

Vishnu Waman Thakur Charitable Trust's  
**VIVA INSTITUTE OF PHARMACY**  
At. Shirgaon, Veer Sawarkar Road, Virar (E),  
Tal. Vasai, Dist. Palghar-401305, Maharashtra

16<sup>th</sup> January 2024

**Personality Development and Menstrual Hygiene**  
**Organized by Women Development Cell and NSS Unit**

Date of event	16 <sup>th</sup> January 2024
Time of event	2.00 to 3.00 PM
Name of speaker (Designation & Organization)	Ms. Nikita Patil, Marketing Specialist, Brandtouch Analytics Pvt. Ltd.
Contact no. of speaker	
No. of Participant/ Students present	110 Participants
Venue	Auditorium, 4 <sup>th</sup> floor, VIVA Technical Campus.

VIVA Institute of Pharmacy organized a seminar on "Personality Development and Menstrual Hygiene" under Women's Development Cell (WDC) / Internal Complaints Committee (ICC) and NSS unit for all girl students, teaching and non-teaching staff on Tuesday, 16<sup>th</sup> January 2024 2.00 to 3.00 PM .30 to 3.30 pm at the Auditorium, 4<sup>th</sup> floor of VIVA Technical Campus

The session began with a welcome remark and speaker's introduction by student representative Ms. Aditi More followed by felicitation of the speaker. The Speaker Ms. Nikita Patil, a Marketing specialist, Brandtouch Analytics Pvt. Ltd. delivered a session on "Personality Development and Menstrual Hygiene" and gave orientation and discussion on safety precautions a woman needs to follow in regards with Menstrual Hygiene as well as encourage women to think for themselves without getting influenced by the World. She gave a special emphasis on how a woman should be well groomed during interviews. She motivated the participants for continuous self-development. She used a PowerPoint Presentation to help guide the younger generation as well as tackle the myths that come up with women's menstrual cycle.

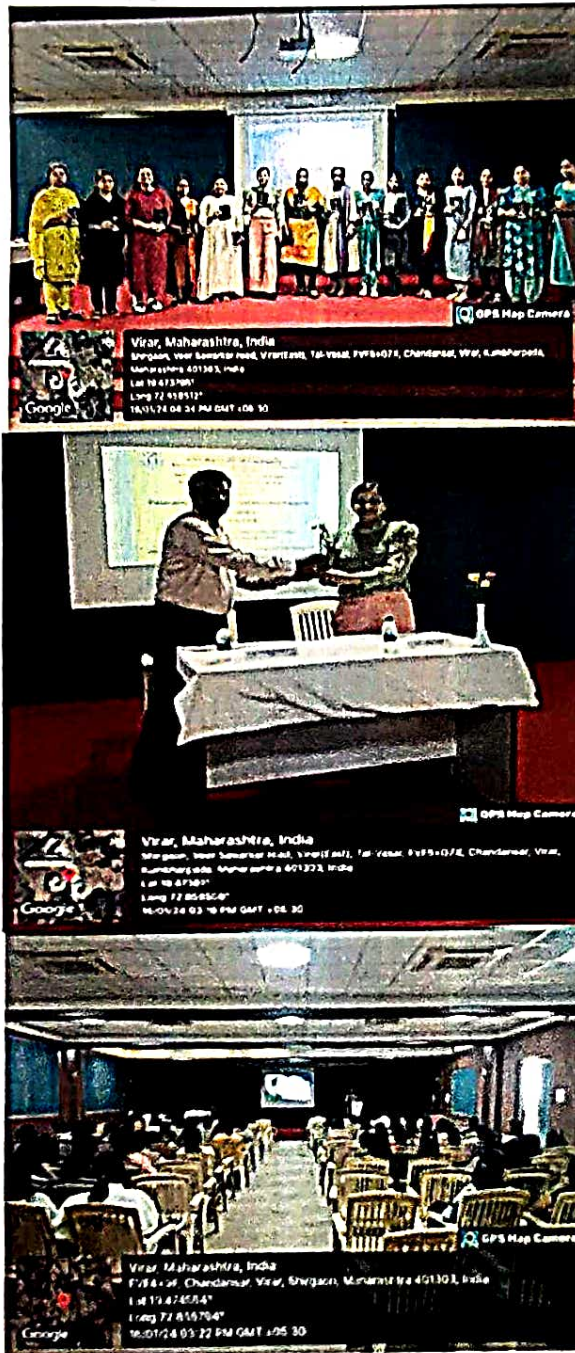
The session ended with a token of thanks by Women's Development Cell faculty in-charge, Ms. Hitakshi Makasare. The feedback of participants was very encouraging and we would like to conduct such sessions in future.

*Hitakshi Makasare*  
Event Co-ordinator/ Incharge



*Sunita Ogale*  
29/1/24  
Dr. Sunita Ogale  
Principal

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Photographs of the event "Personality Development and Menstrual Hygiene" conducted on 16<sup>th</sup> January 2024

*Anita*  
Event Co-ordinator/ Incharge



*S/O*  
29/1/24  
Dr. Sunita Ogale  
Principal