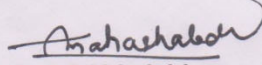


Date: 04/08/2023

R. C. Patel Arts, Commerce and Science College, Shirpur
Sexual Harassment Prevention Committee Meeting (2023-24)

***Minutes (Second Session) dated on 04/08/2023**

1. A sexual harassment prevention committee meeting has been scheduled for precisely 4:00 PM on August 4, 2023.
2. Discussed regarding to raise consciousness regarding sexual harassment.
3. The committee went over the watchfulness for keeping an eye on students movements, particularly those of recent newcomers.
4. The committee also discussed about the awareness program about the issues comes under sexual harassment.
5. It is decided about organizing health awareness program for girls.


Dr. J. P. Mahashabde
Coordinator

Committee Members

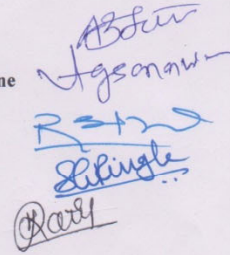
1. Dr. A. B. Jadhav

2. Dr. A. G. Sonawane

3. Dr. R.S.Pawar

4. Dr. S. G. Pingale

5. Dr. H. R. Patil


ABJ
AS
RSP
SP
HRP

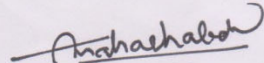


Date: 02/01/2024

R. C. Patel Arts, Commerce and Science College, Shirpur
Sexual Harassment Prevention Committee Meeting (2023-24)

***Minutes (Second Session) dated on 02/01/2024**

1. A sexual harassment prevention committee meeting has been scheduled for precisely 4:00 PM on January 2, 2023.
2. It is decided to organize Menstrual Hygiene Awareness Program for girls.
3. The decision has been made to organize a program for girls health awareness.
4. The committee also talked about a program to raise awareness of the problems associated with sexual harassment.
5. It is decided about organizing health awareness program for girls.


Dr. J. P. Mahashabde
Coordinator

Committee Members

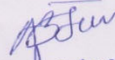
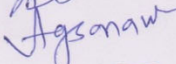
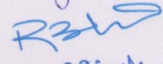
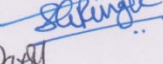
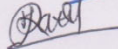
1. Dr. A. B. Jadhav

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3. Dr. R.S.Pawar

4. Dr. S. G. Pingale

5. Dr. H. R. Patil



Date 11/12024

Menstrual Hygiene Awareness, Challenges and Management Program Report

R.C.Patel Arts, Commerce and Science College, Shirpur organized a One Day Workshop on "Menstrual Cycle awareness, Challenges and Management." Menstruation is a normal and necessary part of life, and maintaining proper menstrual hygiene is crucial for women's and girls' health as well as their right to access basic services for sanitation, hygiene, and reproductive health. The safe drinking water, sanitation, and hygiene (WASH) aspect of menstrual hygiene has significantly gained attention in recent times.

The objectives of the program

- To increase awareness among adolescent girls on Menstrual Hygiene
- To increase access to and use of high quality sanitary napkins to adolescent girls in rural areas.
- To ensure safe disposal of Sanitary Napkins in an environmentally friendly manner. Easy access is ensured by the distribution of sanitary napkins by the ASHAs who have excellent access to the beneficiaries in the villages.
- To impart knowledge and awareness about menstruation and hygiene.
- To avoid fear and emotional disturbances on the onset of menstruation.
- To seek help from doctor if one faces irregular problems during menstruation.
- To take care of oneself during menstruation.

*Mrs. Varsha Lohar (Science Teacher) and her team gave talk on Menstruation and Hygiene to the R.C.Patel Arts, Commerce and Science College, Shirpur on the following topics.

- Signs of puberty in girls.
- Menstruation.
- Quality of menstrual blood.
- Menstrual cycle.
- Amount of blood loss.
- Menstrual flow pattern'



- Emotional and behavior changes.
- Pre-menstrual syndromes.
- Length of Menstrual cycle.
- Causes of irregular periods.
- Remedies for irregular periods and menstrual pain.
- Menstrual Hygiene.
- Nutrition.
- Myths and Taboos.

The Sexual Harassment Prevention Committee of R.C.Patel College organized this talk to the girls. They listened enthusiastically and enjoyed the talk very much. It's worth organizing such a talk in the college. Students have gained a lot of knowledge from this presentation.



J. P. Mahashabde
Dr. J. P. Mahashabde
Coordinator