



Bharati Vidyapeeth (Deemed to be University) School of Physiotherapy, Sangli

In association with



IAPWC Maharashtra Sangli District

CYCLE OF CARE:

MENSTRUAL HEALTH PROGRAM

"TRAINING THE TRAINERS"



- Essential facts of menstrual health
- Addressing myths and misconceptions
- Accessible and sustainable menstrual products

Resource person :

Dr. Sheetal Swamy
Dr. Aishwarya Waydande
Dr. Aavani Sayi Shyam
Dr. Athira D V

- 📍 **Venue: Auditorium, BVDU School of Physiotherapy, Sangli**
- ✉ **Date: 16/03/2026**
- 🕒 **Time: 2pm**



**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
SCHOOL OF PHYSIOTHERAPY, SANGLI**

Date: March 14, 2026

CIRCULAR

This is to inform all faculty members and students that the **Department of Community Physiotherapy**, in association with **IAPWC Maharashtra Sangli District**, is organizing a "Training the Trainers" program titled: "**CYCLE OF CARE: Menstrual Health Program**"

The objective of this session is to enhance menstrual health literacy and empower participants to further educate the community. The program will cover essential facts, address common myths, and discuss sustainable menstrual products.

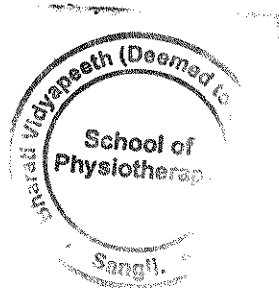
Event Details:

- **Date:** March 16, 2026
- **Time:** 2:00 PM
- **Venue:** Auditorium, BVDU School of Physiotherapy, Sangli

All concerned students and staff are requested to be seated in the auditorium by **1:50 PM**. Attendance is mandatory for designated student representatives.

Copy to

- 1. Hon. Regional Director, B.V. (D.U.), Sangli
- 2. Dean, BV (DU) M.C.H, Sangli
- 3. Dy. Dean, BV (D.U.) M.C.H, Sangli
- 4. Medical Superintendent, B.V (D.U.) M.C.H, Sangli
- 5. Dy. Medical Superintendent, B.V (DU) M.C.H, Sangli
- 6. All Notice Boards (College and Department)




Dr. Sneha Katke

PRINCIPAL
Bharati Vidyapeeth
(Deemed to be University)
School of Physiotherapy
Sangli - 416 416.



**BHARATI VIDYAPEETH (Deemed To Be University)
SCHOOL OF PHYSIOTHERAPY, SANGLI**

Report on -“ Cycle of Care: Menstrual Health Program – Training the Trainers”

Title of the Activity-“ Cycle of Care: Menstrual Health Program – Training the Trainers ”

Venue of the Activity- 4th floor Auditorium, BVDU School of Physiotherapy, Sangli

Date of Activity- 16/03/2026

Duration of Activity-3 -4 pm

Collaborating Agency- IAPWC Maharashtra Sangli District

No. of Students Participated- 140

No. of Teachers Participated - 3

No. of Beneficiaries- 140

Details of the Activity with Photographs-

The School of Physiotherapy at Bharati Vidyapeeth (Deemed to be University), Sangli, in collaboration with the IAPWC Maharashtra Sangli District, successfully conducted an impactful session titled "Cycle of Care: Menstrual Health Program – Training the Trainers". Held on March 16, 2026, the program was designed to enhance menstrual health literacy among physiotherapy students and professionals. Under the guidance of Principal Dr. Sneha Katke, the workshop tackled essential physiological facts, addressed deep-seated myths and misconceptions, and advocated for accessible and sustainable menstrual hygiene practices. By focusing on a "train the trainer" model, the initiative aimed to create a ripple effect of awareness within the community.

