

DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

ShreeMallashwara Hills, Kumaraswamy Layout, Bangalore-560022

Internal Quality Assurance Cell (IQAC)

Women Dignity Cell- Shakti

An Awareness session on Menstrual Health and Hygiene

Department: MBA (BU)

Date: 23.10.2023

Sl. No.	Particulars	Event related Details		
1.	Event*	Awareness Session		
2.	Title of the Event	An Awareness session on Menstrual Health and Hygiene		
3.	Date	23.10.2023		
4.	Time	02.00pm. To3.30 pm		
5.	Venue	Online -Google Meet platform		
6.	Resource Person 1 Details ** (Profile to be enclosed)	Ms.Roshnee Showrick, Unicharm India		
7.	Topics Covered	Women Physiology and challenges associated, menstrual issues and tips for hygiene and healthy lifestyle.		
8.	Resource Person 2 Details** (Profile to be enclosed)	-		
9.	Topics Covered	-		
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	2	External: Nil
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	40	External: Nil
12.	Faculty Coordinator/s	Dr. Sumera Aluru		
13.	Student Coordinator/s	RutikaMangale, Shakti, Poonam Ponamma and SnehaLokur		
14.	Total Expenditure (Details to be enclosed)	NA		
15.	Sponsors and Amount (if any)	NA		
16.	Agenda of the Event (Enclose a copy)	NA		
17.	Report uploaded on college website? if yes, give details:			
18.	Report sent to media? if yes, give details:	NIL		

Sl. No.	Particulars	Event related Details
19.	Report uploaded in Social Media? If yes, give details:	-
20.	Certificates Printed? (Enclose a copy***)	-
21.	Feedback Collected? (Enclose a copy***)	-
22.	Summary of the Event (Minimum 100 words)	Women physiology is quite complex. There are many of us who lack clarity about the physiological challenges as a women and hence suffer with several health issues. This session was aimed at providing an overview of physiology of women and hence bring about a holistic awareness regarding likely misconceptions and myths. Ms. Roshnee Bhowmick from Global Hunt foundation was instrumental in breaking taboo around periods and creating awareness about commonly faced menstrual health related problems and solutions for the same.
23.	Photographs of the Event (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)	Photographs attached

Notes:

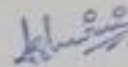
* Seminar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.

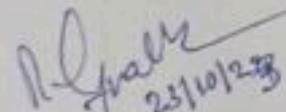
** Name / Organization / Designation / Area of Expertise

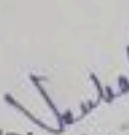
*** Format Copy need to be attached and hard copy need to be filed

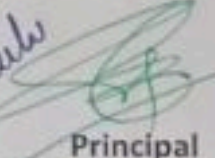
PS: Whichever column is not applicable, write as NA.


