



**SHREE L. R. TIWARI  
DEGREE COLLEGE**

(Approved by Government of Maharashtra & Affiliated to University of Mumbai)

**WDC IN COLLABORATION WITH NSS**

**Organises**

**MENSTRUAL HYGIENE AND SANITARY  
PAD DONATION FOR YOUNG GIRLS AND  
WOMEN OF KASARALI VILLAGE**

**25th December, 2023**

**10:30 AM Onwards**

**Kasarali Village, Vaitarna**

**Resource Person - Asst. Prof Sonal Shah**

**Menstrual  
Hygiene**

**Asst. Prof Sonal Shah  
WDC - Convenor**

**Dr. Sanjay Mishra  
I/c Principal**



# SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science)

Approved by Government of Maharashtra & Affiliated to University of Mumbai

Notice No.: SLRTDC/23-24/

Date: 21<sup>st</sup> Dec, 2023

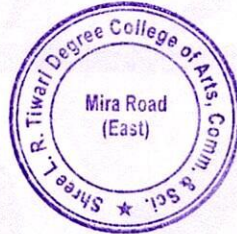
## NOTICE

This is to inform that **Women Development Cell in collaboration** with NSS unit organizes a session on “Menstrual Hygiene and Donation Drive of Sanitary Napkins” during NSS camp at Kasarali Village, Vaitarna on **25<sup>th</sup> Dec, 2023** from 10:30 AM.

### Objectives:

- To raise awareness and educate the community in Kasarali Village on maintaining proper menstrual hygiene practices.
- To conduct a donation drive to provide sanitary napkins, ensuring accessibility for women.
- To foster open dialogue about menstrual health in the community

Asst Prof Sonal Shah  
WDC Convenor



Dr Sanjay Mishra  
I/C Principal  
Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.  
Kanakia Park, Mira Road (East),  
Dist. Thane - 401107. Maharashtra

Date: 25<sup>th</sup> December, 2023

## Report on “Menstrual Hygiene and Sanitary Pads Donation”

Women Development Cell and National Service Scheme (NSS)

### Objective:

- To raise awareness about menstrual hygiene practices, debunk myths, and promote healthy habits among young girls and women in Kasarali Village.
- To contribute to the menstrual health and well-being of the community by donating 500 sanitary pads during the session.
- To foster collaboration between the Women Development Cell, NSS, and the local community to address specific health needs and challenges related to menstrual hygiene.

**Methodology:** Discussion

**Time:** 10:30 AM onwards

**Venue:** Kasarali Village

**Speaker:** Asst Prof Sonal Shah (WDC – Convenor)

### Report on “Menstrual Hygiene and Sanitary Pads donation”

The Women Development Cell, in collaboration with the National Service Scheme (NSS) orchestrated a vital session on menstrual hygiene and sanitary pad donation for the young girls and women of Kasarali Village on 25<sup>th</sup> Dec, 2023. This event unfolded during the second day of the NSS Residential Camp, with Asst Prof Rambhavan Yadav extending a warm welcome to Women Development Cell Convenor Asst Prof Sonal Shah.

The session commenced at 11:30 AM, with Asst Prof Sonal Shah as the keynote speaker. She delved into crucial topics, addressing the menstrual process, providing tips for managing menstruation days, emphasizing the importance of maintaining hygiene, and encouraging girls to visit a doctor when needed. In her insightful talk, she also stressed the need to remove taboos associated with menstruation, highlighting the significance of open conversations at home, early education for girls, practicing yoga, and maintaining a healthy lifestyle.

As part of the collaborative effort, the Women Development Cell and NSS donated a total of 500 sanitary pads to the community. Following the session, a portion of the pads was distributed among the attendees, serving as an immediate and tangible contribution to menstrual health. The remaining sanitary pads were handed over to school authorities, ensuring a sustained impact on the well-being of young girls and women in Kasarali Village.

