



St. Vincent College of Commerce, Pune -411037
(Affiliated to Savtribai Phule Pune University)



Title of the Event	One-Day Workshop on Female Health, Hygiene, and Personality Development		
Date of the Event	28th October 2024	Place of the event	St. Vincent College
Objectives of the Event	To raise awareness about female health, hygiene and Soft skills necessary for personality development		
Name/s of the Resource Persons	Dr. Madhuri Brahmane		

A short narration of the program

On 28th October 2024, St. Vincent College hosted a one-day workshop focusing on female health and hygiene alongside personality development. The workshop aimed to empower female students by providing them with essential knowledge and practical tools to enhance their well-being and personal growth.

Overview and Objectives

The workshop was designed to address the physical, mental, and emotional challenges faced by women, emphasizing the importance of maintaining health and hygiene while also building self-confidence and professional skills. The objectives included:

- Promoting awareness of female health and hygiene practices.
- Addressing common misconceptions and stigmas surrounding women's health.
- Enhancing self-esteem and communication skills through personality development.

Workshop Highlights

The program included expert-led sessions, interactive discussions, and hands-on activities, creating an engaging and supportive environment.

1. Session on Female Health and Hygiene

o The session began with a presentation by a healthcare professional, who discussed the importance of menstrual hygiene, balanced nutrition, and routine health check-ups.

o Key topics covered:

□ Menstrual Health Management: Breaking taboos and encouraging open discussions about menstruation.

□ Common Health Issues: Addressing concerns such as PCOS, anemia, and hormonal imbalances, along with preventive measures.

□ Hygiene Practices: Guidance on personal hygiene, including the use of sanitary products and maintaining cleanliness during menstruation.

o A Q&A session allowed students to raise personal queries in a safe and confidential environment.

2. Session on Personality Development



- o The second half of the workshop focused on personality development, led by an experienced trainer specializing in soft skills and self-improvement.
- o Key areas addressed:
 - Building Self-Confidence: Techniques to overcome insecurities and project confidence in personal and professional settings.
 - Communication Skills: Tips for effective verbal and non-verbal communication.
 - Time Management and Goal Setting: Practical exercises to help students prioritize tasks and achieve their goals.
 - Professional Grooming: Importance of appearance and etiquette in creating a positive impression.
- o Students participated in role-playing exercises, public speaking activities, and team-building games, making the session lively and interactive.

Student Engagement and Feedback

The workshop witnessed enthusiastic participation from female students, who appreciated the opportunity to discuss topics often overlooked in traditional education settings. Students found the sessions informative and relatable, particularly the candid discussions about health and hygiene. The personality development segment was praised for its practical tips and engaging format.

Conclusion

The one-day workshop on female health, hygiene, and personality development was a significant step towards empowering the female students of St. Vincent College. By addressing health concerns and fostering personal growth, the event aligned with the college's commitment to holistic education and student welfare.

This initiative not only equipped participants with valuable knowledge and skills but also encouraged them to take proactive steps towards self-care and self-improvement.

Name of the Collaborating Agency	-
Learning Outcomes of the Event for the Participants	The Students learned about female health, hygiene and the Soft skills that are necessary for personality development
Learning Outcomes for the Organizing team	To teach the students about female health, hygiene and Soft skills necessary for personality development
No. of Participants	Female Students of St. Vincent
Faculty in Charge	Dr. Mareena Brahmane
Documents Attached	1. Photographs





St. Vincent College of Commerce, Pune -411037
(Affiliated to Savtribai Phule Pune University)



GPS Map Camera

Pune, Maharashtra, India

10 B, Jamunabai R Joshi Marg, Mira Society, Vrindavan
Society, Guru Nanak Nagar, Pune, Maharashtra 411037, India

Lat 18.499362° Long 73.871387°
28/10/24 09:22 AM GMT +05:30

Google