The coordinators for the event were Dr. Sheetal Swamy (Professor, BVDU SOP Sangli), Dr Aishwarya Wayadande (Assistant Professor, BVDU SOP Sangli), Dr Avani (Assistant Professor, BVDU SOP Sangli), and Dr Athira (Assistant Professor, BVDU SOP Sangli),

The event was a success under the guidance of Dr. Sneha Katke (Principal, BVDU SOP Sangli)



**BHARATI VIDYAPEETH (Deemed To Be University)
SCHOOL OF PHYSIOTHERAPY, SANGLI**

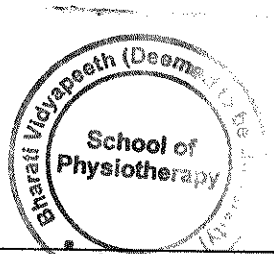
Impact on Students

1. Empowerment as Community Educators: Students transitioned from learners to potential advocates, gaining the necessary communication skills and factual knowledge to confidently lead menstrual health awareness drives in various social and clinical settings.
2. De-stigmatization of Menstrual Health: Through open discussions and myth-busting sessions, participants developed a more clinical and empathetic perspective, allowing them to address menstrual health as a vital sign of overall well-being without social hesitation.
3. Promotion of Sustainable Advocacy: The focus on sustainable practices equipped students with practical solutions for menstrual hygiene management, enabling them to provide holistic advice that considers both health and environmental impact.

*Please tick the Criterion for the activity:

Criterion I	Criterion II	Criterion III	Criterion IV
Criterion V	Criterion VI	Criterion VII	Link

Event co-ordinator



Principal

**PRINCIPAL 2
Bharati Vidyapeeth
(Deemed to be University)
School of Physiotherapy,**

**Sangli – Miraj Road Sangli – 416 416, Maharashtra
Email : sopt.sangli@bharatividyaapeeth.edu**

**Tel No. : 0233-2601593/94/95 Ext.No. 228,246.
Website : <http://soptsangli.bharatividyaapeeth.edu>**



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

Date – 16/03/2026

“MENSTRUAL HEALTH PROGRAM”

SR. NO.	STUDENT'S NAME
1	AHER PRUTHVIRAJ JAYSING
2	ALOLI ATHARVA BHIMRAO
3	ALTEKAR SUJAL SANJAY
4	AUNDHKAR VARAD YUVRAJ
5	BANDAL DIKSHA YOGESH
6	BAPAT AMOD PARAG
7	BHOKARE MRUNAL MINANATH
8	BIRADAR ADITYA MALLIKARJUN
9	CHAUDHARI SHIVLING DATTATRAY
10	DALVI ADITI UDAY
11	DEVAKATE ATHARVA ADHIKRAO
12	DHADWAD SURAJ RAVINDRA
13	GAVADE SANKALPANA KRUSHNDEV
14	GURAV PRANAV RAJENDRA
15	HALAKE VAISHNAVI VIJAY
16	HUWALE AMRAPALI ANKUSH
17	INGLE SNEHA SURYAJIT
18	IRALE SANIYA SANDIP
19	JAIN GAURAV NITIN
20	JOSHI SOHAM DHANANJAY
21	JOSHI VEDIKA RAMKISHOR
22	KADAM ISHITA AMOL
23	KALE KUNAL LAXMAN
24	KHOSE VAIBHAVI PRATAP
25	KORE AMOL ANNASAHEB
26	KUDALE SANDESH SUDHIR
27	LABADE SNEHAL SHAHAJI
28	LAMKANE MAYUR LAXMAN



