

# **Smt. Nankibai Wadhvani Kala Mahavidyalaya Yavatmal**

## **National Service Scheme**

**Session 2023-24**

### **Report on “ Workshop on Menstrual Health Hygiene and Management Training”**

The Department of National Service Scheme of Smt. Nankibai Wadhvani Kala Mahavidyalaya Yavatmal has organised “Workshop on Menstrual Health Hygiene and Management Training” to the NSS Volunteers on dtd. 12/02/2024.

The programme is jointly organized Smt. Nankibai Wadhvani Kala Mahavidyalaya Yavatmal and Ujjas Education trust Aditya Birla Group.

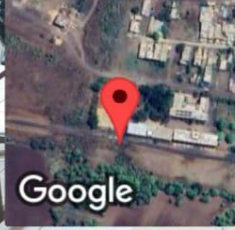
The chief guest of the programme was Pragati Chunarkar and Durga Tudsam. They guide on mmenstrual Health Hygiene and Management to the NSS students.

The programme was organised under the guidance of Principal Dr. Jayant M. Chatur, Smt. Nankibai Wadhvani Kala Mahavidyalaya Yavatmal.

Prof. Digambar Wankhede (Programme officer of N.S. S), Prof. Dr. Vishakha Dere (Co –officer of N.S.S), Teaching Staff- Prof. Jaydeo Wankhede, Prof. Dr. Siddharth Jadhav, Prof. Dr. Kalpana Godghate , Prof. Dr. Rashmi Gajre, Prof. Dr. Surekha Mantri, Prof. Vandana Ingole, Physical Education Director – Prof, Nitu Shende, Prof. Dr. Sanjay Rachalwar, Librarian Dr. Rajabhau Bajad, Prof. Nilesh Autkar, Prof. Dr. Nikhilesh Nalode and administrative staff and 55 NSS volunteers were present during the programme.



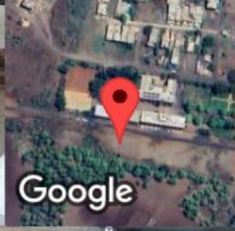
GPS Map Camera



Yavatmal, Maharashtra, India  
C49Q+WFQ, Yavatmal, Maharashtra 445001, India  
Lat 20.420061°  
Long 78.138396°  
12/02/24 01:03 PM GMT +05:30



GPS Map Camera



Yavatmal, Maharashtra, India  
C49Q+WFQ, Yavatmal, Maharashtra 445001, India  
Lat 20.419894°  
Long 78.138722°  
12/02/24 11:30 AM GMT +05:30



To, Principal.  
Smt. Nankibai Wadhavani  
Mahavidhyalya, Yawatmal.  
Date - 8/2/2023

Subject: Menstrual Hygiene Management Training for NSS Volunteers and college girls

Dear Ma'am,

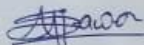
Ujaas, an initiative by Aditya Birla Education Trust aims to create a positive and sustainable impact in the menstrual health landscape in India by reducing period poverty and by empowering adolescent girls and women to adopt effective menstrual health and hygiene management practices. Under this initiative we have various projects for different stakeholders such as adolescent boys, girls, teachers, NSS volunteers etc.

Under the said program in the academic year 2023-24, we would like to conduct a training program and awareness activities on menstrual management with NSS volunteers. The objective of this project is to build the capacities of the NSS volunteers to convey the content about Menstrual health and hygiene management to women and girls. This will also help volunteer to get trained in this topic.

We would like to undertake the following activities along with the NSS department.

1. Training and capacity building program of 6hrs for NSS volunteers.
2. Conducting sessions on menstrual Health and Hygiene Management with college students. The said session is of 3 hours and it is expected to take 2 sessions of 1.5 hours each.
3. Volunteers are expected to present street plays on menstrual health and hygiene management in the adopted villages/communities. Request you to please provide permission to initiate this project in your esteem institute and support this cause.

Your Sincerely

  
Snehal Pawar  
Assistant Project Manager

Burje - 8208992968

Prayaji - 9011666329

B. S. Anand

NSS  
will conduct  
on Monday

org. program  
on 12/2/2023

Ujaas  
Aditya Birla Education Trust,  
Birla Centurion, Unit no 501/504,  
Pandurang Budhkar Marg, Century Mills  
Compound, Worli, Mumbai 400030

C: +91 7900011464  
E: abet.ujaasocial@abet.co.in  
W: www.ujaas.in

# पुण्य नगरी

## 'मुला-मुलींमध्ये किशोरवयात होणारे बदल'वर कार्यशाळा



**यवतमाळ :** वाधवाणी कला महाविद्यालयातील राष्ट्रीय सेवा योजना विभागाच्या वतीने १२ फेब्रुवारीला मुलींच्या आरोग्यविषयक तसेच मासिक पाळीच्या संदर्भात प्रमुख पाहुण्यांनी प्रगती चुनारकर आणि दुर्गा तुमडाम यांनी मार्गदर्शन केले. नानकीबाई वाधवाणी कला महाविद्यालय व आदित्य बिल्डा ग्रुप एज्युकेशन ट्रस्ट उजास यांच्या संयुक्त विद्यमाने मुला-मुलींमध्ये किशोरवयात होणारे बदल यावर कार्यशाळा आयोजित करण्यात आली. प्रमुख पाहुण्यांनी मुला-मुलींमध्ये किशोरवयात होणारे बदल, समाजाचा मुलीकडे पाहण्याचा दृष्टिकोन, मासिक पाळी विषयाच्या अंधश्रद्धा व प्रथा, तसेच खानपान पद्धतीमधील झालेला बदल या विषयावर मार्गदर्शन केले. कार्यक्रमाचे आयोजन प्राचार्य डॉ. जयंत चतुर यांच्या मार्गदर्शनाखाली करण्यात आले. प्रास्ताविक रासेयो कार्यक्रम अधिकारी प्रा. दिगांबर वानखेडे यांनी केले. डॉ. विशाखा डेरे यांनी आभार मानले. महाविद्यालयातील सर्व शिक्षक, शिक्षकेतर कर्मचारी मोठ्या संख्येने उपस्थित होते.