

# Seminar on Personality Development & Menstrual Hygiene

*Laxmi Charitable Trust*  
**Shri Chinai College Of Commerce & Economics**  
(Associate College : Sheth L.U. Jhaveri College Of Arts & Sir M.V. College Of Science & Commerce)  
Dr. S. Rajhakrishnan Marg, Andheri (East), Mumbai - 400 069, Tel. 66992025, 26835246, Fax : 66992026

Ref No \_\_\_\_\_ Accredited by NAAC : B Date : 10<sup>th</sup> August 2023.

**NOTICE**

**“Seminar on Personality Development and Menstrual Hygiene”**

Department of Women Development Cell in collaboration with IQAC is organizing a Seminar on Personality Development and Menstrual Hygiene for the students of (F.Y/S.V/T.Y.B.M.S/ B.A.F, B.F.M, B.B.I, B.COM) as follows.

Day	Date	Time	Venue
Friday	11.08.2023	11.00 am to 12.00 pm	First Floor Auditorium

**Speaker: Nikita Patil from P&G.**

Only girl students are allowed to attend the seminar.

The participants will be given E- certificates as well as a small gift for attending the seminar.

For further details contact Prof. Geeta Rathod and Prof. Advitya Shrivastav.

  
I/C Principal

  
Prof. In-charge



CC.

1. Students NB
2. Circulation in class

**SHRI CHINAI COLLEGE OF COMMERCE AND ECONOMICS**  
Dr.Radhakrishnan Marg,Andheri East Mumbai - 400069

A Report on seminar on Personality Development and Menstrual Hygiene.

The seminar on "Personality Development and Menstrual Hygiene" was organized by the Women Development Cell of Shri Chinai College of Commerce and Economics on 11th August, 2023, at 11:00 a.m. in the college auditorium. Prof. Geeta Rathod greeted the guests by giving her beautiful bunches of flowers as a welcome gesture.

The aim of the seminar was to create awareness and provide insights into two crucial aspects of personal growth and well-being. The seminar highlighted the significance of personality development in various life domains, i.e., communication skills and how to be confident during the menstrual cycle and emphasized the importance of menstrual hygiene for the overall health and dignity of individuals and even guided the students with self-defense techniques for their safety.

The session of the seminar was led by Ms. Nikita Patil, She talked about different parts of people's personalities, like being open to new things, being careful and organized, being outgoing and social, being friendly and cooperative, and feeling worried or anxious.

Ms. Nikita Patil also talked about things that people often misunderstand or feel uncomfortable talking about when it comes to the menstrual cycle. She made it clear how important it is to take care of ourselves during our menstrual cycle. Students were also provided with free goodies.

The seminar ended by giving a vote of Thanks by Ms. Advitya Shrivastav

Dr. B. B. Kamble  
In Charge Principal



Prof. Geeta Rathod  
Professor In Charge

**SHRI CHINAI COLLEGE OF COMMERCE & ECONOMICS**

**WDC Seminar Attendance 2023-2024**

Sr.No.	Roll No.	Name of the Students	Class	Sign
1	B-42	Urvashi Solanki	FY-BMS	Urvashi
2	A-47	Aditi Kalkar	FY-BMS	Aditi
3	B-21	Preetika Poojary	FY-BMS	Poojary
4	B-03	Manasi Manjrekar	FY-BMS	Manasi
5	A-07	Sanchi Birje	FY-BMS	Sanchi
6	B-13	Pooja Panoley	FY-BMS	Pooja
7	A-37	Harshita Jogi	FY-BMS	Hogi
8	A-27	Bhoomi Gupta	FY-BMS	Bhoomi
9	A-58	Ashwini Kumbhar	F.Y.BMS	Ashwini
10	B-16	Urvashi Kalkhod	SYBMS	Urvashi
11	A-43	Vaishnavi Kamble	SYBMS	Vaishnavi
12	A-19	Sona Madhaya	FY-BMS	Sona
13	A-06	Neha Bidkar	FY-BMS	Neha
14	B-55	Priya Waghela	FY-BMS	Priya
15	B-09	Shravani Nalawade	FY-BMS	Shravani
16	A-41	Kavika Kalambe	FYBMS	Kalambe
17	B-12	Diya Pandey	FYBMS	Diya
18	A-29	Rani Gupta	FYBMS	Rani
19	B-15	Khushi Patel	FYBMS	Khushi
20	B-45	Harsha Suppan	FYBMS	Harsha
21	A-13	Nema Pravin Poy	FYBMS	Nema
22	B-40	Pallavi Shinde	F.Y.BMS	Pallavi
23	A-11	Purva Buchade	SYBCOM	Purva
24	A-49	Sailee Parab	SYBCOM	Sailee
25	A-57	Alisha Mulani	SYBCOM	Alisha
26	A-52	Swati Pathak	SYB.com	Swati
27	A-04	Sonali N. Bardiwadekar	F.V.BMS	Sonali
28	B-33	Saniya Shaikh	F.Y.BMS	Saniya
29	05	Manasi Belekare	TYBAF	Manasi
30	26	Raksha Kadav	TYBAF	Raksha
31	23	Sharvari Khoparkar	TYBAF	Sharvari
32	24	Riya Sangam	TYBAF	Riya
33	11	Samruddhi Chavan	F.Y.BCOM	Samruddhi
34	64	Dakshata Patole	F.Y.BCOM	Dakshata
35	19	Rupali Dhiwaxe	F.Y.BCOM	Rupali
36	30	Vrushali Suryakant Madav	TYBAF	V.Madav
37	307	Hritisha Yashwant Parab	TYBAF	Hritisha
38	23	Rupsha Ashok Jureas	TYBAF	Rupsha
39	A-83	Aastha Ajit Trakur	SYBCOM	Aastha
40	A-48	Alisha Khan	SYBMS	Alisha
41	A-47	Anita Kavaladar	SYBMS	Anita

