



Founder President
Late Shri. Ashokrao Mane

President
Hon. Shri. Vijaysinh A. Mane

INTERNAL COMPLAINT COMMITTEE

LIST OF MEMBERS

(ACADEMIC YEAR 2025-26 TO 2027-28)

Sr.	Name of the Member	Designation & Organization	Committee Specifics	Mobile Number	Email ID
1.	Mrs. Sandhya Vaibhav Sagavkar	Assistant Professor, ETC, AMGOI, Vathar	Chairperson	9011091886	svs@amgoi.edu.in
2.	Mrs. Aruna Sagar Panhalkar	Founder, Shrimant Jijau Foundation(NGO)	Social Worker	9595027474	sakshipanhalkar@gmail.com
3.	Adv. Megha Ramchandra Patil	Advocate	Legal Advisor	8855082194	meghapatil25590@gmail.com
4.	Mr. Dhanaji Sarjerao.Patil	Assistant Professor, Electrical, AMGOI, Vathar	Staff Representative (Gents)	9011336977	dsp@amgoi.edu.in
5.	Mrs. Poonam Sachin Chalke	Lab Assistant, ETC, AMGOI, Vathar	Non-Teaching Staff Representative	8378085675	psc@amgoi.edu.in
6.	Mrs. Madhavi Rajendra Gaikwad	Lab Assistant, CSE, AMGOI, Vathar	Non-Teaching Staff Representative	9067211413	mrj@amgoi.edu.in
7.	Ms. Vidya Hindurao Patil	Student, M.Tech-II, ETC	Girls Representative (PG)	9359169075	patilvidya3112@gmail.com
8.	Ms. Aarati Uttam Patil	Student, T.Y., ETC	Girls Representative (UG)	7558509309	patilaartiuttam2005@gmail.com
9.	Mr. Farhaan Firoj Mulla	Student, T.Y, Electrical	Boys Representative (UG)	9307548820	farhaanmulla2004@gmail.com
10.	Mrs. Aarati Vikram Patil	Assistant Professor, CSE, AMGOI, Vathar	Secretary	8600232841	aap@amgoi.edu.in



(Signature)
Dr. Mrs. S. R. Chougule
DIRECTOR

Shri Balasaheb Mane Shikshan Prasarak Mandal's
Ashokrao Mane Group Of Institutions
Vathar Tarf Vadgaon, Tal. Hatkanangale
Dist. Kolhapur, Maharashtra - 416112



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INTERNAL COMPLAINTS COMMITTEE

AIM, OBJECTIVES & OPERATIONAL FRAMEWORK

A. Aim of the Committee:-

" To create and maintain a safe, secure, and gender-sensitive environment for all students, staff, and faculty by preventing and addressing incidents of sexual harassment at the institution in accordance with the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013."

B. Objectives of the Committee:-

1. Prevention: To foster a campus environment that is free from gender discrimination and sexual harassment.
2. Awareness: To organize workshops, seminars, and training sessions to educate students and staff on gender sensitization and legal rights.
3. Redressal: To address complaints of sexual harassment in a time-bound, confidential, and impartial manner.
4. Support: To provide appropriate support services to victims, including counseling, legal advice, and grievance redressal.
5. Policy Implementation: To monitor and ensure the effective implementation of institutional policies related to workplace safety and dignity.

C. Operational Framework of the Committee:-

1. Composition:

- **Chairperson:** A senior female faculty member (Associate Professor or above).
- **Faculty Members (2 or more):** With background in social work/legal knowledge/gender studies.
- **External Member:** From an NGO or association committed to women's issues or with legal experience.
- **Student Members:** preferably one undergraduate and one postgraduate representative.

The committee should have **at least 50% women** members.

2. Meetings:

- Conducted **at least twice a year**, or **as needed** when complaints arise.
- Emergency meetings may be convened upon receiving a formal complaint.





