



WOMEN DEVELOPMENT CELL AND DEPARTMENT OF OBGY

PARUL INSTITUTE OF HOMOEOPATHY AND RESEARCH



Convener :

Dr. Ruchi Srivastava

Faculty Coordinator:

Dr. Kosmika Makwana

Dr. Priyanka Kharve

EXPERT TALK ON MENSTRUAL HYGIENE

By:

Dr. Amita U. Shah
(MBBS, MD(Obs& Gynaec))

THURSDAY, 6 JUNE

11 AM TO 12PM

**J.K.PATEL
SEMINAR HALL**

Principal
Principal
Parul Institute of
Homoeopathy & Research
Iswarpura, Limda, Vadodra-351150.





Date: 3/6/2024

CIRCULAR

All the female staffs are here by informed that Women Development Cell & OBGY department of PIHR has organized Expert Talk on celebration of menstrual hygiene day.

All faculties are cordially invited to make this event successful.

The details of event are as follow:

Speaker: Dr. Amita Shah

Topic: Menstrual Hygiene

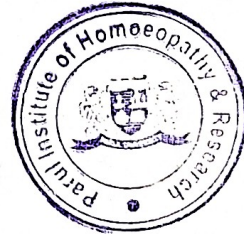
Date & Time: 06/06/2024 at 11 am

Venue: Dr. J. K. Patel Memorial Seminar Hall, PIHR.

Dr. B. P. Panda
Principal
PIHR Parul Institute of
Homoeopathy & Research
Somarpada, Lihoda, Nadodaya-391760.

Dr. Kosmika Makwana
WDC Coordinator,
PIHR

1. Dr. Pooja Chajer *P*
2. Dr. Sujat Lal - *Slal*
- 3) Dr. Jayshree Beethra *Beethra 4/6/24*
- 4) Dr. Praveali *Praveali*
- 5) Dr. Dipika *Dipika*
- 6) Dr. Ranjika *Ranjika*
- 7) Dr. Kiran Singh *K.P.S. 4/6/24*
- 8) Dr. Preeti A. Jha *Preeti 4/6/24*
- 9) Dr. Babina N *Babina*
- 10) Dr. Pooja Chajer *P*





AGENDA-Expert talk


Topic: Menstrual Hygiene

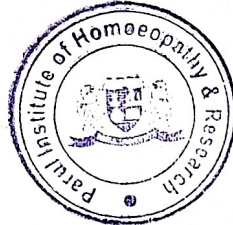
Speaker: Dr. Amita Shah


Date & Time: 06/06/2024 at 11 am

Venue of the Event: Dr. J. K. Patel Memorial Seminar Hall, PIHR

TIME	PARTICULARS
10:50 am	Gathering
11:00 am	Introduction by Anchor
11:05 am	Lamp lightning and Prayer
11:10 am	Welcome speech by WDC Coordinator- Dr. Kosmika Makwana
11:15 am	Speech on occasion - Dr. B. P Panda
11:20 am	Session by Dr.Amita Shah
12:20 pm	Vote of thanks by Dr. Priyanka kharve
12:30 pm	National anthem


Dr. B P Panda
Principal
PIHR




Dr. Kosmika Makwana
WDC Coordinator
PIHR

Principal
Parul Institute of
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Tswarpura, Limda, Vadodara-391760.



Activity Report

INSTITUTE	Parul Institute of Homoeopathy and Research		
DEPARTMENT	Organized by Women Development Cell, PIHR		
ACTIVITY TYPE	Expert Talk on Menstrual Hygiene		
DATE	6.11.2023	Duration	11 am to 12 pm
YEAR/CLASS	3 rd BHMS	No. of Participants	92
RESOURCE PERSON	Dr. Kosmika Makwana (WDC-Coordinator)		

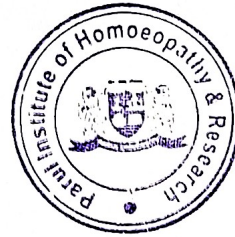
Details about the activity: Women Development Cell of PIHR along with OBGY had conducted an expert session on "Menstrual Hygiene". Event was well conducted by WDC Coordinator of institute Dr. Kosmika Makwana and team of WDC. Event started with welcome speech and introduction by Dr. Kosmika Makwana. Speech of occasion was given by Dr. B.P. Panda. After that session started for 1 hrs. Votes of thanks was given by Dr. Priyanka Kharve. Session ended with National Anthem.

