



# ARYA KANYA MAHAVIDYALAYA

Shahabad Markanda

Affiliated to Kurukshetra University, Kurukshetra



**Medical Cell, AKMV in collaboration with  
Bharat Vikas Parishad organizes Online Workshop for  
students on**



Ms. Neelam Sarda,  
Menstrual Hygiene Activist and  
Periodpreneur, Chennai,  
Tamil Nadu (India)

## SUSTAINABLE MENSTRUAL HYGIENE

**on 15 June 2022**

**at 11:00 am**

**via Google Meet**



*Heena*  
Convener, Medical Cell  
Dr. Heena Sukhija

Mahila Sanyojika, BVP  
Mrs. Kiran Kathuria

President, Bharat Vikas Parishad Patron & Principal  
Mr. Anil Arora Dr. Sunita Pahwa

Principal (Org.)  
Arya Kanya Mahavidyalaya  
Shahabad Markanda

Organizing Committee: Dr. Priyanka Singh, Ms. Shikha, Ms. Ekta

● सम्पर्क ● सहयोग ● संस्कार ● सेवा ● समर्पण

“राष्ट्र देवो भव”

**भारत विकास परिषद्**

शाहाबाद मारकण्डा - 136135 (हरियाणा उत्तर)



**BHARAT VIKAS PARISHAD**

Shahabad (M)-136135 (Haryana North)

**अध्यक्ष**

श्री अनिल अरोड़ा  
#40, विश्वास कॉम्प्लेक्स,  
शाहाबाद (मा.)  
मो. 8295101111

**सचिव**

श्री गुरचरण सिंघल  
#439, हुड्डा सेक्टर-1,  
शाहाबाद (मा.)  
मो. 9896294028

**कोषाध्यक्ष**

श्री संजय ठुकराल  
# 264/2, गाबा चौक,  
शाहाबाद (मा.)  
मो. 9896008938

**महिला एवं बाल विकास संयोजिका**

श्रीमती किरण कथूरिया  
# 912, हाऊसिंग बोर्ड कॉलोनी,  
शाहाबाद (मा.)  
मो. 8929853253

**विशेष आमन्त्रित :**

डॉ. परमजीत पाहवा 9416248838  
( क्षेत्रीय सचिव - संस्कार )

प्रो. अमरनाथ शर्मा 9034186463  
( प्रांतीय उपाध्यक्ष - संस्कार )

श्री मनीश भलिक 9466464008  
( जिला समन्वयक )

श्री रवनीश कटारिया 8059830083  
( उपाध्यक्ष - सम्पर्क )

श्री दीपक गुप्ता 7015870955  
( उपाध्यक्ष - सेवा )

श्री कंचल गाबा 7206565721  
( उपाध्यक्ष - संस्कार )

श्री नवीन मंगला 9416155053  
( संगठन सचिव )

प्रो. राजेश बावेजा 9255415009  
( प्रचार सचिव )

श्री अमित अग्रवाल 9812216927  
( सह सचिव )

**महिला सहसंयोजिका :**

श्रीमती मुनिधि अरोड़ा 9996413336

श्रीमती मोना अरोड़ा 9728255555

**कार्यकारिणी सदस्य :**

श्री सुधीर सूद 8930200203

श्री राजकुमार कथूरिया 9812394023

श्री कमल बतरा 9416175462

श्री अनिल नागर 9896043810

श्री उमेश गर्ग 9416452951

श्री सुनील गोपाल 9416135091

श्री हर्ष आनन्द 9781020686

श्री हेमन्त बंसल 9896664616

To

The Principal  
Arya Kanya Mahavidyalya  
Shahabad Markanda

**Subject: Permission to collaborate with your college for the Online Workshop on the topic "Sustainable Menstruation Hygiene" on 15 June, 2022.**

Dear Madam,

We are organizing an Online Workshop on the topic "**Sustainable Menstruation Hygiene**" on 15 June, 2022 at 11:00 a.m. We need your permission to collaborate with Medical Cell of your college for this Workshop.

Looking forward for your positive response.

Thanking you with regards.