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

29	LOKHANDE SRUSHTI MALHARI
30	MARJE SANSKRUTI SANJAY
31	MASAL VAISHNAVI VILAS
32	MHAPSEKAR BHOOMI NANDU
33	MUJAWAR TASDIKA DILAWAR
34	MUNSE VAISHNAVI VIJAY
35	PARTHE DIYA SHANKAR
36	PATAIT ANAS MUDDASIR
37	PATIL VAIBHAVI DAYANAND
38	PAWAR ASHLESHA UMAKANT
39	POKALE MITALI UMESH
40	RODE SAKSHI DATTATRAY
41	RUKADIKAR JANHAVI HEMCHANDRA
42	SALUNKHE SANTOSH SANJAY
43	SANKPAL SHRAVANI SUNIL
44	SAYYAD MOHAMMAD SAAD SHAFIULLA
45	SHAIKH AYESHA ALTAF
46	SHARIKMASLAT ASADULLAH HUSEN
47	SHINDE SHREYA SANJIVKUMAR
48	SHINDE SIDDHI CHANDRAKANT
49	SNEHA KUMARI
50	SOHANI SAI ABHIJIT
51	SULEMAN IQBAL BAGWAN
52	SUTAR SANSKAR DHONDIRAM
53	ZENDE DEEPANJALI RAMDAS
54	SHINDE ASHISH GORAKH



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

55	AMBEKAR ADITYA GANESH
56	ANGAJ RIYA PRAKASH
57	AWASARKAR KASTURI KIRAN
58	BHALERAO SAKSHI BALSHIRAM
59	BHATTAD NITYA LAXMIKANT
60	BHOJANI REHMAT MOHOMADBAKAR
61	CHINCHKAR GAYATRI SANJEEVKUMAR
62	DHAVANE TANISHA PRABHAKAR
63	DIGHE VEDIKA BHAUSAHEB
64	GOGAVALE OM SUBHASH
65	HAJARE VYANKTESH SANJAY
66	HAKE SHARYU MARUTI
67	INAMDAR ARSHIYA MOHAMMAD
68	JADHAV ONKAR SATISH
69	JADHAV SHRADHA HAVIL
70	JAGTAP ISHWARI MUKUND
71	JAMADADE SUMIT VIRENDRA
72	JAMANE ADITYA ANIL
73	KADAM MADHURA GANESH
74	KALE AYUSHMA RAJENDRA
75	KAMBLE SHREYAS SHASHIKANT
76	KANTODE MRUNALI RAJENDRA
77	KATKAR VEDANTIKA RAVINDRA



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

78	KAVADE VISHAKHA RAJESH
79	KELGANE MANSI ANKUSH
80	KESARE VAIBHAVI RAVINDRA
81	KHADILKAR SMRUTI MAYUR
82	KULKARNI SAISH SANDEEP
83	LANDAGE SHRUTI ANIL
84	MAHADIK SHUBHAM PRAVIN
85	MANGALWARE MOHAMMADALI YUNUS
86	MARGAL AAKANKSHA VITTHAL
87	MASALI ZUHA ASLAM
88	NAIK SANSKRUTI RAMCHANDRA
89	NAIK SRUSHTI ISHWAR
90	NAIKWADI DIPALI NAMDEV
91	NALE BHAKTI KRISHNA
92	PARLEKAR NITYASHREE SAMPATRAO
93	PATIL ATHARV POPAT
94	PATIL MAYURESH SANJAY
95	PATIL VEDIKA MOHAN
96	PAWAR PRATHAMESH MACHHINDRA
97	PAWAR RIYA RAVINDRA
98	PHADNIS AYUSH NITIN
99	RANMALE GAURAV KIRAN
100	RAUT VAIBHAV DATTATRAYA



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

101	SALUNKHE SHIVTEJA DHAIRYASHIEEL
102	SAMAL DHARITRI PRAMODKUMAR
103	SHAH DEEPTI NIPUL
104	SHELKE SATYAM VIKRAM
105	SHINDE PRATIK BAPU
106	SHINDE SAKSHI PRAVIN
107	SHINDE SHREYAS KIRAN
108	SINHA RUPALI HARENDRA
109	TIRTHAKAR PRADNYA DAYANAND
110	VATHARE KARAN SURESH
111	WALKE DNYANESHWARI RAJENDRA
112	YADAV HIMANI DHANIRAM
113	YAMGAR PRACHI NARAYAN
114	YAWALKAR YASH SOMESHWAR
115	BAGADE SHRADDHA DILIP
116	NARWADE PAYAL VILASRAO
117	PATIL SANIKA PRAVIN
118	KHAN ABDURRAHIM ABDULREHMAN
119	PAWAR SHUBHAM RAJKUMAR
120	CHAVAN ABHISHEK SUNIL
121	YADAV ADITYA DASHARATH
122	JAGADALE HARSHAWARDHAN SANTOSH
123	KADAM SHARVARI KISHOR