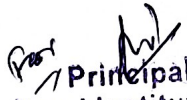
Outcome/Feedback

The main objective of this event was to aware about personal hygiene during menstruation. It was really wonderful and informative session given by Dr. Amita shah. This kind of event is must to aware all female faculty and students of PIHR.

Objective achieved

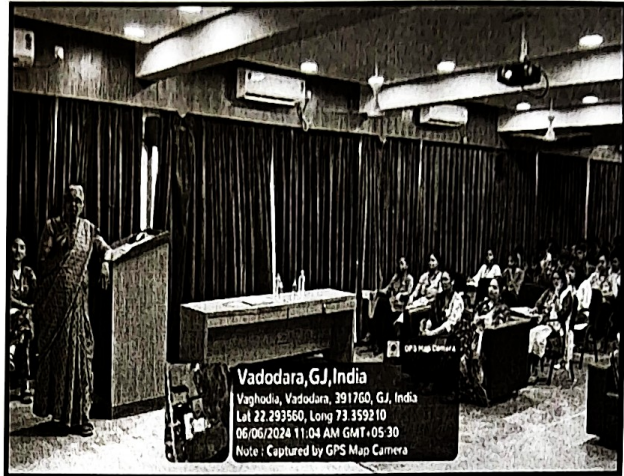
1. What is Menstruation
2. How to maintain personal hygiene
- 3 Mental health during menstruation
4. Myth regarding menstruation.




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Geotagged Photos With Caption



Signature of Coordinator



Signature of HOD

HOD
DEPT. OF HOMOEOPATHIC PHARMACY
PIHR

Signature of Principal

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PARUL INSTITUTE OF HOMOEOPATHY & RESEARCH

Women Development Cell

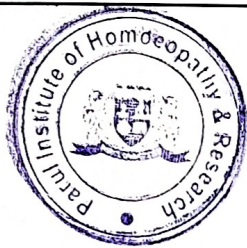


Parul[®]
University NAAC[®] A+



Attendance sheet			Date: 6/6/24
Sr.No.	Faculty	Institute	Sign
1	Dr.Kosmika Makwana	PIHR	[Signature]
2	Dr.Vibhuti Kulkarni	PIHR	[Signature]
3	Dr.Ranjita Gupta	PIHR	[Signature]
4	Dr.Bhakti P Pathak	PIHR	[Signature]
5	Dr.Puja Chajer	PIHR	[Signature]
6	Dr.Poonam Gopalkrishnan	PIHR	[Signature]
7	Dr.Nayana Patel	PIHR	[Signature]
8	Dr.Mamta Tapas	PIHR	[Signature]
9	Dr.Dipika Sindha	PIHR	[Signature]
10	Dr.Babina Ningombam	PIHR	[Signature]
11	Dr.Priyanka Kharve	PIHR	[Signature] 6/6/24
12	Dr.Briyal Patel	PIHR	[Signature]
13	Dr.Preeti Jha	PIHR	[Signature] 6/6/24
14	Dr.Kirtikumari Baria	PIHR	[Signature] 6/6/24
15	Dr.Jayshree Rathva	PIHR	[Signature] 6/6/24
16	Dr.Pranali Mistry	PIHR	[Signature] 6/6/24
17	Dr.Pratibha Kane	PIHR	[Signature] 6/6/24
18	Dr.Tongbram Somibala Devi	PIHR	[Signature] 6/6/24
19	Dr.Disha mitra	PIHR	[Signature] 6/6/24
20	Dr Isha Thakur	PIHR	[Signature]
21	Dr. Arpita Chaterjee	PIHR	[Signature]
22	Miss Bijal shah	PIHR	[Signature]

For
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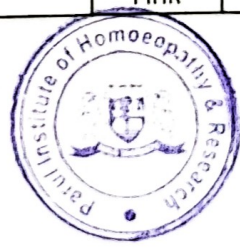