Yours Sincerely,

**Mr. Anil Arora**

**President**

**Bharat Vikas Parishad  
Shahabad Markanda Branch**



आर्य कन्या महाविद्यालय, शाहाबाद मारकण्डा  
**ARYA KANYA MAHAVIDYALAYA**  
(A Premier Multifaculty Post Graduate Girls Institution Affiliated to KUK)  
SHAHABAD MARKANDA, DISTT KURUKSHETRA (HARYANA)

Ref. No. ...3.04/AKM/2022/10925A

Date ..11/06/2022

To

The President  
Bharat Vikas Parishad  
Shahabad Markanda Branch

**Subject: Consent for organizing the Online Workshop on the topic "Sustainable Menstruation Hygiene" on 15 June, 2022.**

Dear Sir,

It is our pleasure to organize an Online Workshop on the topic "Sustainable Menstruation Hygiene" on 15 June, 2022 at 11:00 a.m. in collaboration with Bharat Vikas Parishad, Shahabad Markanda Branch. We are hereby accepting your invitation for collaboration.

Looking forward for your visit.

Thanking you with regards.

*Hema*  
Dr. Hema Sukhija  
Convener  
Medical Cell

Yours Sincerely,

*Sunita*  
Dr. (Mrs.) Sunita Pahwa  
Offg. Principal  
Principal (Offg.)  
Arya Kanya Mahavidyalaya  
Shahabad Markanda



आर्य कन्या महाविद्यालय, शाहाबाद मारकण्डा  
**ARYA KANYA MAHAVIDYALYA**  
(A Premier Multifaculty Post Graduate Girls Institution Affiliated to KUK)  
SHAHABAD MARKANDA, DISTT KURUKSHETRA (HARYANA)

Ref. No. 304/AKM/2022/10926A

Date 13/06/2022

To

Mrs. Neelam Bharat Sarda  
Sustainable Menstruation Hygiene, Activist & Periodpreneur,  
Chennai, Tamil Nadu (India).


Subject: Invitation for Online Workshop on "Sustainable Menstruation Hygiene" on 15 June, 2022.

Respected Madam,


Apropos our telephonic talk and your kind consent, we are thankful to you for accepting our invitation as a Resource person in Online Workshop on the topic "Sustainable Menstruation Hygiene" on 15 June, 2022 at 11:00 a.m. to be organized by Medical Cell of our college in collaboration with Bharat Vikas Parishad, Shahabad.

Looking forward for your enlightening talk.

Thanking you with regards.

  
Dr. Hema Sukhija  
Convener  
Medical Cell

Yours Sincerely,

  
Dr. (Mrs.) Sumita Pahwa  
Offg. Principal  
Principal (Offg.)  
Arya Kanya Mahavidyalaya  
Shahabad Markanda



आर्य कन्या महाविद्यालय, शाहाबाद मारकण्डा  
**ARYA KANYA MAHAVIDYALYA**  
(A Premier Multifaculty Post Graduate Girls Institution Affiliated to KUK)  
SHAHABAD MARKANDA, DISTT KURUKSHETRA (HARYANA)

Ref. No. 304/AKM/2022/10947

Date 16/06/2022

To

Mrs. Neelam Bharat Sarada  
Sustainable Menstruation Hygiene, Activist & Periodpreneur,  
Chennai, Tamil Nadu (India).

Subject: Thanks for being Resource Person for Online Workshop on "Sustainable Menstruation Hygiene" on 15 June, 2022.

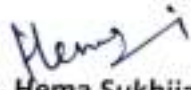
Dear Madam


I extend my heartfelt thanks for sharing your precious time and accepting our invitation for an extension lecture as a resource person in the workshop on "Sustainable Menstruation Hygiene" dated 15 June, 2022. It was our privilege to have you amongst us a Resource person for this online workshop organized by Medical Cell of our college in collaboration with Bharat Vikas Parishad, Shahabad. We wish to express our gratitude for sharing your expertise and knowledge. The participants have certainly gained from your academic deliberations and interactions.

I hope we will have a continue association and would be benefitted with your expertise in the future also.

Thanking You.

Yours Sincerely,

  
Dr. Hema Sukhija  
Convener  
Medical Cell

  
Dr. (Mrs.) Sunita Pahwa  
Offg. Principal  
Principal (Offg.)  
Arya Kanya Mahavidyalaya  
Shahabad Markanda

