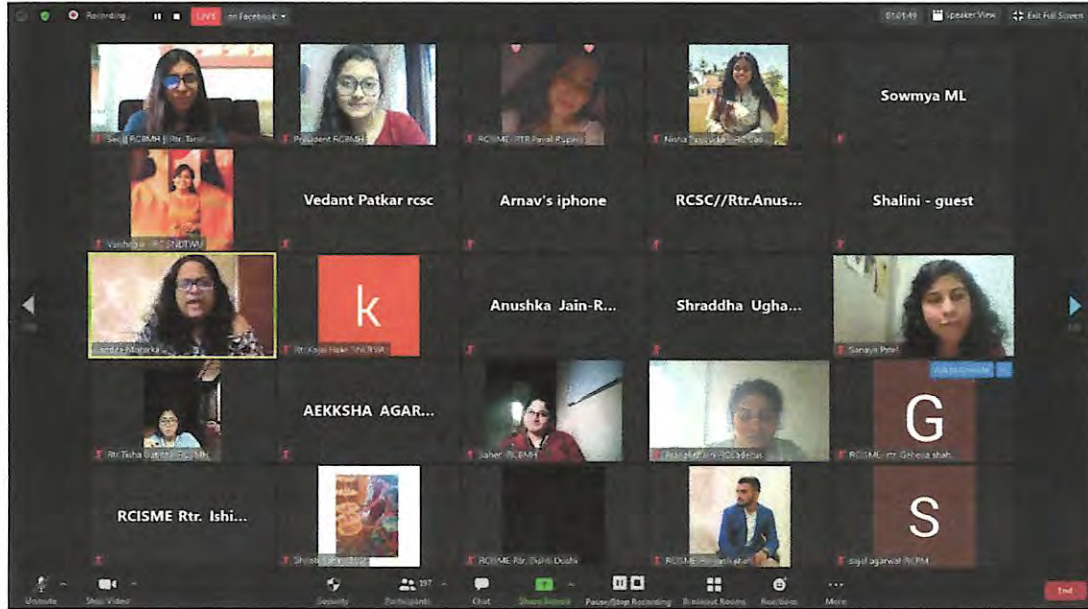
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Taking womxn's healthcare seriously

②

**The Girl Who Cried Pain:
A Bias Against Women
in the Treatment of Pain**

Diane E. Hoffmann and Anita J. Tarzian

To the woman, God said, "I will greatly multiply your pain in child bearing; in pain you shall bring forth children, yet your desire shall be for your husband, and he shall rule over you."

garding why treatment differences might exist, looking to the sociologic and feminist literature for a framework to explain these assumptions.

We conclude from the research reviewed, that men and



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Attence

SR.NO	First Name	Last Name	SR.NO	First Name	Last Name
1	Mouzzam	Khan	43	Vedang	Dhuri
2	Shubhada	Avate	44	Vishakha	Thakkar
3	Rohan	Jana	45	Shruti	Sahu
4	Esha	Singh	46	Manasvi	Pandey
5	Aditi	Upadhya	47	Siddhant	Sawant
6	Tulsi	Singh	48	Lavanya	Ela
7	Nupur	Rathod	49	Krutika	Kakade
8	Shahin	Shaikh	50	Yash Kumar	Jain
9	Akash	Varma	51	Sachin	Pandey
10	Surbhi	Singh	52	Anjali	Pathak
11	Neha	Pandey	53	Shalu	Tiwari
12	Atharva	Talwar	54	Anurag	Singh
13	Sahana	Shaikh	55	Dev	Sabhani
14	Aarti	Prajapati	56	Akash	Ojha
15	Yukti	Verma	57	Rahul	Shah
16	vikas	prajapati	58	Ritika	Singh
17	Shaikh Sohel	Salim Shaikh	59	Rutuja	Sawant
18	Ankit	Pandey	60	Shubham	Pandey
19	Pratik	Jagadale	61	Mahendra	Gupta
20	Sakshi	Singh	62	Deepak kuma	Gupta
21	Supriya Rajes	Baranwal	63	Ayaat	Khan
22	Chaitanya	Thakur	64	Kaihan	Shaikh
23	Tapisha	Belkond	65	Shweta	Singh
24	Sushil	Gosavi	66	Amish	Chheda
25	Sayed Zakir	Israr Ahmed	67	Kanak	Kirtawade
26	Deepak	Yadav	68	Akanksha	Parad
27	Manju	Yadav	69	Sameer	Taral
28	Aditi	Sharma	70	Avnish	Dubey
29	Vandana	Dalai	71	Antariksh	Kumawat
30	Adarsh	Singh	72	Priyanka	Sahu
31	Anurag	Sharma	73	Pushkar	Patil
32	Anurag	Agrahari	74	Tanvi	Parave
33	Asha	Saroj	75	Aditi	Sharma
34	Ayush	Tripathi	76	Shrutika	Mhatre
35	Bhushan	Pawar	77	Yash	Rajpurohit
36	Iqra	Ansari	78	Anjali	Gupta
37	mahek	Chaturvedi	79	Nikhil	Nirmale
38	Nawaz	Shaikh	80	Khushi	Shaikh
39	Premprakash	Prajapati	81	Aman	Tiwari
40	Priya	Yadav	82	Adarsh	Pradhan
41	Sarika	Sreedhar	83	Diksha	Ahire
42	Tabish	Bandri			



(Signature)

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Seminar on Period Leave



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