



Prahladrai Dalmia Lions College of Commerce & Economics  
(Government Aided & Affiliated to University of Mumbai & AICTE, New Delhi)  
NAAC Re-accredited with 'A' Grade (III Cycle) ISO 21001:2018 Certified  
University of Mumbai Recognized Research Centre in Accountancy, Commerce & Business Economics  
A Government Approved Hindi Linguistic Minority Institute  
52 Years of Sterling Performance in Education

## NOTICE

DATE- 30/07/2025

All the SFC students are hereby informed that the **Health and Counselling Cell (SFC)** is conducting an awareness session on “**Menstrual Hygiene Management (MHM)**” on **31st July, 2025** in the College Auditorium at **10.30 am**. All the students need to attend the same.

PROGRAM: MYNA MAHILA FOUNDATION	OUTLINE
<ul style="list-style-type: none"><li>● <b>Myna Mahila Foundation</b>, an organization committed to improving Sexual and Reproductive Health (SRH) for over 8 years and having reached more than <b>1.5 million girls and women</b>, will be conducting an <b>Awareness Session on Menstrual Hygiene Management (MHM)</b> at our college.</li><li>● The session aims to break the silence and stigma surrounding menstrual hygiene, promote scientifically accurate knowledge, and empower students with practical guidance and resources.</li></ul> <p>Website: <a href="https://mynamahila.com/">https://mynamahila.com/</a></p>	<ul style="list-style-type: none"><li>● Understand Menstruation</li><li>● Hygiene Practices</li><li>● Nutritional and Lifestyle Support</li><li>● Gender Sensitivity and Inclusion</li></ul> <p>The session will be <b>followed up after three months</b> with a dedicated <b>Self-Care Session</b>, focusing on <b>mental and physical well-being, stress management, and healthy lifestyle practices</b>.</p>
<p><b>The students would be provided with the Participation Certificates after the session.</b> <b>Registration link- <a href="https://forms.gle/mdJw1Akx3LQsULJu7">https://forms.gle/mdJw1Akx3LQsULJu7</a></b></p>	

<b>Ms. Mansi Bafna</b> Convener – Health & Counselling Cell (SFC)	<b>Ms. Subhashini Naikar (Vice-Principal (Unaided))</b>	<b>Prof. (Dr.) D.N. Ganjewar</b> Principal

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