Participants in the session expressed gratitude for the valuable information shared and the provision of sanitary pads. The session successfully tackled the stigma surrounding menstruation and initiated a dialogue about women's health. An additional aspect of the session was the active participation of Komal Pandey, a TYBMS student and member of the Women Development Cell. Her presence underscored the inclusive nature of the Women Development

Cell, incorporating students from various academic levels to actively contribute to community initiatives.

**Outcome:**

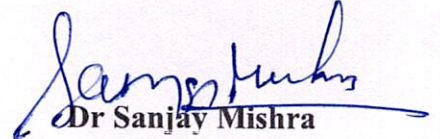
- The session successfully increased awareness about menstrual hygiene, empowering participants with knowledge and dispelling misconceptions.
- A total of 500 sanitary pads were donated during the session. Some were distributed immediately to the attendees, while the remaining pads were handed over to school authorities for future distribution, ensuring a sustained impact on menstrual health.
- The collaborative effort between the Women Development Cell, NSS, and the community contributed to building stronger bonds within the village, promoting a sense of shared responsibility for women's health.

**Feedback Analysis:**

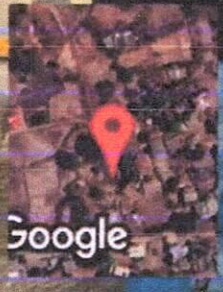
- Participants expressed gratitude for the informative session and the donation of sanitary pads, acknowledging the positive impact on their understanding and practices related to menstrual hygiene.
- Attendees appreciated the collaborative approach involving the Women Development Cell, NSS, and the community, recognizing the collective effort to address a vital health issue.



