



PRERNA COLLEGE OF COMMERCE

(Run by PRERNA SEWA MANDAL, Redg. No. Sr Act 1860-370/83, BPT Act - 1950, F/3826)
Reshimbag Square, Nagpur - 24

Govt. Recognised & Affiliated to Rashtrasant Tukadoji Maharaj, Nagpur University
NAAC (UGC) ACCREDITED INSTITUTION 'B' GRADE (CGPA - 2.32)
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REPORT ON

‘ Listen To Your Body, Because If You Don’t, Who Will? & Story Of Every Month’

- Dr. S. C. Gulhane Prerna College Of Commerce, Science And Arts
- Committee :- Woman Cell Committee
- Title of the Programme:- ‘ Listen To Your Body, Because If You Don’t,
Who Will? & Story Of Every Month’
- Speakers :- Dr. Sangita Renge and Dr. Shital Patil
- Date and Time: 20th February 2023 from 10:00 a.m. onwards

Objectives: -

1. To make aware the girls students about menstrual issues and repercussions on the body.
2. To identify the menstrual problems (normal and abnormal condition in menstrual).
3. To know various issues that modern women frequently deal with, such as menorrhagia, premenstrual syndrome and dysmenorrheal.
4. To explore knowledge about beauty sickness, hormones imbalances and menstrual hygiene.

Highlights: -

1. Dr. Sangita Renge explained about complements, live in reality and beauty is diversity.
2. She also spoke about the detrimental effects of poor menstruation hygiene and health.
3. She gave information about irregular menstruation, hormones imbalances and menstrual hygiene.
4. She has also suggested to cut back on their screen usage, engage with the real world and maintain mental wellness.

Outcome: -

1. Students got information on menstrual issues and repercussions on the body.
2. Students learnt various body and beauty sickness.
3. Students got to know about premenstrual syndrome and irregular menstruation.
4. Students understood the importance of healthy body and healthy mind.

No. of Beneficiaries: Around 100 students.

Programme Coordinator: Ms. Neha Samundre & Ms. Poorva Wagh.

Date : 20th February 2023



Glimpse of Seminar

RS Jay
4/3/2023