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INTERNAL COMPLAINTS COMMITTEE

3. Complaint Process:

- **Written complaint** to be submitted within **3 months** of the incident.
- The ICC will conduct a **preliminary inquiry** within 7 days of receipt.
- **Investigation to be completed within 90 days**, followed by a recommendation report.
- **Confidentiality and fairness** to be ensured throughout.

4. Reporting:

- Maintain proper documentation of complaints and actions taken.
- Submit **annual report** to the institution head and concerned regulatory bodies (AICTE, University, etc.).

5. Awareness Initiatives:

- Conduct **orientation sessions** for students and employees.
- Display **ICC constitution and contact details** on the website and notice boards.
- Encourage **gender sensitization workshops** and legal awareness campaigns.





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Record No.: AMGOI/IQAC/101

INTERNAL COMPLAINTS COMMITTEE

Date-30/07/2025

MEETING NOTICE
ACADEMIC YEAR 2025-26 (MEETING NO- 1)

All the members of **Internal Complaints Committee** of Institute are hereby kindly requested to attend the meeting (Meeting No. 1) for the academic year 2025-26.

- Day & Date- 31/07/2025 (Thursday)
- Time- 02.30 pm
- Venue- Board Room, AMGOI, Vathar

Agenda of the meeting

1. Welcome to all members of Internal Complaints Committee.
2. Confirmation of previous minutes of meeting.
3. Review of roles and responsibilities of ICC.
4. Committee board renovation.
5. Discussion of reporting mechanism and documentation process.
6. Any other matter with the permission of the Chair.
7. Vote of thanks.

All members are requested to attend the meeting on time.

Mrs. A. V. Patil
Member Secretary



Mrs. S. V. Sagavkar
Chairperson

Details of the meeting

- Time- 02.30 pm
- Venue- Board Room, AMGOI, Vathar

Minutes of the meeting

1. Welcome to all members of Internal Complaints Committee

The Chairperson, **Mrs. Sandhya V. Sagavkar**, extended a warm welcome to all ICC members and appreciated their presence for the first meeting of the academic year 2025–26.

2. Confirmation of previous minutes of meeting

The Member Secretary, Mrs. Vijaya D. Desai presented the minutes of the previous meeting.

3. Review of roles and responsibilities of ICC

The Chairperson Mrs. Sandhya V. Sagavkar revisited the roles, duties, and procedures as per the Internal Complaints Committee guidelines.

Resolution: Members acknowledged the responsibilities and agreed to strictly adhere to the ICC rules for ensuring a safe and harassment-free environment.

4. Committee board renovation

The need for updating and renovating the ICC committee board was discussed.

Resolution: It was decided to redesign and update the board with the latest committee information. The Member Secretary will coordinate with the administration.

5. Discussion of reporting mechanism and documentation process


The committee discussed improving the reporting system by providing Link to a form to raise complaint on Institute website, documentation procedures, record maintenance, and confidentiality measures.

6. Any other matter with the permission of the Chair


No additional points were raised.

7. Vote of thanks

The Member Secretary, **Mrs. Vijaya D. Desai**, proposed the Vote of Thanks and expressed gratitude to all members for their active participation.


Mrs. A. V. Patil
Member Secretary




Mrs. S. V. Sagavkar
Chairperson



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Record No.: AMGOI/IQAC/102

INTERNAL COMPLAINTS COMMITTEE

Date-01/08/2025

MINUTES OF MEETING
ACADEMIC YEAR 2025-26
MEETING NO- 1
(31/07/2025)

Attendance of the meeting

Sr.	Names of the Members	Designation	Sign
1	Mrs. Sandhya V. Sagavkar	Chairperson	
2	Mrs. Manisha Vijaysinh Mane	Member	
3	Adv.Mrs. Amruta Bipin Sawairam	Member	
4	Mr. Sachin G. Chonde	Member	
5	Mrs. Ayodhya T. Tare	Member	
6	Mrs. Poonam Chalke	Member	
7	Mrs. Madhavi Gaikwad	Member	
8	Ms. Gayatri Kadam	Member	
9	Ms. Aarati U. Kadam	Member	
10	Mrs. Vijaya D. Desai	Member Secretary	





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Record No.: AMGOI/IQAC/101

INTERNAL COMPLAINTS COMMITTEE

Date-30/08/2025

MEETING NOTICE
ACADEMIC YEAR 2025-26 (MEETING NO- 2)

All the members of **Internal Complaints Committee** of Institute are hereby kindly requested to attend the meeting (Meeting No. 2) for the academic year 2025-26.