Timestamp	Email Address	Name of Student	Class	Roll No.	Contact No (Preferably Whatsapp)	How would you rate the lecture?	How would you rate the domain knowledge of Resource Person?	Would you like to have similar lecture in future?	Kindly provide your valuable inputs for the workshop
6-15-2022 18:34:58	ritikagupta79@gmail.com	Ritika	B.com	1212082003044	8915322354	5	5	Yes	Yes
6-15-2022 11:43:25	nichigupta511@gmail.com	Ruchi	B.com	1212082003005	8708464616	4	3	Yes	Nothing
6-15-2022 11:43:15	pratyanshu56711@gmail.com	Chahat	B.com 1 year	1212082003027	9306495148	5	5	Yes	Excellent
6-15-2022 12:35:11	amandeepchahal@gmail.com	Amandeep	B.A. 1st year	1212082003058	9306383285	5	5	Yes	Yes
6-15-2022 11:43:06	sa1200596@gmail.com	Srinan	B.Com	1212082003035	8298788894	5	3	Yes	Good
6-15-2022 11:46:30	kiranhande642@gmail.com	Kiranpreet kaur	B.Com 1	1212082003052	9050129278	5	5	Yes	Nothing
6-15-2022 11:44:43	solisam9009@gmail.com	Jyoti Sam	B.Com 1 year	1212082003003	9817799211	5	5	Yes	This is very useful source
6-15-2022 11:42:18	nyrdwan0@gmail.com	Nadim ram	B.Com gen 1st year	1212082003019	7496297832	5	5	Yes	This is very useful for us
6-15-2022 11:43:38	shushilakumari2022@gmail.com	Shobha	B.Com 1 general	1212082003058	8950640485	5	5	Yes	Good
6-15-2022 12:03:28	animesh035@gmail.com	Shweta	B.A 1st year	1212082003033	8738118544	5	5	Yes	Yes
6-15-2022 12:14:21	anesh907@gmail.com	Divya devi	B.a first year	1212082003113	8327539674	5	5	Yes	
6-15-2022 15:30:45	varshikaasharma1204@gmail.com	Varshika Sharma	B.A. 1	1212082003084	8559088821	5	5	Yes	
6-15-2022 12:16:14	teenaashah907@gmail.com	Susmi	B.A. 1st Year	1212082003065	9992298910	5	4	Yes	
6-15-2022 12:35:21	ajaygripud@gmail.com	Ajay	B.com	1212082003001	8918015497	5	5	Yes	This is very useful for us
6-15-2022 19:31:48	nishal2600467@gmail.com	Nisha Devi	B.com (1st year)	1212082003068	8466818506	5	5	Yes	Thanks for unique lecture
6-15-2022 12:17:28	komalbasra12@gmail.com	Komal	B.com (1st year)	1212082003021	8918118819	5	5	Yes	Thanks for knowledge for lecture
6-15-2022 18:34:21	zibunamamam@gmail.com	Sunaina sam	B.com (Gen-1st)	1212082003028	8307823418	5	5	Yes	Good for knowledge
6-15-2022 12:15:42	nehapoochay@gmail.com	Neha	B.com 1	1212082003022	8708798818	5	5	Yes	No
6-15-2022 11:44:08	simranpreet1@gmail.com	Simran devi	B.com 1 year	1212082003045	8598032552	5	5	Yes	This is very useful for use
6-15-2022 12:21:43	ajayjese01@gmail.com	Jaapreet	B.com 1 year	1212082003034	8613844701	4	5	No	
6-15-2022 12:14:24	arajpoochay@gmail.com	Araj	B.com 1st	1212082003023	8729757936	5	5	Yes	No
6-15-2022 12:25:27	kaushik2914@gmail.com	Kaaj	B.com 1st	1212082003054	8814912141	4	4	Yes	No
6-15-2022 11:58:48	ayyansha67@gmail.com	Shru	B.com 1st (CA)	1212082003013	8896070980	5	5	Yes	No
6-15-2022 12:12:17	ajayleona021@gmail.com	Kaaj	B.com 1st year	1212082003059	9053481633	5	5	Yes	This is very useful for us