Event Coordinator

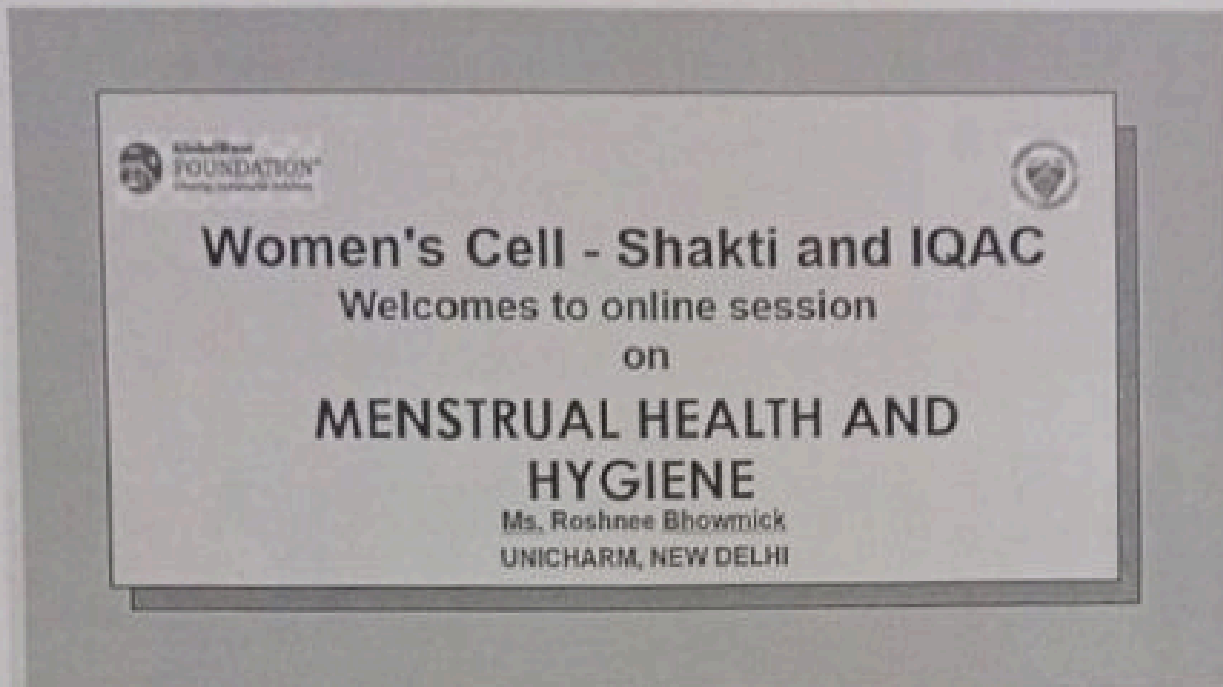

Cell Head


IQAC Co-Ordinator
23/10/23


HOD/Director


Principal

Photographs of –An Awareness Session on Menstrual Health and Hygiene – Women’s Dignity Cell-Shakti



Microsoft Teams Meeting (Presenting)

CHILDREN ENTER PUBERTY ANYTIME IN THE EARLY ADOLESCENCE DEPENDING ON THEIR GENETIC, BIOLOGICAL & SOCIAL FACTORS

- Early Adolescence - (11 to 13 years of age)**
Transition to adolescence characterized by puberty
- Middle Adolescence - (14 to 18 years of age)**
Transition to adolescence, strong peer group influence
- Late Adolescence - (17 to 19 years of age)**
Transition to adulthood and adult roles

Puberty is the process of physical changes through which a child's body matures into an adult body capable of reproduction. It is initiated by hormonal signals from the brain to the gonads (ovaries in girls, testes in boys).

Adulthood is the period in the human lifespan in which full physical and mental maturity has been attained. Adulthood is commonly thought of as beginning between the age 18 to 21 years.

People X

- Shakti P
- Shruti Malhotra
- Shreya Prasad Kumar
- Shweta Choudhary
- Shweta Lokur
- Shweta Marthi
- SOURADITA SINGH
- Sushma Sanyal
- Sushmita B

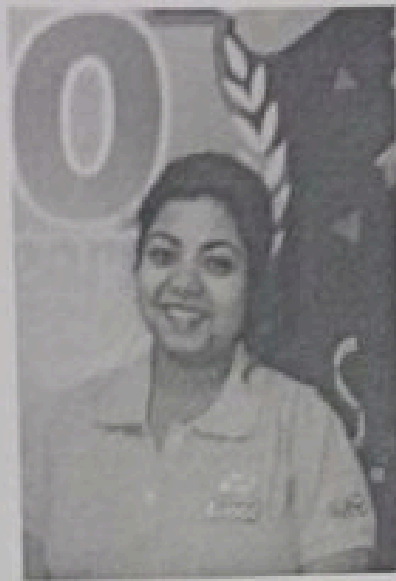
Participants: rishu rampale, Poojam Poo, Anshu, Menstrual ph..., 24 others, Sushma Anur

WhatsApp chat interface showing a video call with 'roshnee bhowmick'. The contact name is 'vrh-hwde-kqy'. There are icons for video call, voice call, and a 'You' profile picture. The contact's profile picture is also visible.

During puberty, hormones also lead to emotional and behavioral changes.