- Day & Date- 1/09/2025 (Monday)
- Time- 02.30 pm
- Venue- Board Room, AMGOI, Vathar

Agenda of the meeting

1. Welcome to all members of Internal Complaints Committee.
2. Confirmation of previous minutes of meeting.
3. Conduction of different programs by Internal Complaints Committee
4. Confirmation of reporting mechanism and documentation process.
5. Any other matter with the permission of the Chair.
6. Vote of thanks.

All members are requested to attend the meeting on time.

Mrs. A. V. Patil
Member Secretary



Mrs. S. V. Sagavkar
Chairperson

Details of the meeting

- Time- 02.30 pm
- Venue- Board Room, AMGOI, Vathar

Minutes of the meeting

1. Welcome to all members of the Internal Complaints Committee.

The Chairperson, Mrs. Sandhya Vaibhav Sagavkar, welcomed all the members present for the second meeting of the academic year 2025-26.

2. Confirmation of previous minutes of meeting.

The minutes of the previous meeting 31/07/2025 were read and confirmed unanimously. There were no amendments or objections to the previous minutes.

3. Conduction of different programs by the Internal Complaints Committee.

The Internal Complaints Committee (ICC) planned a series of awareness programs focusing on "Rights, Responsibilities, and Redressal Mechanisms for Engineering Students" along with a dedicated Girls' Health and Hygiene Program to promote safety, dignity, and overall well-being on campus.

It was decided to host a series of programs, including seminars, interactive sessions, and awareness drives to ensure compliance with the guidelines.

4. Discussion of Reporting Mechanism and Documentation Process.

The Chairperson highlighted the importance of maintaining a confidential and efficient reporting mechanism.

The committee also discussed the documentation process, agreeing that all complaints should be recorded in a secure and confidential manner. The records would be maintained with restricted access to relevant members of the committee.

Adv. Megha Ramchandra Patil advised that the committee must adhere to the prescribed timelines for addressing complaints and providing feedback to complainants.

5. Any other matter with the permission of the Chair.

Mr. Dhanaji Sarjerao Patil raised the issue of ensuring proper training for staff in dealing with sensitive cases such as harassment. It was suggested that periodic training programs be organized to sensitize and update staff on handling such matters.

Ms. Aarati Uttam Patil emphasized the need for an inclusive and student-friendly environment, particularly regarding awareness campaigns targeted at new students.



6. Vote of Thanks.

Mrs. Arati Vikram Patil concluded the meeting by expressing her gratitude to all the members for their valuable contributions. She thanked everyone for their active participation and commitment to upholding the dignity and safety of all individuals at AMGOI.



**Mrs. A. V. Patil
Member Secretary**



**Mrs. S. V. Sagavkar
Chairperson**





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Record No.: AMGOI/IQAC/102

INTERNAL COMPLAINTS COMMITTEE

Date-02/09/2025

MINUTES OF MEETING
ACADEMIC YEAR 2025-26
MEETING NO- 2
(1/09/2025)

Attendance of the meeting

Sr.	Names of the Members	Designation	Sign
1	Mrs. Sandhya Vaibhav Sagavkar	Chairperson	
2	Mrs. Aruna sagar panhalkar	Member	Online
3	Adv. Megha Ramchandra Patil	Member	Online
4	Mr. Dhanaji Sarjerao.Patil	Member	
5	Mrs. Poonam Sachin Chalke	Member	
6	Mrs. Madhavi Rajendra Gaikwad	Member	
7	Ms.Vidya Hindurao Patil	Member	
8	Ms. Aarati Uttam Patil	Member	
9	Mr. Farhaan Firoj Mulla	Member	
10	Mrs. Arati Vikram Patil	Member Secretary	