6-15-2022 12:12:17	metakchaunav17@gmail.com	Manak Dew	B.com 1st year	1212082003007	87084 66613	5	5	Yes	This is very useful for us
6-15-2022 12:15:19	benkhatkaur@gmail.com	Pavni	B.com 1st year	1212082003007	87084 66613	5	5	Yes	This is very useful for us
6-15-2022 12:15:32	rupanjhan177@gmail.com	Renu	B.com 1st year	1212082003004	7265227998	5	5	Yes	No
6-15-2022 12:16:43	rajpreetkaur13@gmail.com	Rajpreet	B.com 1st year	1212082003023	9350889568	4	5	Yes	No
6-15-2022 11:44:22	bramanjyapoochay@gmail.com	Rajpreet	B.com 1st year	1212082003045	7515885233	5	4	Yes	Thanks for unique information
6-15-2022 19:29:11	neeru02040@gmail.com	Disha	B.com 1st year	1212082003033	8617834377	4	3	Yes	This is very useful for us
6-15-2022 17:38:13	nitishpenu004@gmail.com	Nishi	B.com 1st year	1212082003028	8584739133	5	4	Yes	
6-11-2022 8:56:52	ajaychauri04@gmail.com	Nisha	B.com 1st year (gen)	1212082003048	8896355148	4	5	Yes	Thanks for give a benefit know
6-15-2022 12:34:58	ankita04kaur@gmail.com	Jashpreet kaur	B.com 1 year	1212082003015	8708143347	5	5	Yes	Nothing
6-15-2022 12:06:43	neerajgupta05@gmail.com	Anika	B.com 1st year (Acted)	1212082003015	9350208630	5	4	Yes	Nothing
6-15-2022 12:05:51	satom05akson@gmail.com	Meenakshi	B.com 1st year	1212082003025	7404506662	5	5	Yes	Thanks for the valuable knowled
6-15-2022 12:04:51	riturajnegal@gmail.com	Saton	B.com 1st year	1212082003028	8818081780	5	5	Yes	Nothing
6-15-2022 13:48:31	netiaarsh05@gmail.com	Ritu Ran	B.sc. 1st year (Non-Medical)	1212082003022	9034884715	5	5	Yes	I liked your lecture
6-15-2022 8:02:31	anuk0040@gmail.com	Sweeta	B.sc. 1st year (Non-Medical)	1212082003018	8607987880	5	5	Yes	Good teacher and great know
6-15-2022 12:15:07	mandeepkaur0760@gmail.com	Aru devi	B.sc. computer science	1212082003007	8708135333	5	5	Yes	The workshop was very useful
6-15-2022 12:18:09	simranmehra@gmail.com	Mandeep Kaur	B.a 1st year	1212082003028	8617139112	5	5	Yes	Very nice
6-15-2022 12:31:50	chavragoparaj@gmail.com	Simran	B.com (gen) 1st year	1212082003012	9992391518	5	5	Yes	Thanks for knowledge this lectur
6-15-2022 11:01:42	deepansh097@gmail.com	Shweta	B.com 1st	1212082003028	7206784055	5	5	Yes	To use such useful tips to our pe
6-17-2022 11:03:32	nitishpreet04handa@gmail.com	Deepansh	B.com 1st gen	1212082003053	8916861091	5	5	Yes	Thanks for your lecture
6-15-2022 11:48:05	riturajnegal@gmail.com	Kubanspreet kaur	B.com 1st general	1212082003061	8307921008	5	5	Yes	The way of understand students
6-17-2022 11:03:54	anisham01@gmail.com	Heeru Rathour	B.com gen	1212082003047	9588072965	5	5	Yes	Nothing
6-15-2022 12:00:30	akansha0505@gmail.com	Ansha	B.com gen	1212082003017	9991180235	5	4	Yes	No
6-15-2022 18:18:17	anisham011@gmail.com	Sakshi	B.com 1st gen	1212082003043	8812282508	5	5	Yes	Nothing
6-15-2022 21:54:05	manpreetkaur184@gmail.com	Shubh Sharma	B.sc (non - medical)	1212082003058	8222823472	5	5	Yes	Thanks for this unique lecture
		Manpreet Kaur	B.sc (1st) non-medical	1212082003032	8198028072	5	5	Yes	Yes