**Asst Prof. Sonal Shah**  
**WDC - Convenor**



**Dr Sanjay Mishra**  
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Kasarali, Maharashtra, India

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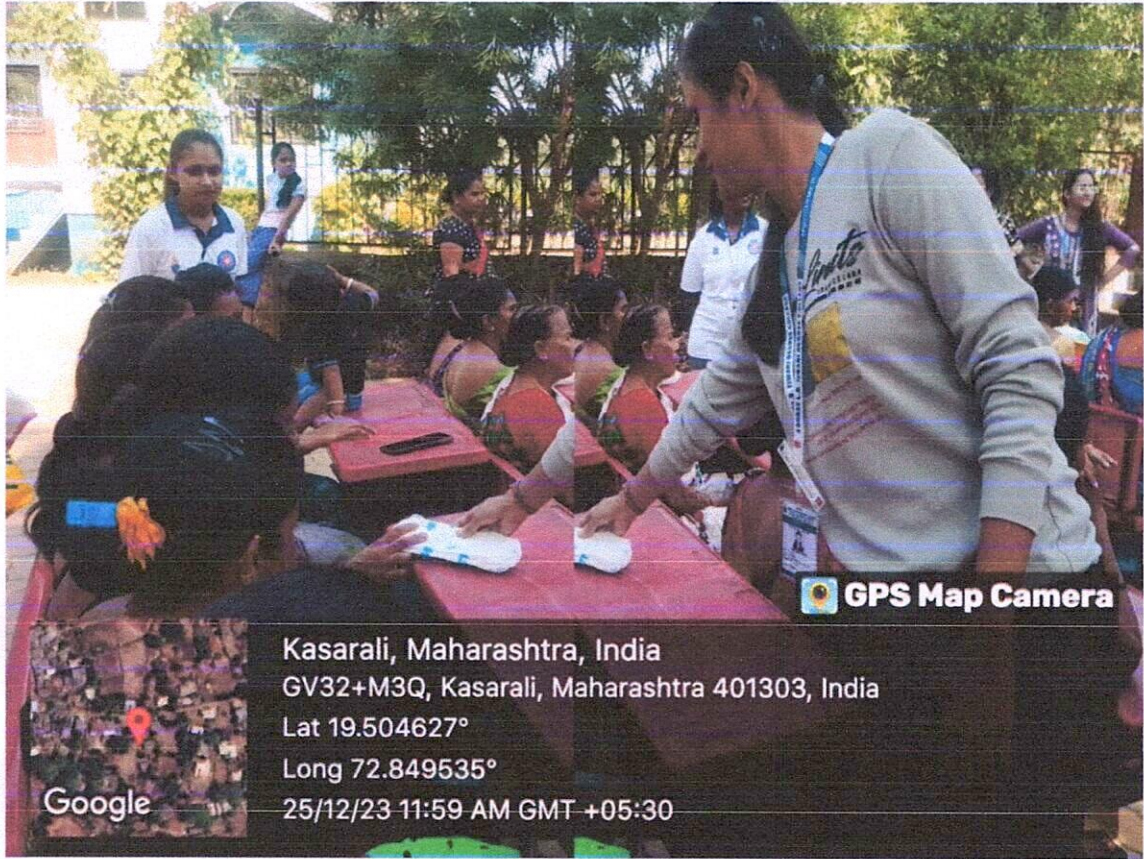
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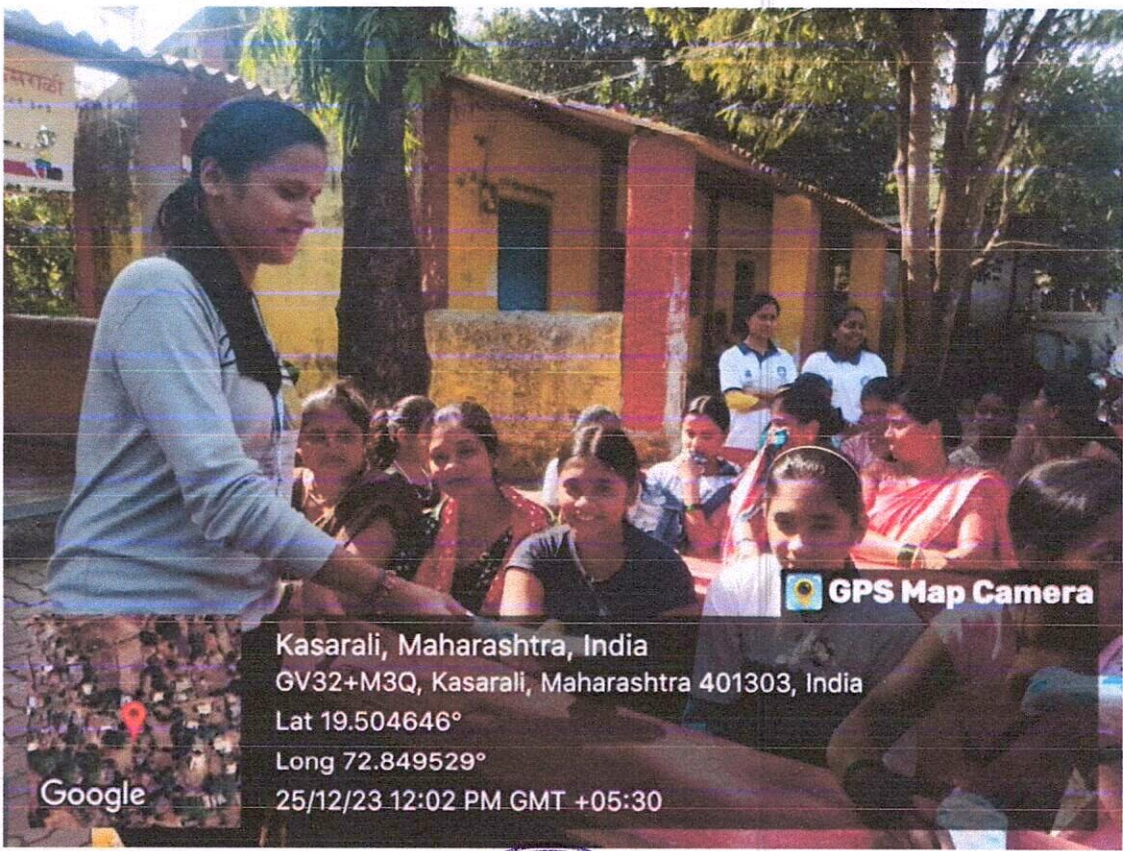
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