

**SHAHID VIRPATNI LAXMI MAHAVIDYALAYA,
TITAVE**

Department of Computer Science

Date: 14-Jan-2023

Notice

All the students are hereby informed that Department of Computer Science is going to organize a one-day workshop on **“Awareness on Sustainable Menstrual Hygiene”**. All the students were requested to join the workshop on 16 Jan 2023 at 9:00 am.


H.O.D.
Department Of
Computer Science



Shahid Virpatni Laxmi Mahavidyalaya, Titave

Tal. Radhanagari Dist. Kolhapur

Workshop Report Department of Computer Science

“Awareness on Sustainable Menstrual Hygiene”

2022-2023

Name of the Event and Guest	One-day Workshop “Awareness on Sustainable Menstrual Hygiene”, Mrs. Dipti Kashakdar Mr. Sourabh Kashalkar
Organizing Dept./ Committee	Department Computer Science
Name of the Teacher	Mr. Rutuja T. Ranmale Program Coordinator
Day and Date	16 Jan 2023
No. of Participants	146
Time	9:00 am to 11:00 am



Detail Report:

Shahid Virpatni Laxmi Mahavidyalaya, Titave. Department of Computer science organized one day workshop on 16 Jan 2023 related to “**Awareness on Sustainable Menstrual Hygiene**”.

For this Program one of the special and knowledgeable guest **Mrs. Dipti Kashalkar & Sourabh Kashalkar**, Social workers delivered lecture on “Awareness on Sustainable Menstrual Hygiene”. Event started with welcome and introductory speech by Principal Mr. Prashant palkar Sir. The purpose of this guest lecture was to provide knowledge about Menstrual Cup .Then **Mrs. Dipti Kashalkar & Sourabh Kashalkar** started the lecture what is menstrual cup? A menstrual cup is a type of reusable feminine hygiene product. It’s a small, flexible funnel-shaped cup made of rubber or silicone that you insert into your vagina to catch and collect period fluid.

During the sessions, she explained How to use menstrual cup? She said if you’re interested in using a menstrual cup, talk with your gynecologist. Although you can buy any of the brands online or in most stores, you’ll first have to find out what size you need. Most menstrual cup brands sell small and large versions.

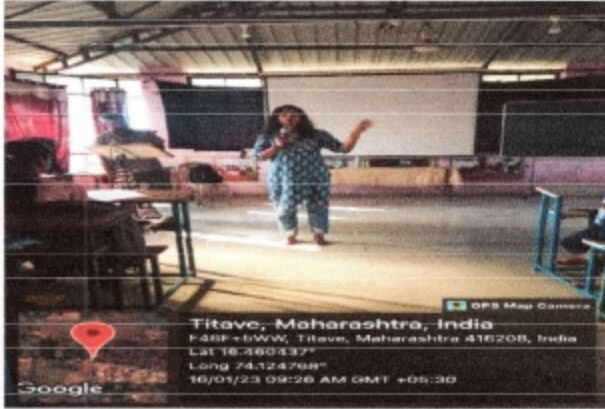
She then explained when you use a menstrual cup for the first time, it may feel uncomfortable. But “greasing” your cup can help make the process smooth. Before you put in your cup, lubricate the rim with water or a water-based lube (lubricant). A wet menstrual cup is much easier to insert.

She also talked about the how to reuse your menstrual cup Reusable menstrual cups should be washed and wiped clean before being reinserted into your vagina. Your cup should be emptied at least twice a day. Reusable menstrual cups are durable and can last for 6 months to 10 years with proper care. Throw away disposable cups after removal.

The session was concluded by vote of thanks by Miss. Sanika Patil. Total 146 students and faculties of our college were participated in this guest lecture.




Photos:




Program Coordinator


Head
Department Of
Computer Science


Principal
Shahid Virpatni Laxmi Mahavidyalaya
Titave, Tal. Radhanagari, Dist. Kolhapur.



