



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-I, Kamothe, Navi Mumbai – 410209

Menstrual Hygiene Awareness 2022


Date: 14.09.2022


- Preamble** : Ministry of Women and Child Development celebrated 5th Rashtriya Poshan Maah 2022, from September 1st to September 30th, 2022 as a part of Poshan Abhiyaan. The theme for this year is 'Mahila aur Swasthya', which aims to carry out various activities focusing on health of women and children.
- Objective** : -To create awareness Menstrual Hygiene.
-To curb out the myths and beliefs associated with menstruation.
-To ensure correct disposal of sanitary pads.
- Event** : Menstrual hygiene awareness
- Date** : 14th September, 2022
- Organized by** : NSS Unit of MGM School of Physiotherapy, Navi Mumbai
- Participants** : Bachelor of Physiotherapy students and faculty.
- Event Coordinator** : Dr. Aarohi Joshi (PT), Dr. Raturaj Shete (PT)
- Venue** : MGM School of Physiotherapy, Navi Mumbai.
- Summary** : Menstrual hygiene awareness campaign was initiated at MGM School of Physiotherapy, Navi Mumbai as a part of nationwide initiative, Poshan Abhiyaan 2022. A lecture was organized to create awareness regarding menstrual hygiene.
Dr. Aarohi Joshi (PT) initiated the talk with explaining what is menstruation and why is it important to talk about menstrual hygiene. Myths and beliefs revolving around menstruation were discussed. Further, prevalent unhygienic practices which lead to various diseases were discussed with the participants. Various sanitary protection materials available were highlighted along with their advantages and disadvantages. Appropriate disposal of sanitary pads was discussed with the participants.
- Feedback** : Students found the session informative. They also reported that activities like these help them to overcome stigma involving menstruation. Male students


found the session informative and reported that most of them have never talked about menstruation openly with their mother, sister or friends. They were encouraged spread awareness about menstrual hygiene amongst family and friends.




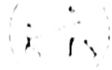
Dr. Aarohi Joshi (PT)
interacting with BPT students regarding menstrual hygiene.


Dr. Aarohi Joshi (PT)
NSS Assistant Program
Officer
MGM School of
Physiotherapy, Navi
Mumbai


Dr. Ruturaj Shete (PT)
NSS Program Officer
MGM School of
Physiotherapy, Navi
Mumbai


Dr. Shrutika Parab (PT)
IQAC coordinator
MGM School of
Physiotherapy, Navi
Mumbai


Dr. Rajani Mullerpatan
Professor-Director
MGM School of
Physiotherapy, Navi
Mumbai



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Sector-1, Kamoth, Navi Mumbai - 410209

Batch: Semester II BPT (2021-2022)

Subject: _____

Topic: Menstrual hygiene

Date: 14/9/22

Sr. No.	Name of Students	Signature	Sr. No.	Name of Students	Signature
1	Aayush Atul Sawdawkar	P	40	Khan Mohd Naved Nafees	Ohan
2	Abul Moosa Badruddin	P	41	Khan Sana Parvez Alam	Sana
3	Akhind Panda	Akhind	42	Khan Zoya Mahfooz Alam	Zoya
4	Aksita Rohit Haria	Aksita	43	Khanavkar Rani Naresh	Rani
5	Alan Costa	Alan	44	Khyati Umesh Lodaya	Khyati
6	Anigha Prasad	Anigha	45	Kinage Srushti Ganesh	Srushti
7	Ankur Sharma	Ankur	46	Mahajan Akshata Sanjeev	Akshata
8	Ashar Kartavi Nikhil	Ashar	47	Makwana Sonali Praful	Sonali
9	Bapardekar Yashashri Shivram	Yashashri	48	Malhar Chandraprasad Pingle	Malhar
10	Bhamare Deepali Prakash	Deepali	49	Malik Falak Abdul	Falak
11	Bhopalkar Rucha Anant	Rucha	50	Megha Kuldeep Agrawal	Megha
12	Chavan Namita Sanjay	Namita	51	Mehta Krisha Jinesh	Krisha
13	Chhatlani Malik Kamal	Malik	52	Mhatre Riya Laxman	Riya
14	Chhedha Khushi Piyush	Khushi	53	Mohammad Moin Abdul Razzak Patel	Moin
15	Chogale Anushka Amrut	Anushka	54	Mullahrawther Aliya Akbarali	Aliya
16	Darji Saloni Hasmukh	Saloni	55	Muneeb Abidali Nore	Muneeb
17	Dawre Munib Javed	Munib	56	Nandurkar Akshita Abhaykumar	Akshita
18	Deshmane Shruti Suresh	Shruti	57	Narkar Sakshi Sunil*	Sakshi
19	Devanshu Gupta	Devanshu	58	Nischay Shreyans Sable	Nischay
20	Devrukhkar Shrey Uday	Shrey	59	Om Mohite	Om
21	Diksha Milind Tandel	Diksha	60	Pasha Mehtab Alam Irshad	Mehtab
22	Gaikwad Sayali Krishna	Sayali	61	Patil Arpita Damodar	Arpita
23	Gamare Divyangi Sandip	Divyangi	62	Patil Jidnyasa Vishwas	Jidnyasa
24	Geetika Teckchandani	Geetika	63	Patil Riddhi Pratik	Riddhi
25	Girase Apurva Niteen	Apurva	64	Patil Sameeksha Sunil	Sameeksha
26	Gupta Sarita Sajanlal	Sarita	65	Pawar Hrutuja Deepak	Hrutuja
27	Ishita Sunil Shinde	Ishita	66	Pranal Ghadge	Pranal
28	Iyer Samiksha Venkatraman	Samiksha	67	Purnima M Indulkar	Purnima
29	Jadhav Kaustubh Sandeep	Kaustubh	68	Raahi Jignesh Shah	Raahi
30	Jadhav Shreya Santosh	Shreya	69	Ratnani Simran Rafic	Simran
31	Jain Rimzim Suresh	Rimzim	70	Riddhi Ahuja	Riddhi
32	Jairamdasani Divesh Shankar	Divesh	71	Sahana Rangarajan	Sahana
33	Joad Maryam Salauddin	Maryam	72	Sakshi Sagar Punyarthi	Sakshi
34	Joshi Aaditi Amarish	Aaditi	73	Sanika Prashant Barve	Sanika
35	Joshua Seiwyn Pereira	Joshua	74	Sara Santosh Kondhalkar	Sara
36	Kamble Samruddhi Dhananjay	Samruddhi	75	Shah Hiya Sanjay	Hiya
37	Kamble Smruti Vijay	Smruti	76	Shah Jiva	Jiva
38	Karandikar Bhargavi Jayant	Bhargavi	77	Shah Krisha Bhavin	Krisha
39	Kasrale Kapita Shree Krishna	Kapita	78	Shah Namita Chandrakant	Namita

