



**Date/Day: 15<sup>th</sup> February 2025, Saturday**

**Title: “WOMEN’S HYGIENE AND PERSONALITY DEVELOPMENT”**

**Objective:**

- Providing accurate information about menstrual cycles and proper menstrual hygiene practices.
- Promoting access to affordable and quality sanitary products.
- Teaching about personal hygiene practices like proper sanitation.
- Addressing common myths and taboos related to menstruation.
- Building self-confidence and self-esteem.
- Developing communication and interpersonal skills.
- Promoting positive body image and self-acceptance.

**Program Outcome: PO1, PO2, PO6, PO7, PO9, PO10, PO11**

**Details of the Resource Person/Event:**

The program was organized in the auditorium of the college and was coordinated by Mrs. Dipti Chirmade, Ms. Vinetha Rajendran, a prominent speaker and educator in (Procter & Gamble) Whisper India and Gillette Venus.

**Participants Details:**

Total no. of college students: 150

Total no of Faculty: 4

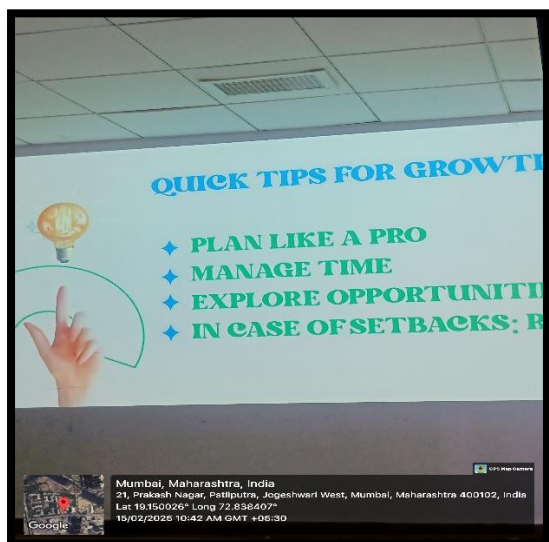
**Summary of the Lecture/Activity:**

A workshop on “Women’s Hygiene and Personality Development” was organized by Women Development Cell in collaboration with the Extension and Outreach Committee and Department of Lifelong Learning and Extension of H. K. College of Pharmacy on 15<sup>th</sup> February 2025. The purpose of the workshop was to raise awareness about maintaining women’s hygiene, personality development, mental and emotional well-being. The workshop was led by the esteemed speaker, Ms. Vinetha Rajendran, a prominent speaker and educator. The event began with a warm welcome to the speaker followed by a brief introduction of the speaker and objectives of the seminar. Ms. Vinetha Rajendran discussed the importance of a balanced diet and its impact on

menstrual health and overall well-being. She highlighted how our personality affects our hygiene habits and how better hygiene can boost our confidence. Ms. Vinetha explained that everyone is beautiful just the way they are and should not feel pressured by societal stereotypes. The speaker also discussed how changing our personal beliefs can help change society. By promoting positivity and acceptance to work together to break down stereotypes and create a more inclusive environment. Overall, the seminar was informative and inspiring. Ms. Vinetha shared practical tips and made complex topics easy to understand. Attendees felt empowered to apply what they learned in their everyday lives, especially regarding menstrual hygiene and personal development. Kits were given by (Procter & Gamble)Whisper India and Gillette Venus.

### Brochure/Photo Gallery:





### Key Outcome of the Lecture/Activity:

- Girl Students gained knowledge on menstrual health and hygiene practices. The stigma and social norms associated with menstruation were explained.
- Participants understood that it not only fulfils the unmet demand for menstrual hygiene products but also protect dignity, build confidence and strengthen reproductive health, particularly among adolescents.
- Helped students in setting realistic and time bound goals that are measurable and related to their career.
- Understanding improved verbal and non-verbal communication skills to express oneself clearly and actively listen to others in a practical world.

### Link for social media:

<b>LinkedIn:</b>	<a href="https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_a-workshop-on-womens-hygiene-and-personality-activity-7305516155526381568-RowO?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAdF2WrMBUFgAeZVznddoMfc3VtpDnyqdS4Y">https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_a-workshop-on-womens-hygiene-and-personality-activity-7305516155526381568-RowO?utm_source=share&amp;utm_medium=member_desktop&amp;rcm=ACoAAdF2WrMBUFgAeZVznddoMfc3VtpDnyqdS4Y</a>
<b>Facebook:</b>	<a href="https://www.facebook.com/photo/?fbid=1100950165377958&amp;set=a.470185965121051">https://www.facebook.com/photo/?fbid=1100950165377958&amp;set=a.470185965121051</a>

Instagram:

[https://www.instagram.com/p/DHGA3UaoFle/?utm\\_source=ig\\_web\\_copy\\_link&igsh=MzRIODBiNWFiZA==](https://www.instagram.com/p/DHGA3UaoFle/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFiZA==)

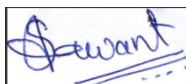


**Dr. Sheela Yadav**

**Mrs. Dipti Chirmade**

**Ms. Sayli Sawant**

**Event Coordinators**



**Dr. Anagha Raut**

**IQAC Coordinator**



**Dr. Tushar N. Lokhande**

**Principal**



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