

St. Mira's College For Girls, Pune  
An Autonomous (Affiliated to Savitribai Phule Pune University)

**REPORT**

BBA SOCIAL OUTREACH ACTIVITY II (HMHM) – Har Mahina Har Mahila

Volunteers from St Mira's College for Girls along with Her Mahina Har Mahila Team of our Foundation were involved in promoting sustainable and eco-friendly Menstrual solutions at "Pune Monsoon Market", an exhibition event held at The Mills on 27 th and 28 th July, 2019. They interacted with about 500 visitors over these two days and explained the importance of Women's Menstrual Health, Hygiene and Wellness.

The key activities of Her Mahina Har Mahila project are spread towards Counselling, Education, Awareness and Training. The students were trained a day prior on these topics and how to address the audience/visitors. Apart from spreading awareness about the project, the students also helped in selling the following items like Sanitary Pads (NGO manufactured), Reusable Cloth Pads, Menstrual Cups, Book Marks (made by students), Embroidered T shirts (as Merchandise). The total value collected was Rs.8,760.00.

The following students participated in this activity under the able co-ordination from Prof. Abhradita Chatterjee.

Co-ordinator

Abhradita Chatterjee Nahvi



  
**Principal Incharge**  
St. Mira's College for Girls, Pune.



**SADHU VASWANI MISSION'S**  
**St. Mira's College For Girls, Pune**  
**Autonomous (Affiliated to Savitribai Phule Pune University)**  
**Reaccredited by NAAC- A Grade, cycle 3**  
**[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]**  
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**Ph./Fax: 26124846; Email: [miracollege@yahoo.co.in](mailto:miracollege@yahoo.co.in)**

**BBA SOCIAL OUTREACH 2019-2020**  
**Her Mahina, Har Mahila**  
**Women's Wellness for Women, By Women**

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The BBA department has launched its 2<sup>nd</sup> Social Outreach Program for the academic year 2019-2020. The program is coordinated by Abhradita Chatterjee Nahvi

#### **Vision**

- Break the Menstruation taboo across all genders through awareness, education and easy accessibility to products and services.

#### **Mission**

- To provide authentic digital and offline information on menstrual health, hygiene and wellness to girls and women in India
- Collaborate and Involve various stake holders
- Provide scope and support for propagating various products and services
- Focus on usage and disposal of menstrual products

On 12<sup>th</sup> of July 2019, the BBA Department organized an orientation session with Mr. Raja Narasimha & his wife Mrs. PritiRaja from NGO Sare Jahan Se Achha. They spoke to the students about the collaboration of their project "**Har Mahina Har Mahila**".

The project's primary vision is to break the taboo across all the gender and spread awareness. The growing concern that is been faced by the women of India is something which pulled the attention of the college to motivate their girls to go further and help with their project.

In the session students were made aware that out of 8 tons of waste, 2ton of the sanitary napkins are being segregated by hand which made the girls question on the hygienic method of disposal of the used napkins. Initially they will be spreading awareness regarding the different menstrual products that are available in the market and also be selling them at a cheaper rate so that a larger mass can afford it.

Apart form the above various other problems rekatod to women will be addressed. They are

- Puberty & Menstruation
- Menopause
- Girlie Guppa
- Good Touch Bad Touch
- ParenTeen



**Principal Incharge**  
**St. Mira's College for Girls, Pune.**



Sare Jahan Se Acha Socio-Eco-Pol Foundation Pvt Ltd  
Regd. Office - E-102 Kalpataru Regency Phase II  
Lane 10 Kalyani Nagar, Pune 411006  
+91 9850508310

July 30, 2019

**TO WHOM IT MAY CONCERN**

We were happy to collaborate with St Miras College students during the month of July 2019 under our **HER MAHINA HAR MAHILA PROJECT** which consisted mainly with students from their BA, BBA and B.Com stream. There were about **100 participants**. The initiative was to promote Menstrual health, hygiene and wellness. Few students volunteered to spread awareness among their circle of influence.

We wish the college and the participants the very best and to continue such endeavours.

Raja Narasimhan  
Founder Director



Principal Incharge  
St. Mira's College for Girls, Pune.

