



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Re Accredited by NAAC- A Grade, cycle 4
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
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PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G15/IQAC/2023-24/139

Date:- 20.02.2024

CIRCULAR

On 24th February, 2024 a Guest lecture will be organized for Green Club students on 'Health and Hygiene' by the Green Club Committee in the Audio-Visual Room.

J Chintan

Asst. Prof. Jyoti Chintan
Coordinator

Jayak

Prof. Dr. Jaya Rajagopalan
Principal Incharge



St. Mira's College for Girls, Pune
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Activity Report

Title: A Guest Lecture on Health and Hygiene by Green Club

Date: Wednesday, 24th February, 2024

Time: 11.00am to 12.10pm

Number of Student Participants: 20

Venue: Audio Visual Room

Report:

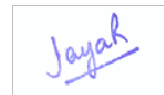
Dr. Shweta Lunawat Genealogist practising at Jehangir Hospital. She shared her insights on why girls should take extra care with hygiene, including what materials to use to protect their intimate areas and the drawbacks of using scented lotions or soaps.

She focussed on the importance of changing sanitary pads, which should be done every four to six hours. She also mentioned that eating a healthy diet and exercising regularly are important for getting periods on time.

Dr.Lunawat addressed questions about personal hygiene during menstruation. For the students the session was very enlightening.



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Coordinator



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Department :- Green Club

Event Name: Health and Hygiene

Class:- Degree College Students

Venue : AV room

Time: 12:00 pm

Date:- 24-02-2024

Total = 20
Students
Scherbi

SR. NO	Roll No	NAME	CLASS	SIGNATURE
1	5552	Rutuja Punde	S4B5C	Rutuja
2	4623	Nikhita Mule	TY/Bcom '1	N
3	3855	Riya Dubey	Sy bcom (B)	Riya
4	3864	Anushka Pillay	SY Bcom [B]	Pillay
5	3829	Anjali Bhadosiya	SY Bcom (B)	Anjali
6	3842	Mehak Makandar	SY Bcom (B)	Mehak
7	4453	Ishika Sharma	TY.B COM (B)	Ishika
8	4435	Taarur Dhara	TY B Com (B)	T. Dhara
9	3059	Shivani Kohinkar	FYBCOMCA)	Shivani
10	2203	Kirthana Nair	FYBA (A)	Kirthana
11	2228	Zainab Modak	FYBA (A)	Zainab
12	3872	ARPITA MADHURAI	SY BCOM (B)	Arpita
13	3401	Ranjati dubey	F.Y.BEOM (C)	Ranjati
14	4202	Almeta Joy.	TY.BCOM (A)	Almeta
15	4220	Ananya Sawant	"	Ananya
16	4222	Deepali Naik	"	Deepali
17	4264	Meghana Gawade	"	Meghana
18	4273	Sanika Bhexe	TYBCOM (A)	Sanika
19	4298	Dhanashree Pardeshi	TY B.com (A)	Dhanashree
20	4447	Meghna Rangir	TYBCOM (B)	Meghna

CO-ORDINATOR

Scherbi

Jyoti Chintan Ma'am



Prof. Dr. Jaya Rajagopalan
Principal Incharge

Jayah

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Photographs: Students of Green Club attending the session

Title: Health and Hygiene

Date: Friday, 24th February, 2024

Picture: 1



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