**SHRI CHINAI COLLEGE OF COMMERCE & ECONOMICS**  
**WDC Seminar Attendance 2023-2024**

Sr.No.	Roll No.	Name of the Students	Class	Sign
1	54	Disha Baban Thambre	F.Y. BAF	<del>Disha</del>
2	65	Sunila Sampat Rajbhar	T.Y. BCOM	<del>Sunila</del>
3	56	Swati Rajesh Mishra	T.Y. BCOM	Swati
4	76	Shab Namira Kifayatullah	T.Y. BCOM	Namira
5	15	Jaya Saleff	S.Y. BFM	Jaya
6	A15	Trupti Santosh Devkete	F.Y. BCOM	Trupti
7	28	Kajal Gupta	F.Y. B.com	Kajal
8	50	Pritya Yadav	T.Y. BMS	Pritya
9	26	Sahiba Shah	T.Y. BMS	Sahiba
10	46	Shweta Vishwa Kasima	T.Y. BMS	Shweta
11	23	Sneha Dumi	T.Y. BMS	Sneha
12	30	Anjali Sharma	T.Y. BMS	Anjali
13	41	Arushi Thakur	T.Y. BMS	Arushi
14	30	Anjali Sharma	T.Y. BMS	Anjali
15	09	Komal B. Kirikitta	S.Y. BEM	Komal
16	15	Mahesh. Prajapati	T.Y. BMS	Mahesh
17	10	Anjali Bind	T.Y. BMS	Anjali
18	44	Bhudevi Miji	T.Y. BMS	Bhudevi
19	A12	Mahima H. Chani	T.Y. BMS	Mahima
20	B13	Sejal Pawaskar	T.Y. BMS	Sejal
21	A13	Riya Chaudhari	T.Y. BMS	Riya
22	A7	Shweta Chettiar	T.Y. BCOM	Shweta
23	A98	Anjali Yadav	T.Y. BCOM	Anjali
24	A20	Diksha Sushant Dongare	T.Y. BCOM	Diksha
25	67	Sejal Kaur Rathi	T.Y. BCOM	Sejal
26	54	Praveshika Mishra	T.Y. BCOM	Praveshika
27	37	Shivleela Kulkarni	T.Y. BCOM	Shivleela
28	100	Kanina Yadav	T.Y. BCOM	Kanina
29	84	Pooja Rajbhar	T.Y. BCOM	Pooja
30	56	Sharna Pal	F.Y. B.COM	Sharna
31	74	Yogita Pujari	F.Y. B.COM	Yogita
32	A05	Aarya Shukla	F.Y. B.ME	Aarya
33	13	Delisha Fernandes	F.Y. BFM	Delisha
34	39	Manodini Pujari	F.Y. BFM	Manodini
35	51	Vardika Singh	F.Y. BFM	Vardika
36	35	Neera Jaiswar	T.Y. BCOM	Neera
37	28	Shivani Gupta	T.Y. BCOM	Shivani
38	36	Manpreet Kaur	T.Y. BCOM	Manpreet
39	82	Harshali Shetkar	T.Y. B.COM	Harshali
72	07	Surajkumar Champawat	T.Y. BAF	Surajkumar
73	57	Mittal Waghela	T.Y. BAF	Mittal