WhatsApp chat interface showing a video call with 'roshnee bhowmick'. The contact name is 'vrh-hwde-kqy'. There are icons for video call, voice call, and a 'You' profile picture. The contact's profile picture is also visible.



Name: Ms. Roshnee Bhowmick




Designation: CSR Executive

Profile in Unicharm:


































Working with Unicharm India since 2018. Mainly responsible for all CSR activities in West Bengal. Campaigning for Menstrual Health and Hygiene management in West Bengal mainly in educational institutions, non profit organizations and in the community level as well. Has conducted more than 300+ sessions on Menstrual Health in educational institutions and grass root level in Kolkata.

Graduated with Psychology (Hons) and hold a Masters Degree in Social Work. Worked in the area of child protection & health for more than 6 years. Represented the state at NIPCCD on child protection issues.

ATTENDANCE SCREENSHOT - 1

	deepthi V	abs	...
	Devika R	abs	...
	Divya Gowda	abs	...
	Dr. Ameer Asra Ahmed	abs	...
	Jeevitha Hs	abs	...
	Kavitha Kantharaju	abs	...
	Kushi Mansur	abs	...
	Lahari Gowda	abs	...
	Lalitha Balakrishna	abs	...

ATTENDANCE SCREENSHOT - 2

	Namrata Patil 		
	Namratha Namratha 		
	Poonam Ponnamma 		
	Prof. Tejaswini 		
	Rakshitha S 		
	roshnee bhowmick Meeting host		
	roshnee bhowmick Presentation		
	rutika mangale 		
	sahana suresh		



DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE & COMMERCE

(Affiliated to Bangalore University, Recognised by AICTE, Accredited by NAAC, New Delhi)



Ref.No.BU/DCSASC/MBA/2023-24/040

Date 19.10.2023

Ms.Roshnee Bhowmick

Unicharm India

New Delhi

Dear Madam,

Subject: Session on "Menstrual Health and Hygiene"

We invite your kind reference to the subject session held on Monday the 16th October, 2023 on Google Meet Platform for our MBA students.

We wholeheartedly express our sincere thanks to you and your team for successfully conducting the session. We place on record the participants' appreciation for the valuable inputs delivered.

We look forward to be associated with you for future seminars/workshops too.

With Warm Regards,

Dr.B R Venkatesh

Director, MBA (BU)

DIRECTOR

Dayananda Sagar College
of Arts Science & Commerce
Shavige Malleshwara Hills
Kumaraswamy Layout
BANGALORE - 560 071

College Feedback Form

'MENSTRUAL HYGIENE AWARENESS SESSION'

College Name: DayanandaSagar College of Arts, Science and Commerce -MBA -BU

Date of Session: 16th Oct 2023

Session Duration: 2.00 PM-3.00PM

Resource Person Name: RoshneeBhowmick

Your Full Name: Dr.SumeraAluru

1. How much would you rate the session?

Very Good	Good ✓	Average	Bad	Very Bad
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2. What did you like about the session?

The session was interesting	✓
The session helped us to know more about the Menstruation	✓
It was good platform to discuss about Menstrual issues	✓
The overall session flow is appropriate	✓
Others	

3. Please provide your inputs on the sessions

A	Was the session is informative?	Yes ✓	No
B	Was the session interactive?	Yes ✓	No
C	Was the session too technical?	Yes	No ✓

4. What was new and unique about the session?

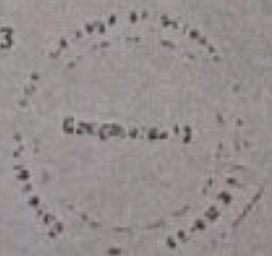
The session enabled students to have an open conversation about a sensitive yet critical issue related to women and their life style challenges owing to menstruation.

5. Suggestions for improvement

It would be better to limit the technical aspects of menstruation to basics and focused discussions on the practical problems would be make sessions more productive.

Date: 19th Oct 2023

College Stamp:



Signature:

Sumera Aluru

Designation: Assistant Professor