



Shri Vithalrao Joshi Charities Trust's  
**SAMARTH NURSING COLLEGE**  
(NAAC ACCREDITED GRADE 'B')  
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(Recognised by Indian Nursing Council, Maharashtra Nursing Council & Maharashtra University of Health Sciences, Nashik and MSBNPE Board, Mumbai)

## *Report on Menstrual Hygiene Day*

SVJCT's Samarth Nursing College organized Menstrual Hygiene Day on 28 May 2026 to promote awareness regarding menstrual health and hygiene among students. The programme was organized under the supervision of Prof. Tejal Surve, Principal, and Prof. Jessey Jacob, Vice-Principal, with the support of the SNA team.



An educational session on 'Feminine Hygiene and Menstrual Wellness' was organized, with Mrs. Swapna Kadam serving as the resource person. She delivered an informative talk on menstrual hygiene, healthy practices, and the importance of menstrual wellness in maintaining overall health and well-being.



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The session was followed by a yoga programme focusing on simple practices that help promote physical and emotional well-being during menstruation. Students also presented an awareness skit highlighting the significance of menstrual hygiene, dispelling common myths, and encouraging a positive approach towards menstrual health.





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The programme was well received by the students and successfully enhanced awareness about menstrual hygiene management and women's health.