St.Mira's College for girls , pune

List of Students - HAR MAHINA HAR MAHILA 2019

Sr	Roll No.	Name	30th jul	Sr	Roll No.	Name	30th jul
1	21701	Surbhi Singh	P	32	21748	Sharma Veena	P
2	21702	Kamya Patel	P	33	21749	Shivani Shinde	P
3	21703	Shubhangi Mathur	P	34	21750	Jain Ayushi	P
4	21704	Prena Gianchandani	P	35	21751	Shaikh Muskan	P
5	21705	Simran Advani	P	36	21753	Shende Mansi	P
6	21706	Calnta Lazarus	P	37	21754	Gogale Suchita	P
7	21707	Pratiksha Bokadia	P	38	21755	Honkalas Pooja	P
8	21708	Pragati Khatal	P	39	21756	Talekar Sayali	P
9	21709	Monica Dhanwani	P	40	21757	Janhvi Vaswani	P
10	21710	Jayanti Naidu	P	41	21758	Gunjaria Shweta	P
11	21711	Roshani Lalwani	P	42	21759	Waikar Indrani	P
12	21712	Gaikwad Tejashri	P	43	21760	Princy Saluja	P
13	21713	Khandagale Janhvi	P	44	21761	Simran Khan	P
14	21714	Dang Komal	P	45	21762	Nikita More	P
15	21715	Manvi Malhotra	P	46	21763	Kriplani Bhavisha	P
16	21716	Sanjivani More	P	47	21764	Gulhane Meghana	P
17	21717	Nikita B. Ambre	P	48	21765	Walke Pratiksha	P
18	21718	Cheyene N Dsouza	P	49	21766	Oza Gangotri	P
19	21720	Gurav Amruta	P	50	21768	Shetty Pratiksha	P
20	21721	Janhvi Binwani	P	51	21769	Janhvi Mali	P
21	21723	Hattarki Mallika	P	52	21770	Bhosale Aishwarya	P
22	21724	Dhar Niyati	P	53	21771	Bardwa Nikita	P
23	21725	Karen John	P	54	21772	Laveena Sachdev	P
24	21726	Chavhan Ashwini	P	55	21775	Gangji Sumaiya	P
25	21727	Bhavana Sharma	P	56	21777	Priyanka Sharma	P
26	21728	Shinde Shraddha	P	57	21778	Jayana Kishnani	P
27	21729	Akshata Karunakaran	P	58	21779	Kiran Kumari	P
28	21730	Raut Rutuja	P	59	21780	Natasha Krishnani	P
29	21731	Jennifer Arokiaswamy	P	60	21781	Eesha Daryanani	P
30	21732	Adodariya Ami	P	61	21782	Rathod Hanisha	P
31	21734	Jawalkar Mrunal	P	62	21783	Lalgudi Sharda	P
63	21830	SHIVANGI TIWARI	P	82	21871	NANDANI SHARMA	P
64	21831	THAKKAR SEJAL MAHESH	P	83	21872	KHAN ATIYA AYUB	P
65	21832	CRUZ SIMRAN THOMAS	P	84	21873	SABNANI ROSHNI	P
66	21833	RIYA SINGH	P	85	21874	RAHI PRAMOD BHOSLE	P
67	21834	Kashish Pasha Mallu	P	86	21877	SHARMA KRITIKA	P
68	21835	SABOONI ZOHA AZIZ	P	87	21878	KASHMIRA RAJPUT	P
69	21836	C TRINI SHARON	P	88	21879	PALLAVI ANIL KESWANI	P
70	21837	SUSMITA SAWANT	P	89	21880	SHILPA BANSODE	P
71	21838	Bhavika Mali	P	90	21767	Sheetal Ghadge	P
72	21839	SHARMA SHOBHA	P	91	21882	THADANI JANVI	P
73	21840	TARAWADE SIDDHI	P	92	21883	Alamchandani Isha	P
74	21841	MANSI SHINDE	P	93	21884	Samtani Sama	P
75	21810	Anjali Mahesh Chugh	P	94	21851	BHAWANA SUTHAR	P
76	21811	RAJPAL HEENA HEMANT	P	95	21852	VATARE ADITI VIJAY	P
77	21812	SAYYED ALIYA IRFAN	P	96	21853	DESHMUKH VAISHNAVI	P
78	21813	LIGHTWALA AMATULLAH	P	97	21854	SABALE AVANTIKA	P
79	21814	ADITI JOGVANSHI	P	98	21855	SANYUKTA TRIBHUWAN	P
80	21815	KITUKALE VAISHNAVI	P	99	21856	Balani Nishita	P
81	21816	Chavare Shivani Pramod	P	100	21857	NISHITA BALANI	P

*JB*  
Principal Incharge  
St. Mira's College for Girls, Pune.



12<sup>th</sup> August, 2019

**To**  
The Principal,  
St Mira's College for Girls,  
6, Koregaon Road, Pune.

Respected Madam,

Volunteers from St Mira's College for Girls along with Her Mahina Har Mahila Team of our Foundation were involved in promoting sustainable and eco-friendly Menstrual solutions at "Pune Monsoon Market", an exhibition event held at The Mills on 27<sup>th</sup> and 28<sup>th</sup> July, 2019. They interacted with about 500 visitors over these two days and explained the importance of Women's Menstrual Health, Hygiene and Wellness.

The key activities of Her Mahina Har Mahila project are spread towards Counseling, Education, Awareness and Training. The students were trained a day prior on these topics and how to address the audience/visitors. Apart from spreading awareness about the project, the students also helped in selling the following items –

Sanitary Pads (NGO manufactured) – 46		Reusable Cloth Pads - 2
Menstrual Cups - 2		Book Marks (made by students) - 23
Embroidered T shirts (as Merchandise) – 10		

The total value collected was Rs.8,760.00

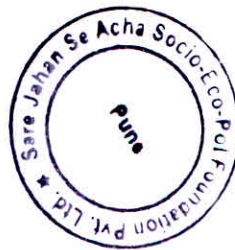
This is to certify that the following students participated in this activity under the able co-ordination from Professor Ms Abhradita Chatterjee.

**Second Year BBA**

Zainab Kapadia, Rahi Bhosle, Shivangi Tiwari, Megha Dewangan, Yashika Chaudhari, Zoha Sabooni, Sanyukta Tribhuwan, Heena Rajpai, Deepika Kesarkar and Konkana Roy Chowdhury

Thank you!

Priti Raja Narasimhan, Director



Principal Incharge  
St. Mira's College for Girls, Pune