द्वे. पुढारी दि. 18/01/2023

तितवेत 'मेन्स्ट्रअल कप'वर कार्यशाळा

कसबा वाळवे : बहुतांश आजार हात स्वच्छ न धुतल्यानेच उद्भवतात. मेन्स्ट्रअल कप वापरताना स्वच्छता महत्वाची आहे. याचा वापर महिलांना विविध आजारांपासून वाचवू शकेल, असे प्रतिपादन सामाजिक कार्यकर्त्या दीप्ती कशाळकर यांनी केले. त्या तितवे (ता. राधानगरी) येथे वीरपत्नी लक्ष्मी महाविद्यालयात 'मेन्स्ट्रअल कप वापरण्याचे फायदे'वर एकदिवसीय कार्यशाळे बोलत होत्या. कशाळकर म्हणाल्या, मेन्स्ट्रअल कप वापरताना कपची आणि हातांचीही स्वच्छता महत्वाची आहे. वारंवार संसर्गामुळे वंध्यत्वही येऊ शकते. म्हणून पूर्ण स्वच्छता घेण्याची तयारी असेल तरच कप वापरावेत. प्राचार्य प्रशांत पालकर यांनी स्वागत व प्रास्ताविक केले. याप्रसंगी सौरभ कशाळकर, प्रा. शुभांगी भांडिगरे, प्रा. ऋतुजा रानमाळे, प्रा. अश्विनी कांबळे, प्रा. अपर्णा वणखुरे, राजेश्वरी कवडे व विद्यार्थिनी उपस्थित होत्या. सूत्रसंचालन साक्षी गुरव, सानिका पाटील यांनी आभार मानले.



हॅलो प्रभात

मेन्स्ट्रुअल कप म्हणजे आरोग्याची खात्री



दीप्ती काशाळकर

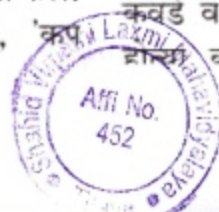
कोल्हापूर : हॅलो प्रभात

टिटवे येथील शहीद विरपती लक्ष्मी महाविद्यालयात मेन्स्ट्रुअल कप वापरण्याचे फायदे या विषयावर एकदिवसीय कार्यशाळाचे आयोजन करण्यात केले होते. कप वापरण्याचे नियम, खबरदारी, स्वच्छतेचे महत्त्व आणि बदलत्या जीवनशैली सोबत बदलते राहणीमान याबद्दल यबद्दल चर्चासत्र झाले. बहुतांश आजार हे हात स्वच्छ न धुतल्यानेच उद्भवतात. मुळात आपल्याकडे स्वच्छतेचं महत्त्व अजूनही लोकांना उमगलेलं नाही. कप वापरण्यासाठी स्वच्छता महत्त्वाची आहे. याचा वापर महिलांना विविध आजारांपासून वाचवू शकेल असे प्रतिपादन सामाजिक कार्यकर्त्या दीप्ती काशाळकर यांनी याप्रसंगी केले.

त्या पुढे म्हणाल्या,

जमा केलेलं ब्लड योग्य ठिकाणी डिसपोज करणंही गरजेचं आहे. टॅम्पून्स वापरणाऱ्या मध्ये जसं टॉक्सिक शॉक सिंड्रोम आढळला होता. तसंच कप वापरणाऱ्यांमध्येही आढळू शकतो. कप जास्त वेळ आत राहिल्यास पोटदुखी, ताप, युरिन इन्फेक्शन, सेप्टिक उद्भवू शकते. कारण रक्तात जंतू वेगाने वाढतात. वारंवार संसर्ग झाल्याने वंध्यत्व ही येऊ शकते. पूर्ण स्वच्छता घेण्याची तयारी असेल तरच हे कप उपयुक्त ठरू शकतात.