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Record No.: AMGOI/IQAC/101

INTERNAL COMPLAINTS COMMITTEE

Date-13/11/2025

MEETING NOTICE
ACADEMIC YEAR 2025-26 (MEETING NO- 3)

All the members of **Internal Complaints Committee** of Institute are hereby kindly requested to attend the meeting (Meeting No. 3) for the academic year 2025-26.

- Day & Date- 14/11/2025 (Friday)
- Time- 11.15 pm
- Venue- **Board Room, AMGOI, Vathar**

Agenda of the meeting

1. Welcome to all members of Internal Complaints Committee.
2. Confirmation of previous minutes of meeting.
3. Overview of programs conducted in semester-I.
4. Any other matter with the permission of the Chair.
5. Vote of thanks.

All members are requested to attend the meeting on time.

Mrs. A. V. Patil
Member Secretary

Mrs. S. V. Sagavkar
Chairperson



Details of the meeting

- Time- 11.15 pm
- Venue- Board Room, AMGOI, Vathar

Minutes of the meeting

1. Welcome to all members of the Internal Complaints Committee.

The Chairperson, Mrs. Sandhya Vaibhav Sagavkar, welcomed all the members present for the second meeting of the academic year 2025-26.

2. Confirmation of previous minutes of meeting.

The minutes of the previous meeting 01/09/2025 were read and confirmed unanimously. There were no amendments or objections to the previous minutes.

3. Conduction of different programs by the Internal Complaints Committee.

Mrs. Aruna Sagar Panhalkar suggested organizing workshops on "Gender Sensitization" and "Preventing Harassment at Workplace" for both students and staff.

Adv. Megha Ramchandra Patil proposed the inclusion of an awareness session about legal rights for students and staff under the Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, 2013.

It was decided to host a series of programs, including seminars, interactive sessions, and awareness drives to ensure compliance with the guidelines.

4. Discussion of Reporting Mechanism and Documentation Process.

The Chairperson highlighted the importance of maintaining a confidential and efficient reporting mechanism.

The committee also discussed the documentation process, agreeing that all complaints should be recorded in a secure and confidential manner. The records would be maintained with restricted access to relevant members of the committee.

Adv. Megha Ramchandra Patil advised that the committee must adhere to the prescribed timelines for addressing complaints and providing feedback to complainants.

5. Any other matter with the permission of the Chair.

Mr. Dhanaji Sarjerao Patil raised the issue of ensuring proper training for staff in dealing with sensitive cases such as harassment. It was suggested that periodic training programs be organized to sensitize and update staff on handling such matters.

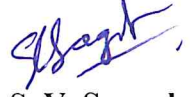


6. Vote of Thanks.

Mrs. Sandhya Vaibhav Sagavkar concluded the meeting by expressing her gratitude to all the members for their valuable contributions. She thanked everyone for their active participation and commitment to upholding the dignity and safety of all individuals at AMGOI.



Mrs. A. V. Patil
Member Secretary



Mrs. S. V. Sagavkar
Chairperson



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Record No.: AMGOI/IQAC/102

INTERNAL COMPLAINTS COMMITTEE

Date-14/11/2025

MINUTES OF MEETING ACADEMIC YEAR 2025-26 MEETING NO- 3 (14/11/2025)

Attendance of the meeting

Sr.	Names of the Members	Designation	Sign
1	Mrs. Sandhya Vaibhav Sagavkar	Chairperson	
2	Mrs. Aruna sagar panhalkar	Member	Online
3	Adv. Megha Ramchandra Patil	Member	Online
4	Mr. Dhanaji Sarjerao.Patil	Member	
5	Mrs. Poonam Sachin Chalke	Member	
6	Mrs. Madhavi Rajendra Gaikwad	Member	
7	Ms.Vidya Hindurao Patil	Member	
8	Ms. Aarati Uttam Patil	Member	
9	Mr. Farhaan Firoj Mulla	Member	
10	Mrs. Arati Vikram Patil	Member Secretary	





