



**JNAN VIKAS MANDAL'S (Linguistic Minority)**  
Mohanalal Raichand Mehta College of Commerce  
DiwaliMaa College of Science  
Amritlal Raichand Mehta College of Arts  
Dr. R.T. Doshi College of Computer Science  
Plot no.9, Sector -19, Airoli Navi Mumbai

### **College Women Development Cell.**

#### **NOTICE**

**Date: 11/09/2023.**

College Women Development cell committee members are informed to attend the meeting. The following teachers are informed that a meeting is scheduled on 12<sup>th</sup> September 2023, to organize Seminar for the students. The meeting will be conducted in the Principal's Cabin at 11 a.m.

All the WDC faculty members are informed to attend the meeting.

#### **Agenda of the meeting**

The following points will be discussed in the meeting. The members are requested to come prepared for that.

- 1) To discuss conducting a seminar for the students.
- 2) To finalize the resource person for conducting the seminar.
- 3) To finalize the date for the conducting seminar.
- 4) To decide the objectives of the seminar.
- 5) To distribute the duties to the faculties.
- 6) Any other matter with the permission of the Chair.

*Leena*

**Dr. Leena Sarkar.**

**Principal**

PRINCIPAL  
JNAN VIKAS MANDAL'S  
M.R. MEHTA COLLEGE OF COMMERCE  
D.M. MEHTA COLLEGE OF SCIENCE  
A.R. MEHTA COLLEGE OF ARTS  
Dr. R.T. DOSHI COLLEGE OF COMPUTER SCIENCE  
Plot No.9, SEC.-19, AIROLI,  
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### Minutes of the meeting

12/09/2023.

Principal Dr. Leena Sarkar held a meeting with the Women Development Cell members for conducting a seminar for the female students of the college. The following members were present in the meeting. The meeting was conducted in the Principal's Cabin at noon.

Principal - Dr. Leena Sarkar

*Leena*

Convenor- WDC Dr. Savitri Dholey

*Savitri*

Members:

Asst. Prof. <sup>Dr.</sup> Harshada Niju

*Harshada*

Asst. Prof. Sharayu Kadam

*Sharayu*

Asst. Prof. Bhagyshree Kulkarni

*Bhagyshree*

Asst. Prof. Sanjay Gupta

Mrs. Vinita Patil (Non-teaching staff)

The following points were discussed and decisions were taken in the meeting.

- 1) It was decided to organize a seminar for the female students of the college.
- 2) It was decided to conduct a seminar in association with 'Brandtouch Organisation'.
3. It was decided to invite- resource person, Ms. Saniya Pathan, a freelance public speaker and marketing manager from- Whisper company.
4. The topic for the seminar was decided as-"Personality Development, Grooming, Menstrual Hygiene and Body Language ".
5. The date for the seminar was decided on 16<sup>th</sup> September 2023.
6. The objective of the seminar was to create awareness among female students about personal hygiene and to build self-confidence.
7. The Meeting was concluded with a vote of thanks by the chairperson, as there was no further point to discuss.



## Participants list of WDC Activities

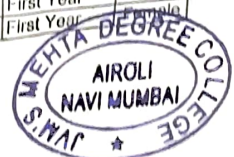
Activity Name : Seminar on Personality Development Grooming, Menstrual Hygiene and Body Language

Resource Person : Ms. Sanlya Pathan and Mr. Shreesailash

Date :16-09-2023

No. Of Participants : 102

| Sr.No. | Email Address                      | Name of the student          | Contact number | Class       | Class      | Gender |
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Plot no.9, Sector -19, Airoli Navi Mumbai

Date: 16/09/2023.

## Seminar Report on 'Personality Development, Grooming, Menstrual Hygiene and Body Language'.

College Women Development Cell and Sanitation and Hygiene Committee of JVM'S Degree College has organized a seminar in association with the 'Brandtouch Marketing Company' topic on Personality Development and Menstrual Hygiene' for female students of the Degree and Junior college on 16th September 2023.

The resource person was Ms. Saniya Pathan- Marketing Manager from PNG company and free-lance speaker and Mr. Shreesailaish- Operation executive from PNG company.

Ms. Saniya focused on Menstrual Health and hygiene and interacted with students by showing many videos about maintaining hygiene during the menstrual period. She further explained body language and said that body language is a form of communication without spoken words. It could include gestures, signals, postures, or facial expressions. Many times, it is body language that influences a person's opinion about you. Body language alone can form first impressions about you. That is why it is important to know more about body language and how you can adopt the right body language as a student or professional. Body language shapes who you are. It is one of the most important aspects of the individual's personality.

She interacted with students and explained how to be confident and how – one should keep their body posture correctly during the interview. Grooming oneself personality is most important. She described very lucidly how girls should carry their personality, and maintain corporate-style attire. She further explained that during the interview session, one should sit straight and place one hand properly on the table, and should answer confidently. Also, she showed various corporate videos for improving communication skills and carrying perfect body language. Females need to maintain personal cleanliness and hygiene during menstrual time, hence she showed videos prepared with medical experts' guidance based on menstrual hygiene which was enacted by a celebrity like Tapsee Pannu and Bhumi Pendnekar.

The seminar was very much interactive and knowledgeable, at the end, all the attendees' students were given gift hampers Packs of sanitation.

Dr. Savitri Dholey  
Convenor

Dr. B.R. Deshpande  
Vice Principal



Dr. Leena Sarkar  
Principal