कार्यक्रमाचे स्वागत व प्रास्ताविक महाविद्यालयाचे प्राचार्य प्रशांत पालकर यांनी केले. याप्रसंगी सौरभ काशाळकर, प्रा. शुभांगी भांडिगरे, प्रा. ऋतुजा रानमाळे, प्रा. अश्विनी कांबळे, प्रा. अपर्णा वणखुरे, राजेश्वरी कवडे व विद्यार्थिनी उपस्थित कार्यक्रमाचे मंत्रमंचालन



SHAHID VIRPATNI LAXMI MAHAVIDYALAYA, TITAVE

Event Name: One Day seminar on Awareness On Sustainable Menstrual Hygiene

ATTENDANCE

date: 16/01/2023

SR.NO	STUDENT NAME	CLASS	Sign
1	Sanjma Tanaji shinde	B.Sc IT (FY)	STS
2	Shweta Shivaji Suryawanshi	B.Sc IT (FY)	Shweta
3	Bharati Tukaram Patil	B.Sc IT (FY)	Patil
4	Sushama Manohar Kamble	B.Sc IT (FY)	Sushama
5	Sonal Vilas shinde	B.Sc IT (FY)	S.V.S
6	Sakshi Sanjay Patil	BCA (FY)	Sakshi
7	PRANTALI ANANDA PATTI	BCA (FY)	P.A. Patti
8	Sanika Satappa Patil	BCA (FY)	Patil
9	Tejaswini Ramchandra Patil	BCA (FY)	Patil
10	Dhanshri Tamali shikhare	BCA (FY)	Shikhare
11	Sanika Sanjay Patil	BCA (FY)	Patil
12	Sneha kumar kore	B.Sc (IT)	Sneha kore
13	Salmina Nurmahammad Mullik	BCA (FY)	Salmina
14	Tamanna Basulso pinjari	BCA (FY)	Tamanna
15	Sakshi Bajirao Chougale	BCA (FY)	Chougale
16	Sakshi Kiran chavan	BCA (FY)	Sakshi
17	Sanika sagar asabe	BCA (FY)	Sanika
18	Pramila Vitthal Patil	BCA (FY)	Patil
19	Sanika Krishna chougale	BCA (FY)	Chougale
20	Aepita Ashok Bhosmal	BCA (FY)	Aepita
21	Vaishnavi Nixutti Khatkax	BCA (FY)	Vaishnavi
22	Manisha Pandurang Khat	BCA (FY)	Manisha
23	Gayatri Maruti Patil	BCA (FY)	Gayatri
24	Tarvi Tanaji Patil	BCA (FY)	Tarvi
25	Arati Santosh Khat	BCA (FY)	Arati
26	Sakshi Bhimzopawar	BCA (FY)	Sakshi
27	Dipali Dinkar Patil	BCA (FY)	Dipali
28	Tanuja Sambhaji Sankpal	BCA (FY)	Tanuja
29	Sanika Sanjeem Bhandwale	BCA (FY)	Sanika
30	Pronoti Ganpati Chougale	BCA (FY)	Chougale
31	Ankita Ashok kamble	BCA (FY)	Ankita
32	Vaishnavi Jaysing Sakhare	BCA (FY)	Vaishnavi
33	Pranjita Krishna Tiruke	BAMM (FY)	Pranjita
34	Kumud Tanaji Aagale	BAMM (FY)	Kumud
35	Srushti Tanaji Hilage	B.Sc. IT (FY)	Srushti