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

124	JADHAV GIANINA SACHINDRA
125	MOHITE JAYKUMAR MOHAN
126	BANGI AMINA NADIM
127	BHADAVANKAR DIYA SUNIL
128	DABADE NIKITA AMAR
129	DESHPANDE ARYAN AMRUT
130	DOSHI JHALAK ALPESH
131	DOSHI NIRJARA VIRKUMAR
132	FARAKATE PRIYANSHU AMAR
133	GAJANNAVAR HARSHAD SANJAY
134	GURAV SOHAM BABASAHEB
135	JADHAV SONALI DILIP
136	JADHAV TANVI SANDEEP
137	KADU SHRADDHA SANJAY
138	KAGWADE PAARUL SANJAY
139	KALE VISHAKHA VIJAY
140	KAMBLE SURAJ SUDHIR
141	KARMALKAR ARPITA PRASHANT
142	KASHID TANMAY DATTATRAYA
143	KHADATARE SEJAL SANJAY
144	KHADILKAR SIDDHARTH MAKARAND
145	KHARKANDE SHARDUL SANDEEP
146	KULKARNI SARTHAK NITIN



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

147	KULKARNI SAYALI PRASAD
148	KUMBHAR SAMRUDHI SANDEEP
149	KUSNALE INDRAJIT SANJAY
150	LATKAR POOJA BHADRAYU
151	MADIWAL HRISHITA AMOL
152	MAHAJAN MOKSHA SHAILESH
153	MANE KRANTI MAHADEV
154	MUSHRIF MOIN ASLAM
155	MUNDE ADITI WASUDEO
156	PANDHARE PRANAY PRAVIN
157	PARIT POOJA SACHIN
158	PARKAR FATIMA ASIF
159	PATIL RIDDHI PRAVIN
160	PATIL SANIKA ARUN
161	PATIL VAISHNAVI PRAKASH
162	PAWALE PRATIKSHA SANJAY
163	PAWAR SAKSHI MAHESH
164	PAWAR SHRUTI SHRIKANT
165	POTDAR SHUBHANGI SHIVDAS
166	PUNWATKAR VARUN ANIL
167	SARKALE ADITYA AMOD
168	SHAH TANISHA PRASHANT
169	SHINDE SAKSHI PRASAD



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

170	SURYAWANSHI SAKSHI RAMESH
171	TAKANE PRADNYA RAJENDRA
172	TAMBOLI DIYA RAFIK
173	YADAV PRADYUMNA DEVKUMAR
174	DESAI AISHWARYA ANANDRAO
175	KAMBLE PRATEET PRADEEP
176	RAVAL AKANKSHA VIJAY
177	LANJEKAR ANISHA AJAY
178	VASA METWI MEHUL
179	PATIL MAHESHWARI MAHESH
180	CHAVAN RAJKUNWAR PRADEEP
181	DAVARI KANAK SANJAY
182	BHOSALE SANKET SUBHASH
183	CHAVAN NEHA PRAVIN
184	AGEWAN AFTAB HARUN
185	AHI YASH PRADEEP
186	CHOTHE ISHWARI MAHESH
187	APTE SNEHA SANDEEP
188	DESHMUKH AARYA SATISH
189	GURAV SHRAVANI SANJAYKUMAR
190	KALE AYUSH BHUSHAN
191	KALSULE TANUJA SANDIPAN
192	KAMBLE SANSKRUTI ANGAD