**SHRI CHINAI COLLEGE OF COMMERCE & ECONOMICS**  
**WDC Seminar Attendance 2023-2024**

Sr.No.	Roll No.	Name of the Students	Class	Sign
39	A-12	Abhilasha Chaudhari	SYBCOM	Abhilasha
40	A-55	Shoujanya Poojary	SYBCOM	Shoujanya
41	A-36	Pinky Kargar	SYBCOM	Pinky
42	A-17	Namrata Dhangar	FYBCOM	Namrata
43	A-69	Bhavna Poojari	FYBCOM	Bhavna
44	A-113	Anchal Shrikumar Yadav	FYBCOM	Anchal
45	A-11	Gayatri Monha Das	FYBMS	Gayatri
46	B-07	Bhargavi Bharat Naik	FYBMS	Bhargavi
47	B-37	Nandini Harish Shetty	FYBMS	Nandini
48	A-30	Sneha English Jha.	B.Y.Bcom	Sneha
49	A-71	Sonam Rakesh Sharma	S.Y.Bcom	Sonam
50	- 9	Kinjal R. Yarasetya	F.Y.BAF	Kinjal
51	- 35	Jyoti Pawar	F.Y.BAF	Jyoti
52	- 36	Rareena devraj prajapati	F.Y.BAF	Rareena
53	A-18	Aashvina Gadge	F.Y.BMS	Aashvina
54	A-59	Pooja Kunchikar	F.Y.BMS	Pooja
55	A-37	Nikita Jana	SYBMS	Nikita
56	A-56	Rishika Mishra	SYBMS	Rishika
57	A-36	Veena Jain	SYBMS	Veena
58	A-109	Ritu Tiwari	F.V.B.com	Ritu
59	B-21	Surakshita Salunkhe	TY BMS	Surakshita
60	A-41	Keerthi Sasidharan	T.Y.BMS	Keerthi
61	A-79	Muskan Singh	S.Y.BCOM	Muskan
62	A-78	Juhi Singh	S.Y.BCOM	Juhi
63	A-99	Khushi Singh	F.V.B.com	Khushi
64	A-23	Riya P. Gada	SY.BMS	Riya
65	B-32	Ashwarya Shetty	SY.BMS	Ashwarya
66	B-44	Jiya Singh	SYBMS	Jiya
67	A-26	Isha Ghose	SYBMS	Isha
68	A-22	Jainee P. Gada	SYBMS	Jainee
69	34	Monika Ravariya	SYBAF	Monika
70	32	Sakshi Pawar	SYBAF	Sakshi
71	A-96	Siddiqui Parida	Fy BCOM	Siddiqui
72	A-95	Siddiqui SHUMAILA	Fy BCOM	Shumaila
73	36	Malima Sani	SYBAF	Malima
74	03	Payal Bhadekar	SYBAF	Payal
75	53	Jyoti Yadav	SYBAF	Jyoti
76	27	Chahat Pandey	SYBBI	Chahat
77	28	Sakshi Patange	SYBAF	Sakshi
78	07	Radha Dangare	SYBAF	Radha



Laxmi Charitable Trust's  
**Shri Chinai College of Commerce and Economics**  
Andheri East -400069