SR.NO	STUDENT NAME	CLASS	Sign
36	Sakshi Tukaram Gurusav	BCA TY	Patil
37	Vaishnavi Shivaji Jadhav	BCA TY	Vaishnavi
38	Shirani Dattatray Bote	BCA TY	Bote
39	Poonam Satappa Patil	BCA TY	Patil
40	Rutuja Kisan Khade	BCA TY	Khade
41	Snehal Maruti Mane	BCA TY	Mane
42	Tyoti Sadashiv Powar	BCA TY	Powar
43	Nandini Subhash Chougale	B.SCI (FY)	Chougale
44	Payal Prakash Sutar	BSCIT (TY)	Sutar
45	Pallavi Govind Kesarkar	BSCIT (TY)	Kesarkar
46	Sakshi Krushnat Sutar	BSC (IT) TY	Sutar
47	Neha Dhanaji Potdar	"	Potdar
48	Sanika Subhash Ranavare	BSC (IT) FY	Ranavare
49	Diksha Dattatray Patil	BSC. IT (FY)	Patil
50	Prachi Pandurang Patil	BSC. IT (FY)	Patil
51	Suhani Kundalik Patil	BSC. IT (TY)	Patil
52	Dipti Dayanand Barage	BSC. IT (TY)	Barage
53	Sanika Vilas Jadhav	BSC. IT (TY)	Jadhav
54	Aarshi Balvant Mhalungkar	BSC. IT (TY)	Mhalungkar
55	Rutuja Bhikaji Guroav	BSC. IT (FY)	Guroav
56	Sakshi Sanjay Patil	BSC. IT (TY)	Patil
57	Vaishnavi Shahaji Patil	BSC. IT (TY)	Patil
58	Sakshi Sunil Kothalakar	BSC. IT (FY)	Kothalakar
59	Akanksha Ashok Patil	BSC. IT (FY)	Patil
60	Aditi Shantaram Patil	BSC. IT (FY)	Patil
61	Rutuja Ananda Patil	BSC. IT (FY)	Patil
62	Gauti Ashok Patil	BSC. IT (FY)	Patil
63	Sanika Dhanaji Patil	BSC. IT (FY)	Patil
64	Samriddhi Uday Badhe	BSC. IT (FY)	Badhe
65	Pratiksha Sanjay Kamble	BSC. IT (FY)	Kamble
66	Reshma Sanjay Koparde	BSC. IT (FY)	Koparde
67	Neha Pandit Patil	BSC. IT (FY)	Patil
68	Rasika Ramesh Kankarkar	B.Sc. IT (FY)	Kankarkar
69	Sakshi Shivaji Nichite	B.Sc. IT (FY)	Nichite
70	Sakshi Keishnat Powar	B.Sc. IT (FY)	Powar
71	Sanika Ananda Kumbhar	B.Sc. IT (FY)	Kumbhar
72	Komal Ramchandr Phadake	B.Sc. IT (FY)	Phadake
73	Tejswini Shashikant Vhanalkar	B.Sc. IT (FY)	Tejswini
74	Sanika Pandurang Patil	B.Sc. IT (FY)	Patil



SR.NO	STUDENT NAME	CLASS	Sign
75	Ankita Yuvraj Patil	B.C.A-TY	
76	Prandali Bhimrao Kambale	R. C. A. FY	
77	Pratiksha Vilas Patil	Bsc.IT (FY)	
78	Sakshi shohaji Patil	B. C. A. (FY)	
79	Shreya Jaysing Patil	B.C.A (FY)	
80	Patil Pratiksha vishwas	BSC.IT (FY)	
81	sanika Ganpati patil	BCA (fy)	
82	Swapnali Balvant Patil	BSC.IT (FY)	
83	Darshana Sadashiv Patil	Bsc.IT (FY)	
84	sanika vishwas patil	BCA (FY)	
85	Vaishnavi Sunil Patil	BCA (fy)	
86	Sakshi Raghunath Patil	BCA (FY)	
87	Mansi Nivas Patil	BSC.IT (FY)	
88	Kajal Macchindra Sorate	BCA (FY)	
89	Pallavi subhash Kambale	BCA (FY)	
90	sonali Bhagvan Kumbhar	BCA (FY)	
91	Vaishnavi Vikram Patil	BCA (FY)	
92	Saloni Pralap Yerudkar	BCA (FY)	
93	Desai Shweta Satappa	BCA (FY)	
94	shomal Mahadev Patil	BSC.IT (FY)	
95	Sakshi Dhanaji patil	BSc.IT (FY)	
96	Tshita Jotiram Patil	B.C.A. (FY)	
97	Sammuddhi Bandarpant Patil	B.c.A (FY)	
98	maumali Sunil Kambale	B.A.M.M (TY)	
99	Reshma Rajaram Patil	B.A.M.M (TY)	
100	Nikita Rajaram Hujare	B.S.C IT (FY)	
101	Sanika shital Patil	B.S.C IT (FY)	
102	Vrushali kiran Patil	BCA (FY)	
103	Siddhi balkrusha patil	BCA (FY)	
104	Mrudula Shashikant Patil	B.S.C. (T.T) FY	
105	Indrayani Ananda Naik	B.S.C (J.T) FY	
106	Beachi Raghunath chougale	—	
107	Rasika Anukush Paritil	BCA (FY)	
108	Sanika Shobaji chougale	BCA (TY)	
109	Sanika Sanjay Ranadive	BCA (TY)	
110	Sakshi Shivaji Gudar	BSC.IT (TY)	
111	Bhanali Arvind kumbhar	BCA (TY)	
112	Pratiksha Rajaram Patil	BCA (TY)	
113	Chinmayi Shivaji Menage	—	



