



**Date/Day: 17.08.2025, Sunday**

## **Menstrual Hygiene Awareness and Women Empowerment Programme**

**Objective:** The Menstrual Hygiene Awareness Programme was conducted with the aim of educating adolescent girls and women about the importance of menstrual health and hygiene. The main objectives of the program were to raise awareness about menstrual hygiene and encourage the use of safe products during menstruation.

**Program Outcome:** PO 6, PO 8, PO 9, PO 11

**Details of the Resource Person/Event:** The event was organized by Extension and Outreach Committee in collaboration with Sutantra Narayani Seva Trust, Lions Club of Powai, Women's Development Committee and Department of Lifelong Learning and Extension (DLLE).

### **Participants Details:**

**Total no. of college students: 20**

**Total no. of Faculty: 1**

### **Summary of the Lecture/Activity:**

MES's H. K. College of Pharmacy had organized a Menstrual Hygiene Awareness and Women's Empowerment Programme in collaboration with Sutantra Narayani Seva Trust, Lions Club of Powai and Department of Lifelong Learning and Extension (DLLE) on 17<sup>th</sup> August 2025, Sunday at Yadav Nagar, Jogeshwari (W).

Menstruation, although a natural biological process, continues to be surrounded by stigma and misinformation in many communities. This initiative focused on breaking taboos, promoting healthy practices, and creating a supportive environment where menstruation can be discussed openly and respectfully. The program focused on creating awareness through community-based sessions conducted in slums, rural villages, and underserved urban areas. Various methods were used during the campaign, including interactive and educational sessions with young girls and women, and the use of visual aids such as posters and flipcharts. Hygiene kits containing sanitary pads were distributed to participants.

## Brochure/Photo Gallery:

Maharashtra Educational Society's  
**H. K. COLLEGE OF PHARMACY**  
 Jogeshwari (W), Mumbai-400102  
 NAAC Accredited With Grade A

**Extension and outreach committee**  
*In collaboration with*  
**Women's Development Cell, Sutantra Narayani  
 Seva Trust, Lions Club of Powai  
 and  
 Department of Lifelong Learning and Extension**  
*Organizes*  
**MENSTRUAL HYGIENE AWARENESS  
 &  
 WOMEN EMPOWERMENT PROGRAMME**

*"Let's break the silence and empower women with  
 knowledge about menstrual health."*

**Date: 17th August 2025**  
**Venue: Yadav nagar Jogeshwari West**

Dr. Sheela Yadav Ms. Sayli Sawant Faculty Co-ordinator	Mrs. Vaishali Patel Mrs. Dipati Chirmade Faculty Co-ordinator	Mr. Mohan G. G. G. Mr. Mohan G. G. G. Mr. Ashwini G. G. G. Ms. Anjali P. P. P. Ms. Anjali P. P. P. Student Managers	Dr. Tushar Lokhande Principal
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VISION: To be recognized as an institution providing quality education in pharmacy to serve the healthcare sector.



## Key Outcome of the Lecture/Activity:

- By organizing and conducting awareness sessions, distributing hygiene kits, and engaging in discussions around menstrual health, the students developed a deeper understanding of the social, cultural, and health-related challenges faced by underprivileged women and girls.
- Students learned how to communicate effectively, and use inclusive language that respects different backgrounds and beliefs.

**Link for social media:**

<b>LinkedIn</b>	<a href="https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_the-extension-and-outreach-committee-in-collaboration-activity-7375795498068099072--Ble?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADf2WrMBUFGAeZVznddoMfc3VtpDnyqdS4Y">https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_the-extension-and-outreach-committee-in-collaboration-activity-7375795498068099072--Ble?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAADf2WrMBUFGAeZVznddoMfc3VtpDnyqdS4Y</a>
<b>Facebook</b>	<a href="https://www.facebook.com/photo/?fbid=1261464002659906&amp;set=a.470185965121051">https://www.facebook.com/photo/?fbid=1261464002659906&amp;set=a.470185965121051</a>
<b>Instagram</b>	<a href="https://www.instagram.com/p/DO5XZcbCMJe/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==">https://www.instagram.com/p/DO5XZcbCMJe/?utm_source=ig_web_copy_link&amp;igsh=MzRIODBiNWFIZA==</a>

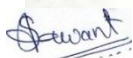
**Dr. Sheela Yadav**



**Mrs. Vaishali Patel**



**Ms. Sayli Sawant**



**Event Coordinators**



**Dr. Archana Upadhyaya**

**IQAC Coordinator**



**Dr. Tushar Lokhande**

**Principal**