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Record No.: AMGOI/IQAC/101

INTERNAL COMPLAINTS COMMITTEE

Date-20/02/2026

MEETING NOTICE
ACADEMIC YEAR 2025-26 (MEETING NO- 4)


All the members of **Internal Complaints Committee** of Institute are hereby kindly requested to attend the meeting (Meeting No. 4) for the academic year 2025-26.

- Day & Date- 21/02/2026 (Monday)
- Time- 11.00 am
- Venue- Board Room, AMGOI, Vathar

Agenda of the meeting

1. Welcome to all members of Internal Complaints Committee.
2. Confirmation of previous minutes of meeting.
3. To discuss the points on from one-day training program POSH Act 2013.
4. To plan and organize Women's Day celebration.
5. As per the guidelines discussion on mandatory ICC display board.
6. Confirmation of reporting mechanism and documentation process.
7. Any other matter with the permission of the Chair.
8. Vote of thanks.

All members are requested to attend the meeting on time.


Mrs. A. V. Patil
Member Secretary



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Mrs. S. V. Sagavkar
Chairperson

Details of the meeting

- Time- 11.00 pm
- Venue- Board Room, AMGOI, Vathar

Minutes of the meeting

1. Welcome to all members of the Internal Complaints Committee.

The Chairperson, Mrs. Sandhya Vaibhav Sagavkar, welcomed all the members present for the second meeting of the academic year 2025-26.

2. Confirmation of previous minutes of meeting.

The minutes of the previous meeting 14/11/2025 were read and confirmed unanimously. There were no amendments or objections to the previous minutes.

3. Discussion on One-Day Training Program on POSH Act, 2013

The committee discussed the key learning's and important guidelines shared during the one-day training program conducted on the POSH Act, 2013. It was resolved to:

- Conduct awareness sessions for staff and students.
- Circulate digital material related to the Act.
- Strengthen confidentiality and grievance redressal mechanisms.

4. Planning of Women's Day Celebration

The committee discussed organizing Women's Day on 8th March 2026. It was decided to:

- Arrange a guest lecture on women empowerment.
- Conduct street play act for students.

5. Mandatory ICC Display Board

As per guidelines, it was resolved to:


- Update Internal Committee (IC) display boards at prominent locations in the campus.
- Include contact details of IC members and complaint procedure clearly

6. Any Other Matter


No additional matters were raised.

7. Vote of Thanks.

Mrs. Arati Vikram Patil concluded the meeting by expressing her gratitude to all the members for their valuable contributions. She thanked everyone for their active participation and commitment to upholding the dignity and safety of all individuals at AMGOI.


Mrs. A. V. Patil
Member Secretary




Mrs. S. V. Sagavkar
Chairperson



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Record No.: AMGOI/IQAC/102

INTERNAL COMPLAINTS COMMITTEE

Date-21/02/2026

MINUTES OF MEETING

ACADEMIC YEAR 2025-26

MEETING NO- 4

(21/02/2026)

Attendance of the meeting

Sr.	Names of the Members	Designation	Sign
1	Mrs. Sandhya Vaibhav Sagavkar	Chairperson	
2	Mrs. Aruna sagar panhalkar	Member	Online
3	Adv. Megha Ramchandra Patil	Member	Online
4	Mr. Dhanaji Sarjerao.Patil	Member	
5	Mrs. Poonam Sachin Chalke	Member	
6	Mrs. Madhavi Rajendra Gaikwad	Member	
7	Ms. Vidya Hindurao Patil	Member	
8	Ms. Aarati Uttam Patil	Member	
9	Mr. Farhaan Firoj Mulla	Member	
10	Mrs. Arati Vikram Patil	Member Secretary	





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Record No.: AMGOI/IQAC/107

INTERNAL COMPLAINTS COMMITTEE


Date- 22/09/2025

NOTICE


All FY students are hereby informed that the following activity has been organized at out Institute. The details are given below. All are informed to note the same.

