



**JNAN VIKAS MANDAL'S (Linguistic Minority)**  
Mohanlal 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

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**Date: 16/09/2023.**

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

College Women Development Cell and Sanitation and Hygiene Committee (SAP) 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.



Mr. N.K Patil

In charge-  
Sanitation & Hygiene committee



Dr. Savitri Dholey  
Convenor- Women Development Cell



Dr. B.R. Deshpande

**Vice Principal**

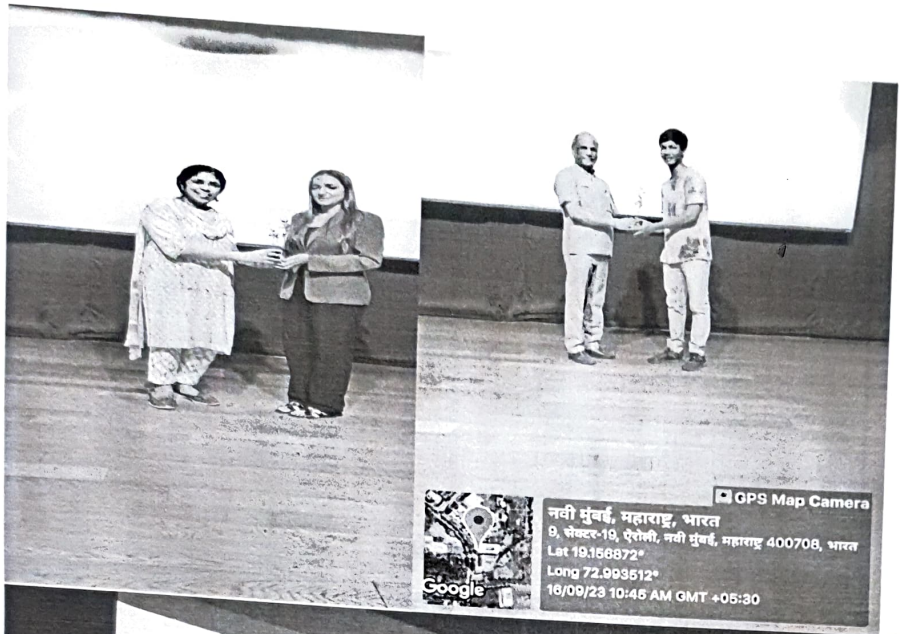


Dr. Leena Sarkar

**Principal**



Photograph of Seminar on- "Personality Development Grooming, Menstrual Hygiene and body language".



*Keena*







Keena





**Participants list of WDC Activities**  
**Activity Name : Seminar on Personality Development Grooming, Menstrual Hygiene and Body Language**  
**Resource Person : Ms. Saniya Pathan and Mr. Shreesailaish**  
**Date :16-09-2023**  
**No. Of Participants : 102**

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