Attendance sheet

Date: 6/6/24

Sr. No.	Enrollment No	Student Name	Institute	Sign
1	210440101001	CHAUDHARY DHARA HEERALAL	PIHR	Dhara
2	210440101003	DESAI NENSIBEN BHALABHAI	PIHR	Desai
3	210440101008	PATEL ASHIYANA ABDULLAH	PIHR	Asiya
4	210440101010	PATEL HEMANGINIBEN VITTHALBHAI	PIHR	Hemangini
5	210440101011	PATEL SHREYA MELETBHAI	PIHR	Shreya
6	210440101014	SUTHAR HETALBEN DHARMENDRABHAI	PIHR	Hetal
7	210440101014	BAROT UNNATIBEN NARESHKUMAR	PIHR	Unnati
8	210440101014	BHUVA JENSI CHIMANBHAI	PIHR	Jensi
9	210440101024	CHAUDHARI NIDHIKUMARI RAKESHBHAI	PIHR	Nidhi
10	210440101025	CHUDASAMA NEHALBEN BHARATBHAI	PIHR	Nehal
11	210440101033	JAIN KRISHNA NARESHKUMAR	PIHR	Krishna
12	210440101034	JARIWALA DIVYA BIPINKUMAR	PIHR	Divya
13	210440101040	KHANT HARVISHABEN DINESHBHAI	PIHR	Harvisha
14	210440101042	LIMBACHIYA URVIBEN DIPAKBHAI	PIHR	Urvika
15	210440101045	MAHESHWARI BHAVIKA DASHRATHBHAI	PIHR	Bhavika
16	210440101046	MAKWANA VAIBHAVI BHARATBHAI	PIHR	Vaibhavi
17	210440101047	MANDORA TANNUBA GAJENDRASINH	PIHR	Tannuba
18	210440101048	MANSURI UJMABANU SAKIRHUSSEIN	PIHR	Ujma
19	210440101049	MEVADA MAITRIBEN NARENDRAKUMAR	PIHR	Maitri
20	210440101050	MISTER SAKINA HUSAIN	PIHR	Sakina
21	210440101051	MORI MOHINIBEN VALCHANDBHAI	PIHR	Mohini
22	210440101052	MUNIYA NANDANIBEN RAJENDRABHAI	PIHR	Nandani
23	210440101053	NANDNI HANSORA	PIHR	Nandni
24	210440101058	PARMAR MAULIKA VIJAYSINH	PIHR	Maulika
25	210440101060	PESHA SAKSHI NARENDRAKUMAR	PIHR	Sakshi
26	210440101062	RATHOD HINA ANILKUMAR	PIHR	Hina
27	210440101065	RAY ZEEL BHARAT	PIHR	Zeel
28	210440101066	ROHIT ANJALIBEN MAHENDRABHAI	PIHR	Rohit
29	210440101067	SHEKH SULET SULTANBHAI	PIHR	Shekh
30	210440101070	VADILE URJABEN RAJENDRABHAI	PIHR	Urja
31	210440101073	VASAVA BINALBEN PRAKASHBHAI	PIHR	Binal
32	210440101074	VIROJA YASHVI PARAGBHAI	PIHR	Yashvi
33	210440101076	KUSHWAHA ANKITA RAMESHBHAI	PIHR	Ankita
34	210440101077	KUSHWAHA KUMARI SONI RAMESH	PIHR	Kumari
35	210440101079	PAL NANDINI PANKAJBHAI	PIHR	Nandini
36	210440101081	PARMAR DIPA PRAFULBHAI	PIHR	Dipa
37	210440101084	PATEL ZEEL YATINKUMAR	PIHR	Zeel
38	210440101085	SOLANKI PRABHUTA KAILASHKUMAR	PIHR	Prabhuta
39	210440101087	BHALIYA SNEHABEN HIRENBHAI	PIHR	S.H. Bhalayeri
40	210440101090	KADAM PRANITA VISHWANATH	PIHR	Pranita

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Iskcon, Bhopal, India





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Women Development Cell



Attendance sheet Date:

