PRABHU SHRI RAMCHANDRA SHIKSHAN PRASARAK MANDAL'S

Affiliated to Sant Gadgebaba Amravati University, Amravati

MATOSHRI SHANTABAI GOTE ARTS COMMERCE & SCIENCE COLLEGE WASHIM.(M.S)444505

(NAAC Accredited with 'B' Grade)

Women Empowerment Cell

Women's Health Care – Awareness on Menstrual Cycle

2025-2026

Prabhu Shri Ramchandra Shikshan Prasarak Mandal Tondgaon

Matoshri shantabai Gote Art's, commerce and science College, Washim

(NAAC accrodited with B Grade)

Activity Report

1) Title of the Activity : Women Empowerment Cell.

2) Sub Title of the Activity : Women's Health Care.

3) Date of the Activity : 29/08/2025

4) Organizing Dept./Committee : Women Empowerment & N.S.S.

5) Name of the Chief Speaker : Dr. D.N. Lanjewar
Dr. S.V. Rukke

6) Name of Guest : Ku. Pratiksha Bhagat madam.
UJAS

7) Beneficiary of the Activity : All students of B.A, B.Com & B.Sc.

8) Participant Student : —

9) Number of Supporting Teacher : —

10) Brief Report :

With the collaboration of Women Empowerment & N.S.S Department, a programme on awareness of problems during menstrual cycle was organised by UJAAS, Aditya Birla Foundation programme. The Guest highlighted precautions, awaren, care to be taken during menstrual cycle. Dr. S.V. Rukke and Dr. D.N. Lanjewar too guided on the health importance of women.

11) Program Photographs : Attached.

12) Newspaper Cutting/ Social Media Cutting : — Attached.

13) Outcomes : The programme would make awarenes among students for their overall well being.

Dr. S.V. Rukke
Name & Signature of Faculty

Principal
Officiting Principal
Matoshri Shantabai Gote Art's & Sc. College Washim

Health workshop on Awareness of Menstrual Cyle held at Matoshri

Shanta Bai Gote Arts, Commerce and Science College Washim

A workshop on Women's health was held on 29/09/2025 in the joint presence of Women Empowerment Committee and National Service Scheme. The President of the program was Dr. S. V. Rukke, President of Women Empowerment Committee, while the chief attendees were Ms. Pratiksha Bhagat and Dr. D. N. Lanjewar . The program was introduced by Dr. D. N. Lanjewar. Women should be vigilant about their health and should combine diet and exercise and maintain good health. Ms. Pratiksha Bhagat, who was the main guide, provided detailed information about menstrual cycle and gave information about the misconceptions and superstitions in the society regarding this. She guided them on how women should maintain their health and how to maintain cleanliness during this period. Dr. S.V Rukke while guiding the girls told them how we should pay attention to our diet during menstrual cycle So that our health will be good. The program was moderated by Ms. Komal Kalapad and the vote of thanks was given by Ku. Gayatri Saraskar.

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'Not Me But You'
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व विज्ञान महाविद्यालय वाशिम
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