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

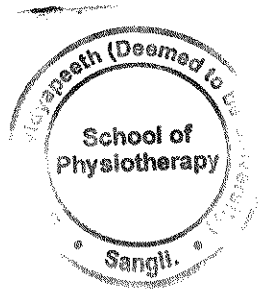
193	KAPARE JAIEE SANJAY
194	KITTURE PRACHI CHANDRAKANT
195	MAHAPURE REBECCA DATTA
196	MALI SAKSHI AMOL
197	BHOSALE MRUNMAI JITENDRA
198	MANGALE GAURAV SANJEEV
199	MOHITE MRUNALI SUNIL
200	MOHITE SAKSHI SHEKHAR
201	MORE DIKSHA JAYWANT
202	MULIK JAGRUTI NITIN
203	MULIK SAKSHI ASHOK
204	CHAVAN SAMRUDDHI SANDIP
205	MANE MANJIRI SANJIV
206	PATIL SHIVENDRA PRAMOD
207	PATIL VISHWATEJ ATUL
208	PIRJADE SANA KADARPASHA
209	RAJOBHA KETAKI ASHISH
210	SAHANI KUSHAGRAH SAILESH
211	TANPURE SHIVANI MAHENDRAKUMAR
212	SHAH ISHA SAHIL
213	SHAIKH ASIM BAPUBHAI
214	SHINDE PURNIMA MAHESH




BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

215	SONAWANE SOURABH JAYANAND
216	PATIL PREM SANJAY
217	SURYAWANSHI MRUDULA ARUN
218	YESKAR JANVI RAMCHANDRA
219	NIRGUDE DIPIKA BHAGWATRAO
220	BHEDA KEVAL RAJESH
221	KURLE SRUSHTI SURESH
222	SALUNKHE HINDAVI PANDURANG
223	NIPANE SHREYA SUDHIR
224	THOMBARE GAURI BALASAHEB
225	SURVE SHRUSTI DUSHYANT
226	KULKARNI CHINMAYEE GOVIND



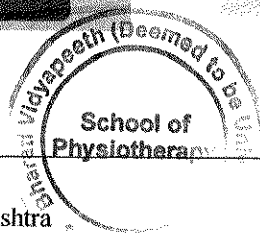
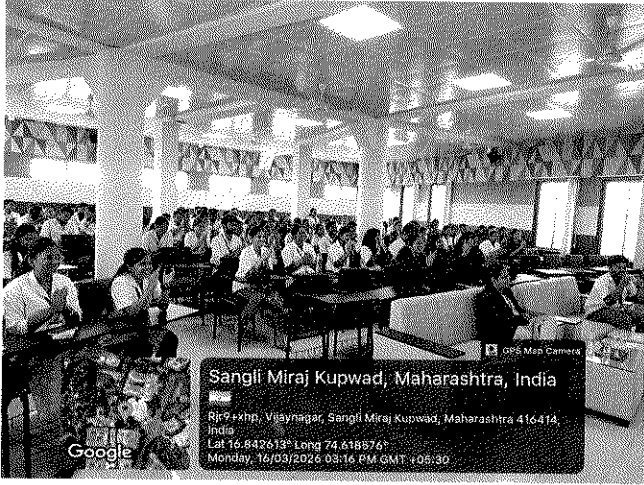

PRINCIPAL
Bharati Vidyapeeth
(Deemed to be University)
School of Physiotherapy
Sangli - 416 416.



BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

MENSTRUAL HEALTH PROGRAM



PRINCIPAL
Bharati Vidyapeeth
(Deemed to be University)
School of Physiotherapy
Sangli - 416 416.

