

CLUB PROJECT REPORT – RID 3030

Zone 1

Club Name – Rotaract Club of VSPM Physios

Project Name – Sanitary Pads Donation Drive

Project Mode – Ground meet

Start Date – 19/12/2021

End Date – 19/12/2021

Venue – Matrushakti Kalyan Kendra, Medical Square, Nagpur

Description of Project in Brief

Club Report – 2021

By Rtr. Umisha Rathi

We reached Matrushakti Kalyan Kendra by 9:00 am

The girls were ready by that time!

We Started with introduction asked their names, hobbies and from where they all came!

Played passing the parcel in which we came to know different skills in which the girls was so good in!

Some were good singers some good dancers some good poem teller, and we learnt the Assami's language too as some girls there were from Assam!

Then we told them about menstrual hygiene and menstrual related problems along with their solutions after which we donated pads to them five pads to each girl

Total we distributed 200 pads to them all!!

The sense of satisfaction by seeing the smiles on their faces gave us goose bumps!!

It's always a challenging task to convert our thoughts process into something realistic. Just giving sanitary napkins is not enough the correct use, awareness and self hygiene is of utmost important.

It's always an important thing to make people understand the seriousness of this issue by connecting with them and speaking in their own language.

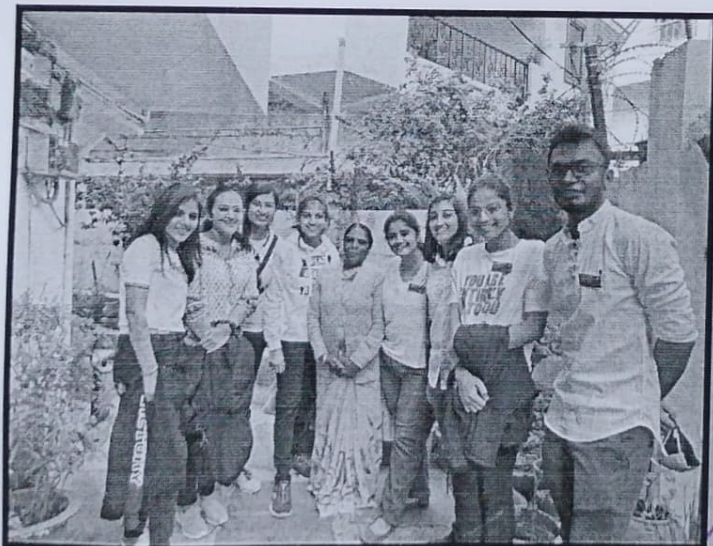
During this donation drive we informed them how to use only sanitary pads and taught them how to dispose it properly!

The thought and information we have to the young girls will be remembered by them and they'll make sure to use sanitary pads and will dispose them properly as informed by our team!!

All the girls noted the information given by us about the solutions of the problems like stomach ache, back ache, vomiting, etc which will definitely help them later in their life!!

We are proud and happy by helping the girls in a way that'll help them to live a better life!

Thank You RAC VSPM Physios.



*Nishi*



*Manjusha*

Principal  
V.S.P.M.'s College of Physiotherapy,  
Dhulegaon, Dhulegaon Road, Nagpur-46