# Women Development Cell


Organises

**Seminar on Personality Development and  
Menstrual Hygiene**

2023-2024





 **GPS Map Camera**



**Mumbai, Maharashtra, India**

Shri Chinai College of Commerce and Economics Andheri East Mumbai  
400069

Lat 19.124737°

Long 72.852099°

11/08/23 11:56 AM GMT +05:30



 **GPS Map Camera**



**Mumbai, Maharashtra, India**

Shri Chinai College of Commerce and Economics Andheri East Mumbai  
400069

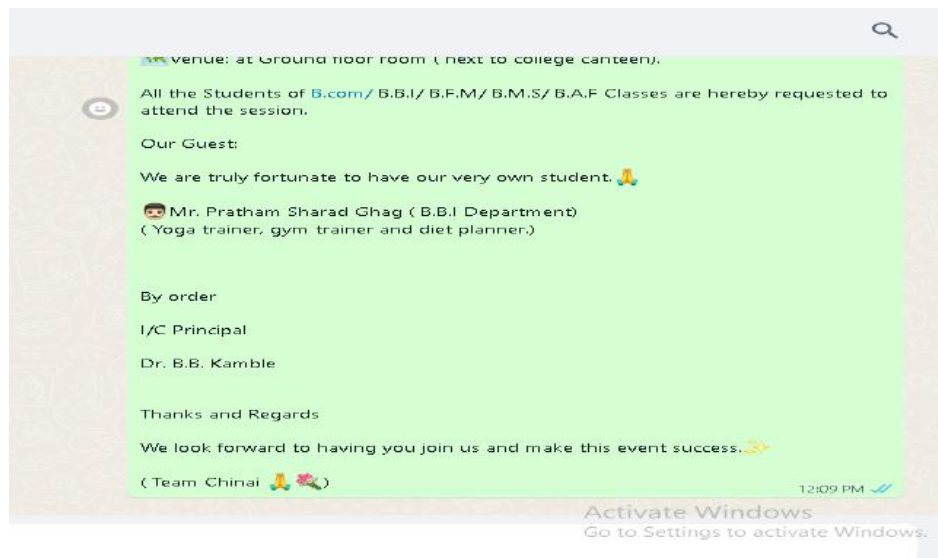
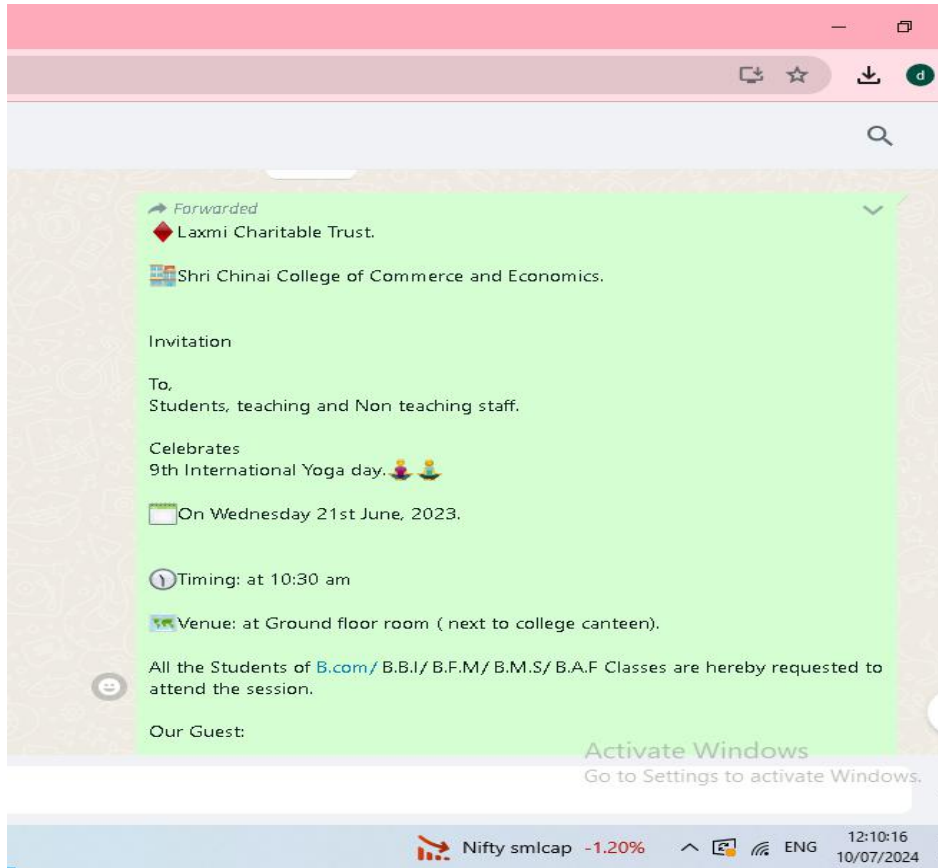
Lat 19.124737°

Long 72.852099°

11/08/23 11:12 AM GMT +05:30



# Yoga Day Celebration



**SHRI CHINAI COLLEGE OF COMMERCE & ECONOMICS**

**Andheri (East), Mumbai-400069**

**21<sup>st</sup> June 2023**

**REPORT ON 9<sup>th</sup> International Yoga Day**

Department of BBI & BFM of Shri Chinai College of Commerce & Economics in collaboration with IQAC jointly organized **9<sup>th</sup> International Yoga Day in the college campus on Wednesday 21<sup>st</sup> June, 2023 at 10:30 am in the college premises.** The programme started at 10: 30 am with the welcome speech addressed by our Principal Sir Dr. B.B.Kamble. We have invited our very own former Student Mr. Pratham Sharad Ghag as a yoga instructor for the day. The activity was conducted for all B.COM & Self Finance students.

The ultimate Agenda of the event:

- To create and spread awareness about Yoga.
- To highlight its significance.
- To recommend remedial measures as in how to cope up with stress.

Our Yoga instructor Mr. Pratham Sharad Ghag had an interaction session and also cleared all the necessary doubts of our students.

The programme wrapped up around 11:30 am The vote of thanks was given by Prof. Bharat Shirgaonkar.