Sangli – Miraj Road Sangli – 416 416 , Maharashtra

Email : sopt.sangli@bharatividyaapeeth.edu

Tel No. : 0233-2601593/94/95 Ext.No. 228, 269

Website : <http://soptsangli.bharatividyaapeeth.edu>



BHARATI VIDYAPEETH
(DEEMED TO BE UNIVERSITY)
SCHOOL OF PHYSIOTHERAPY, SANGLI

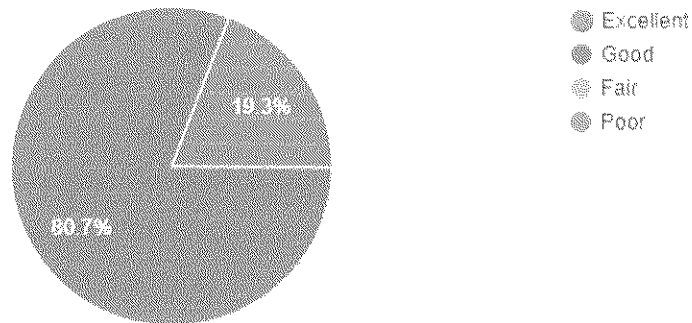
Feedback Form

Date-16/03/2026

Name of Event: Workshop on Cycle of Care: Menstrual health program

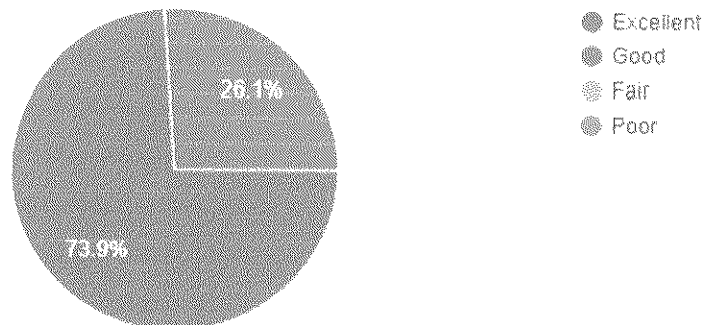
1.How would you rate the overview of the event.

88 responses



2.How would you rate the interaction between you and the speaker

88 responses



Sangli – Miraj Road Sangli – 416 416 , Maharashtra
Email : sopt.sangli@bharativedyapeeth.edu

Tel No. : 0233-2601593/94/95 Ext.No. 228, 269
Website : <http://soptsangli.bharativedyapeeth.edu>



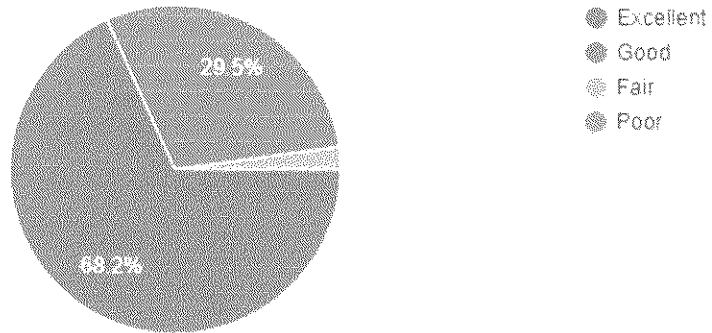
BHARATI VIDYAPEETH

(DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

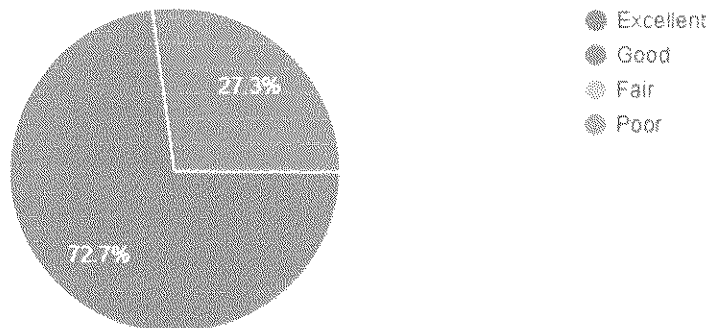
3. How would you rate the arrangements of the event