Sr.No.	EnrollmentNo	Student Name	Institute	Sign
1	2204401010006	CHAVADIYA MITAL BABUBHAI	PIHR	<i>Mital</i>
2	2204401010008	DAMOR BANSARIBEN SHANTIBHAI	PIHR	<i>Bansari</i>
3	2204401010009	DANGAR RATAN RANDHIRBHAI	PIHR	<i>Ratan</i>
4	2204401010010	GAMIT DIVYANSHIBEN LALLUBHAI	PIHR	<i>Divya</i>
5	2204401010011	GARI DOLLYBEN MEHULBHAI	PIHR	<i>Dolly</i>
6	2204401010012	GOHIL MANSI VINUBHAI	PIHR	<i>Mansi</i>
7	2204401010013	HAPANI POOJABEN KISHORBHAI	PIHR	<i>Pooja</i>
8	2204401010015	HARSHITA KHIMAJIBHAI KATARIYA	PIHR	<i>Harshita</i>
9	2204401010016	HARSORA DIVYABEN RAJESHBHAI	PIHR	<i>Divya</i>
10	2204401010017	HETHVADIYA DIYA ARJANBHAI	PIHR	<i>Diya</i>
11	2204401010020	JINJALA ANERI DILIPBHAI	PIHR	<i>Aneri</i>
12	2204401010021	KADRI SHARMIN MOINUDDIN	PIHR	<i>Sharmin</i>
13	2204401010024	KAPURE ARTI SHASHIKANT	PIHR	<i>Arti</i>
14	2204401010025	KATHIRIYA HEMISHA JAYSUKHBHAI	PIHR	<i>Hemisha</i>
15	2204401010027	KONDI DHRUVI MUKESHBHAI	PIHR	<i>Dhruvi</i>
16	2204401010028	KORAT DHARMANSI ASHOKBHAI	PIHR	<i>Dharmansi</i>
17	2204401010029	KOTHLIKAR ADITI RUPESH	PIHR	<i>Aditi</i>
18	2204401010030	LOKHIL DEVANSHI SUNILBHAI	PIHR	<i>Lokhil D.S.</i>
19	2204401010031	MACHHI GAURI KANAIYABHAI	PIHR	<i>Gauri</i>
20	2204401010033	MAKWANA DHARA SURESHBHAI	PIHR	<i>D.S. Makwana</i>
21	2204401010043	PATEL ARCHANABEN ARJUNBHAI	PIHR	<i>Archana</i>
22	2204401010044	PATEL ARPITABEN GULABSINH	PIHR	<i>Arpita</i>
23	2204401010045	PATEL DIVYA RAKESHKUMAR	PIHR	<i>Divya</i>
24	2204401010046	PATEL KRISHNA HARISHKUMAR	PIHR	<i>Krishna</i>
25	2204401010047	PATEL MASUM DHARMENDRAKUMAR	PIHR	<i>Masum</i>
26	2204401010048	PATEL PRACHIBEN KALPESHKUMAR	PIHR	<i>Prachi</i>
27	2204401010049	PATEL PRINCYBEN PRAVINBHAI	PIHR	<i>Princy</i>
28	2204401010051	PRAJAPATI HARDIBEN MANOJBHAI	PIHR	<i>Hardi</i>
29	2204401010052	RAJGOR HENCY DINESHKUMAR	PIHR	<i>Hency</i>
30	2204401010053	RAJPARMAR STUTI KAMLESHBHAI	PIHR	<i>Stuti</i>
31	2204401010054	RAJPUT KINJALBEN VIKRAMBHAI	PIHR	<i>Kinjal</i>
32	2204401010055	RAJPUT RAKHI BEERBHANSINGH	PIHR	<i>Rakhi</i>
33	2204401010056	RANAWAT JINAL	PIHR	<i>Jinal</i>
34	2204401010058	RATHOD HETVI CHANDRESHBHAI	PIHR	<i>Hetvi</i>
35	2204401010059	RATHOD KHUSHBUBEN SURESHBHAI	PIHR	<i>Khushbu</i>
36	2204401010060	RUDANI HETAL MOHANBHAI	PIHR	<i>Hetal</i>
37	2204401010061	SAIYED MISBAREHANA SOKATHUSEN	PIHR	<i>Misbarehana</i>
38	2204401010064	SOLANKI KHUSHI BHARATBHAI	PIHR	<i>Khushi</i>
39	2204401010066	SOLANKI SHAKUNTLABEN RANJITSINH	PIHR	<i>Shakuntla</i>
40	2204401010067	SONERA KRISHNA DINESHBHAI	PIHR	<i>Krishna</i>
41	2204401010069	TADVI KRISHNABEN PRAVINBHAI	PIHR	<i>Krishna</i>
42	2204401010070	TANK SALONI PRAFULBHAI	PIHR	<i>Saloni</i>
43	2204401010072	VAGHASIYA DHRUVI KESHUBHAI	PIHR	<i>Dhruvi</i>
44	2204401010073	VAHORA MISBABEN SALIMBHAI	PIHR	<i>Misba</i>

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