Name of the Cell/Committee	Internal Complaints Committee
Name of the Head	Mrs. Sandhya V. Sagavkar
Type of the activity	Guest Lecture
Name of the activity	Rights, Responsibilities, and Redressal Mechanisms for Engineering Students
Details of the activity	The ICC organizes sessions on *Rights, Responsibilities, and Redressal Mechanisms for Engineering Students* to educate learners about preventive measures, reporting procedures, and the support systems available within the institution.
Relevant POs	<ul style="list-style-type: none">• PO7: Ethics• PO8: Individual and Collaborative Team work• PO11: Life-Long Learning
Details of the Resource person	Mrs. Sandhya V. Sagavkar Chairperson ICC Cell
Date of activity	24/09/2025
Duration of activity	01 Hours
Time	2:15 am to 3:15 pm
Venue	Classroom
Audience	FY students
Remarks from Dean, IQAC	

❖ Attendance is compulsory.


Mrs. A. V. Patil
Secretary




Mrs. Sandhya V. Sagavkar
Chairperson



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Record No.: AMGOI/IQAC/114

INTERNAL COMPLAINTS COMMITTEE

Date- 25/09/2025

ACTIVITY REPORT

Name of the Cell/Committee	Internal Complaints Committee
Name of the Head	Mrs. Sandhya V. Sagavkar
Type of the activity	Guest Lecture
Name of the activity	Rights, Responsibilities, and Redressal Mechanisms for Engineering Students
Relevant POs	<ul style="list-style-type: none"> • PO7: Ethics • PO8: Individual and Collaborative Team work • PO11: Life-Long Learning
Details of the Resource person	Mrs. Sandhya V. Sagavkar Chairperson ICC Cell
Date of activity	24/09/2025
Duration of activity	01 Hours
Time	2:15 am to 3:15 pm
Venue	Classroom
No. of Participants	FY students
Objectives:	
<ol style="list-style-type: none"> 1. To create awareness among students about their fundamental rights within the institution. 2. To inform students about their academic, ethical, and behavioral responsibilities on campus. 3. To familiarize students with the available redressal mechanisms such as ICC, Grievance Cell, Anti-Ragging Committee, and Student Support Services. 4. To enable students to approach institutional committees confidently in case of grievances or concerns. 	
Details of Activity :	
<p>The Internal Complaints Committee (ICC) organized an extensive awareness program on "Rights, Responsibilities, and Redressal Mechanisms for Engineering Students" with the purpose of educating students about the institutional framework that ensures their safety, well-being, and academic growth. The session aimed to provide a comprehensive understanding of the fundamental rights students are entitled to within the educational environment, including the right to equality, dignity, safety, and access to quality education. Students were sensitized about the importance of maintaining respectful interactions and adhering to ethical conduct in all academic and personal engagements. The resource person elaborated on the significance of students' responsibilities such as following institutional rules, upholding academic integrity, participating actively in academic activities, and demonstrating accountable behavior both on and off campus. The session emphasized that awareness of rights must go hand in hand with the fulfillment of responsibilities for the holistic development of students and the creation of a positive learning atmosphere.</p>	



Outcomes of Activity:

1. Students gained a clear understanding of their rights and responsibilities as members of the academic community.
2. Increased awareness of various committees and the procedures to file complaints or seek help.
3. Enhanced confidence among students to report issues related to harassment, discrimination, or ragging.
4. Improved student participation in maintaining a safe and conducive learning environment.

Geotagged Photos:



A. V. Patil

Mrs. A. V. Patil
Secretary



Sandhya V. Sagavkar

Mrs. Sandhya V. Sagavkar
Chairperson



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Record No.: AMGOI/IQAC/107

INTERNAL COMPLAINTS COMMITTEE

Date- 04/10/2025

NOTICE

All girl students are hereby informed that the following activity has been organized at our Institute. The details are given below. All are informed to note the same.