79	Shah Pooja Chirag	PC Shah	90	Janushree Hitendra Bhagat	(A)
80	Shankh Zayed Anus	Ayesha	91	Osnoem Basha	(A)
81	Shankh Neha Anura	Nafisa	92	Teja Jayaprakash Shridhanagoudar	Teja Jayaprakash
82	Shankh Neha Abdul Wahid	(A)	93	Hacker Rishi Rakesh	Rishi Rakesh
83	Shinde Nishita Sanjay	Nishita	94	Hakekar Om Achok	Om Achok
84	Shinde Ayushkiran	(A)	95	Hakur Jitendra Pandurang	Jitendra Pandurang
85	Singh Sagar Vijaykumar	(A)	96	Vaishnavi S Nambhothiri	(A)
86	Suraj Ghanshyam Gupta	(A)	97	Wilankar Takshel Kedar	(A)
87	Surve Yashvi Pravin	(A)	98	Gangad Pooja Pandurang	(A)
88	Survawanshi Sejal Madhukar	(A)	99	Tabana Smran Kaur	(A)
89	Suyarna Esha Krunal Kumar	(A)			

Lecture Summary

Name & Signature of Faculty	:	
Name & Signature of Class Representative	:	Divya Jaurandhasani
Signature of Co-Ordinator	:	
No. of Student absent	:	13/99
Remark	:	



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Menstrual Hygiene Awareness Talk at Nere OPD

Date : - 17/05/2023


Preamble	:	MGM School of Physiotherapy, MGM Institute of Health sciences, Navi Mumbai conducts Physiotherapy health camps for residential areas to screen and identify the burden of non-communicable conditions that impact physical functioning, early detection, intervention and referral. It helps in structuring preventive and rehabilitation services.
Objective	:	Raise awareness about the challenges regarding access to menstrual products, education about menstruation and period-friendly sanitation facilities.
Date & Time	:	17 th May 2023, 10.30 am to 11 .30 pm
Organized by	:	Department of Community Physiotherapy, MGM School of Physiotherapy ,Navi Mumbai.
Event coordinator	:	Dr. Gargi C Mishra Deshmukh (PT), Junior Assistant Professor, MGM School of Physiotherapy, Kamothe, Navi Mumbai.
Attended by	:	No of beneficiaries for camp:15
Venue	:	Nere RHT Centre, Panvel
Summary	:	<p>MGM School of Physiotherapy, Navi-Mumbai organized an awareness talk on Menstrual Hygiene for women on 17th May, 2023, on the occasion of menstrual hygiene day and month for women between the age group of 18-40 years.</p> <p>In the awareness talk given the women were educated about the benefits of using sanitary napkins, the diseases which are caused by using dirty cloth during the menstrual cycle. They were made aware of hygiene importance during menstruation. When is white discharge normal and when should it be shown to a doctor, heavy bleeding changing of sanitary pads very frequently. Also, its not a taboo to go to doctor for irregular menstrual cycle, heavy or very less bleeding during menstrual cycles.</p> <p>They were also educated about the foods which should be eaten during and after the menstrual cycle which help cope up with the loss of blood during the same. The queries about healthy menstrual hygiene were answered.</p>
Participant's feedback	:	The females reported that “ their knowledge and awarness about menstrual hygiene was increased and the session given was beneficial”




Figure 1:- Faculty Solving Doubts and questions of the women



Figure 2:- Women Listening to talk the given on menstrual hygiene


Dr. Gargi C Mishra (PT)
 Camp co-ordinator
 Junior Assistant Professor
 MGM School of Physiotherapy,
 Navi Mumbai


Dr. Shrutika Parab(PT)
 IQAC Coordinator
 MGM School of Physiotherapy,
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Dr. Rajani Mulherpatan
 Professor-Director
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