

**MIMER MEDICAL COLLEGE, DEPARTMENT OF COMMUNITY MEDICINE, TALEGAON  
DABHADE,**

**RHTC Activity Report- Yoga and Meditation and menstrual hygiene 29/4/2022**

1.	Name of the activity	Yoga and Meditation and menstrual hygiene
2.	Date	29/4/22
3.	Time	10.30 to 12 pm
4.	Venue	RHTC, Sudumbare
5.	Total number of participants/beneficiaries	40
6.	Faculty / Medical team	RHTC Incharge- Dr. S. Kulkarni Medical officer incharge- Dr. Abhay Tophkhane PG Resident- Dr. Oshin Agrawal Dept. of Community Medicine
7.	In-charge	Dr. Surendra Kulkarni
8.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	Today young school girls and adolescents of Naandi foundation, Nanhi kali project, aged 8-16 yrs old, were lectured upon the topic of yoga, meditation and its benefits along with menstrual hygiene education. Nearly 40 girls were present for the event which was initiated by RHTC staff, interns and PG students. The session was conducted smoothly.
9.	Circular / Notification (Date, time, venue, guest, speaker, faculty etc.)	Not Attached
10.	Pamphlet	Not available
11.	Attendance (if applicable)	NA
12.	Coloured geo-tagged photos (2 to 4)	Attached