88 responses



4. How would rate the success of the event

88 responses





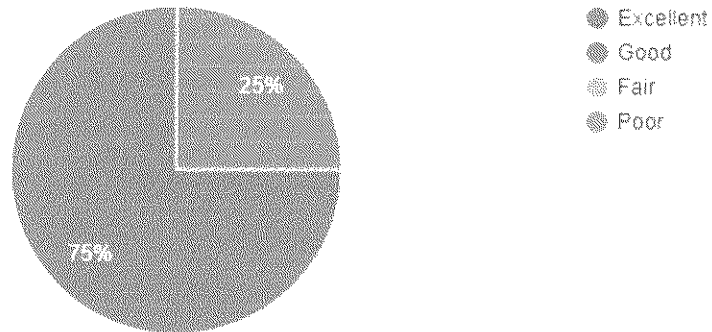
BHARATI VIDYAPEETH

(DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

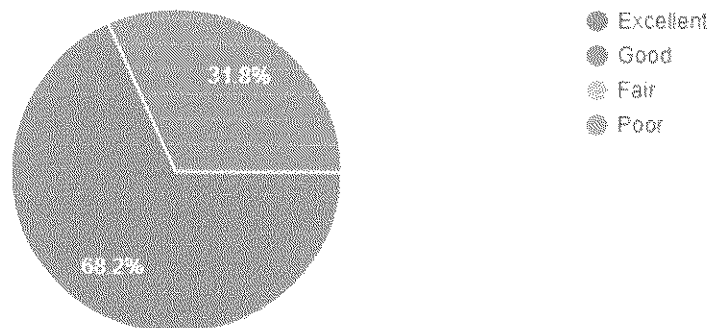
5. How would you rate content and quality of event

88 responses



6. How would you rate queries answered by the speaker

88 responses





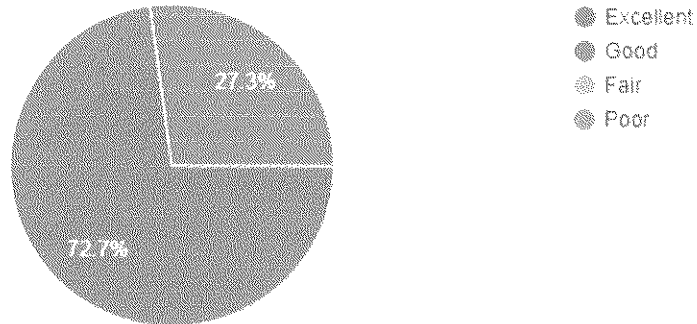
BHARATI VIDYAPEETH

(DEEMED TO BE UNIVERSITY)

SCHOOL OF PHYSIOTHERAPY, SANGLI

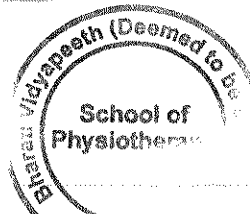
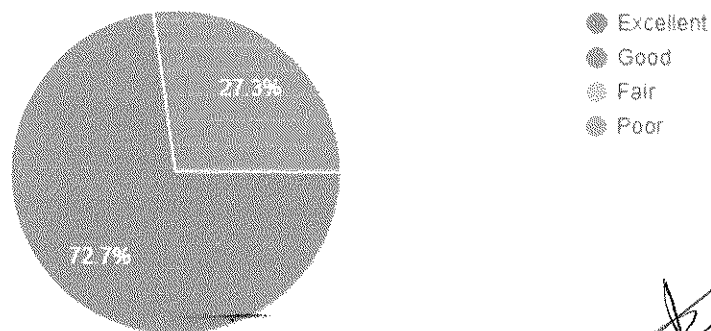
7. How would you rate the preparations of the speakers


88 responses



8. How would you rate the knowledge obtained from event.

88 responses




PRINCIPAL
Bharati Vidyapeeth
(Deemed to be University)
School of Physiotherapy
Sangli - 416 416

Sangli – Miraj Road Sangli – 416 416, Maharashtra
Email : sopt.sangli@bharatividyapecth.edu

Tel No. : 0233-2601593/94/95 Ext.No. 228, 269
Website : <http://soptsangli.bharatividyapecth.edu>