Name of the Cell/Committee	Internal Complaints Committee
Name of the Head	Mrs. Sandhya V. Sagavkar
Type of the activity	Health & Hygiene Program
Name of the activity	Whisper Choice presents "My Voice , My Choice"
Details of the activity	The initiative focused on empowering girl students with correct knowledge, healthy practices, and building confidence to openly discuss issues related to menstrual health.
Relevant POs	PO11: Life-Long Learning
Details of the Resource person	Ms. Nikita Pardeshi Counselor , Procter & Gamble (P&G)
Date of activity	06/10/2025
Duration of activity	01 Hours
Time	10.15 am – 3.15 pm
Venue	Seminar Hall
Audience	For girl students
Remarks from Dean, IQAC	

❖ Attendance is compulsory.

Mrs. A. V. Patil
Secretary

Mrs. Sandhya V. Sagavkar
Chairperson





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Record No.: AMGOI/IQAC/114

INTERNAL COMPLAINTS COMMITTEE

Date- 07/10/2025

ACTIVITY REPORT

Name of the Cell/Committee	Internal Complaints Committee
Name of the Head	Mrs. Sandhya V. Sagavkar
Type of the activity	Health & Hygiene Proram
Name of the activity	Whisper Choice presents "My Voice , My Choice"
Relevant POs	PO11: Life-Long Learning
Details of the Resource person	Ms. Nikita Pardeshi Counselor , Procter & Gamble (P&G)
Date of activity	06/10/2025
Duration of activity	For girl students- 01 Hours
Time	9:15 am to 3:15 pm
Venue	Seminar Hall
No. of Participants	350

Objectives:

1. To create awareness about menstrual health and hygiene among students.
2. To dispel myths, misconceptions, and stigma associated with menstruation.
3. To promote proper hygiene practices using safe and effective menstrual products.
4. To build self-confidence and encourage open discussions related to menstrual well-being.

Details of Activity :

The Internal Complaints Committee (ICC) organized a comprehensive awareness program on menstrual health and hygiene for girl students, aimed at promoting knowledge, breaking taboos, and empowering adolescents to adopt healthy practices. The session featured **Ms. Nikita Pardeshi**, Counselor at Procter & Gamble (P&G), who is an experienced resource person associated with menstrual health awareness and adolescent wellness initiatives. Her involvement added great value to the program, as she brought practical insights, scientific knowledge, and relatable real-life examples to the discussion.

The program commenced with a brief **inaugural ceremony**, during which the ICC Coordinator warmly welcomed the participants and highlighted the objectives behind conducting such a session. The coordinator emphasized the importance of addressing menstrual health openly, considering the silence and stigma that often surround the topic. Students were encouraged to approach the session with curiosity and to clarify doubts without hesitation.

Following this, **Ms. Nikita Pardeshi delivered the main expert talk**, which formed the core part of the program. She began by explaining the menstrual cycle in a simple and scientific manner, helping students understand the physiological changes that occur in the female body. She then discussed various aspects of **menstrual hygiene**, including the importance of using clean and safe sanitary products. Attention was given to the significance of changing sanitary napkins regularly, maintaining personal cleanliness, and disposing of menstrual waste responsibly.



Outcomes of Activity:

- 1.Enhanced Awareness: Students gained correct knowledge of menstrual cycles and hygiene.
- 2.Improved Hygiene Practices: Students were motivated to adopt hygienic menstrual practices.
- 3.Confidence Building: Many students expressed newfound confidence in managing menstrual health.
- 4.Supportive Environment: The initiative fostered a safe, supportive, and informed campus culture for young women.

Geotagged Photos:



A. V. Patil

Mrs. A. V. Patil
Secretary



Sandhya V. Sagavkar

Mrs. Sandhya V. Sagavkar
Chairperson