Principal (CRP-3)  
GGS Indraprastha College

6-15-2022	12:09:48	z242622@gmail.com	Gunmeet Kaur	Bac (non medical) -1	1212062015001	988848336	5	5	Yes	Yes
6-15-2022	12:23:35	ajaysharma362@gmail.com	Ajay Sharma	Bac 1st year (computer science)	1212062015006	9991185121	5	5	Yes	Lecture was very useful and know
6-15-2022	12:04:24	hemanshi2003@gmail.com	Hemanshi saini	Bac 2nd semester	1212062015013	9996997701	5	5	Yes	yes
6-15-2022	12:25:21	nishank1955@gmail.com	preety	Bac computer science	1212062015016	9728366323	5	5	Yes	This workshop is very useful
6-15-2022	12:23:09	mehaksharma2585@gmail.com	Mehak	Bac computer science 1st year	1212062015011	9666550331	5	5	Yes	Lecture was useful and knowledge
6-15-2022	12:22:48	harpreetkaur3475@gmail.com	Harpreet Kaur	Bac computer science 1st year	1212062015022	1404096514	5	5	Yes	Lecture was very useful and know
6-15-2022	12:18:53	kunhookar24@gmail.com	Kun	Bac lecture designing 2nd year	120206204304	8601133248	5	5	Yes	Nothing
6-15-2022	12:01:39	prj3708@gmail.com	Priyanka	Bac 1st year non medical	1212062015018	7256378378	5	5	Yes	Yes
6-15-2022	12:11:23	Mehaksharma2585@gmail.com	Mehak kashyap	Bac medical	1212062030020	8756813159	5	5	Yes	Yes
6-15-2022	12:10:22	raspreetkaur099@gmail.com	Raspreet kaur	Bac medical 1 year	1212062030002	8816885536	5	5	Yes	
6-15-2022	12:14:36	anugandhu31@gmail.com	Sakshi	Bac medical 1 year	1212062030022	8571096272	5	5	Yes	It's very useful lecture for us. Th
6-15-2022	12:10:24	sanukhan517@gmail.com	Aakya	Bac medical 1st year	1212062030004	8295964235	5	5	Yes	
6-15-2022	12:14:38	zeetha2012@gmail.com	Swati	Bac medical 1st year	1212062030011	9996460176	5	5	Yes	
6-15-2022	12:17:00	shivsharshi06@gmail.com	Deepanshi Verma	Bac non med 1	1212062015014	7014622969	5	5	Yes	
6-15-2022	12:01:02	es27022004@gmail.com	Khushi	Bac non medical	1212062015013	8486463233	5	5	Yes	
6-15-2022	12:02:43	sanjana2011003@gmail.com	Sanjana	Bac non medical	1212062015008	9998664537	5	5	Yes	
6-15-2022	12:12:41	ruskandhya402@gmail.com	Muskan	Bac non medical -1	1212062015006	9728182563	5	5	Yes	
6-15-2022	12:03:31	Twinkle25602@gmail.com	Twinkle raw	Bac non medical 1st year	1212062015007	7082239607	5	5	Yes	Yes
6-15-2022	12:12:07	vee1992005@gmail.com	Pritya	Bac-1 (Non Medical)	1212062015010	8055657188	5	5	Yes	
6-15-2022	12:25:28	Navreet2003@gmail.com	Navreet	Bac-1 computer science	1212062015005	8054339974	5	5	Yes	This workshop is very useful and
6-15-2022	12:23:23	midhingle459@gmail.com	Trigd	Bac-1st (Computer science)	1212062015008	8814072685	5	5	Yes	Lecture was very useful and know
6-15-2022	12:00:59	navyotbtech001@gmail.com	Navyot	Bac(non-medical)	1212062015020	9350456211	5	5	Yes	
6-15-2022	12:01:02	gashyabolan@gmail.com	Jasbir Kaur	BSc 1st year medical	257527208838	5	5	Yes		
6-15-2022	12:41:28	longpocnam4321@gmail.com	Sonam	B.Sc IN M.TsI	1212062015011	8901875273	5	5	Yes	Everything is fine
6-15-2022	12:43:36	amaryabaur3754@gmail.com	Jaspreet Kaur	Bac non med	1212062015013	8852304528	5	5	Yes	Everything is fine
6-15-2022	16:40:56	shaharshma41@gmail.com	Shaha	Bcom 1	1212062030006	9418100313	5	5	Yes	This lecture provide me and of k
6-15-2022	16:59:36	nikhsharma1062@gmail.com	Nikita	Bac medical 1st year	1212062030016	7382037016	5	5	Yes	None
6-15-2022	20:12:29	sakshisan2145@gmail.com	Sakshi	Bac medical	1212062030026	8487031469	4	4	Yes	
6-26-2022	02:30:53	rajesh07@gmail.com	Raj Rishi	Bac medical 1st year	1212062030026	8607621809	4	4	Yes	

77 /participant  
 Surety

Principal (Offg.)  
 Arya Kanya Mahavidyalaya  
 Shahabad Markande



# Shahbad, Haryana, India

5VC8+5FJ, Subhash Nagar, Shahbad, Haryana 136135, India

Lat 30.170812°

Long 76.866182°

15/06/22 12:21 PM



GPS Map Camera