SR.NO	STUDENT NAME	CLASS	Sign
114	Somruddhi vijaysinh Patil	BSC IT (FY)	S.V.Patil.
115	Patil Sakshi Namdev	BSC IT (TY)	Patil
116	Sanika Shamrao Sidruk	BSC IT (FY)	Sidruk.
117	Riddhi Bajirao chougale	BSC IT (FY)	Chougale.
118	Sakshi Namdev Kulkarni	BCA (TY)	Sakshi
119	Patil Rutuja Santaram	BSC.IT (TY)	Patil
120	Patil Sakshi Dilip	— " —	Patil.
121	Patil Somrudhi ananda	BCA. (TY)	Patil.
122	lad arati Prakash	BSC.IT (TY)	Lad
123	Hujare Rutuja Sandip	— " —	Hujare
124	Nikita shivaji Kapale	B.S.C.IT (FY)	Nikita
125	Sakshi Jitendra Kapale	BSC.IT (FY)	Kapale
126	Asmita Anil Farakate	— " —	Asmita
127	Satuse Suman Dilip	BCA (TY)	Satuse
128	Kamble Amruta Deepak	— " —	Amruta.
129	Kamble Haruna Raghunath	— " —	Rambha
130	shinde Diksha Gajendra	BSC IT (FY)	Shinde
131	Preit Prajakta Rindurang	"	Preit
132	Kamble Sanika Ankush	"	Kamble
133	Gurav Pallavi Rinduranga	"	Gurav
134	NAMRATA SUNIL MUDAKE	— " —	Mudake
135	Prayanka Sandip Sornobat	— " —	Prayanka
136	Asmita Sudhakar Patil	— " —	Asmita
137	Ankita Ajeun Patil.	— " —	Patil
138	Diksha Dilip Patil	— " —	Patil
139	Shraddha Suresh Shetake	— " —	Shraddha
140	Prachi Amar Gurav	— " —	Prachi
141	Sakshi Rajendra Kumbhar	— " —	Kumbhar
142	Rutuja Yuvraj Magdum	BCA (FY)	Rutuja
143	Shrutika Utam Magdum	BCA (FY)	Shrutika
144	Pranita Rajendra Gurav	BCA (FY)	Pranita
145	Chaitali Satappa batkar	BCA (FY)	Chaitali
146	Sandhya dhanaji magdum	BSC IT (FY)	Sandhya
147			
148			
149	Total = 25 + 39 + 39 + 33 = 146		
150			
151			
152			

Head
Department Of
Computer Science



Principal
Shahid Virpatti Laxmi Mahavidyalaya
Titave, Tal. Radhanagari, Dist. Kolhapur



Shahid Shikshan Prasarak Mandal's

Shahid Virpatni Laxmi Mahavidyalaya, Titave



CERTIFICATE

This Certifies that

has Attended/Completed one day workshop
on "Awareness on Sustainable Menstrual Hygiene"
organized by Department of Computer Science ,
S.V.L.M. Titave.

Date. 14.10.2023.....

[Signature]

HOD(Department of computer Science
Head



[Signature]
Principal

Principal

Shahid Virpatni Laxmi Mahavidyalaya, Titave

Department Of
Computer Science