



Bharatiya Vidya Bhavan's
SARDAR PATEL COLLEGE OF ENGINEERING

Andheri (W) Mumbai-400058
 (Government Aided Autonomous Institute)
 Affiliated To University of Mumbai



IIIE SPCE STUDENT CHAPTER & SPCE Student Council
 Organizes a workshop on

“Personality Development & Menstrual Hygiene”

in association with

CAMPUS KONNECT BANDTOUCH & ANALYTICS

11th March 2024

Venue:

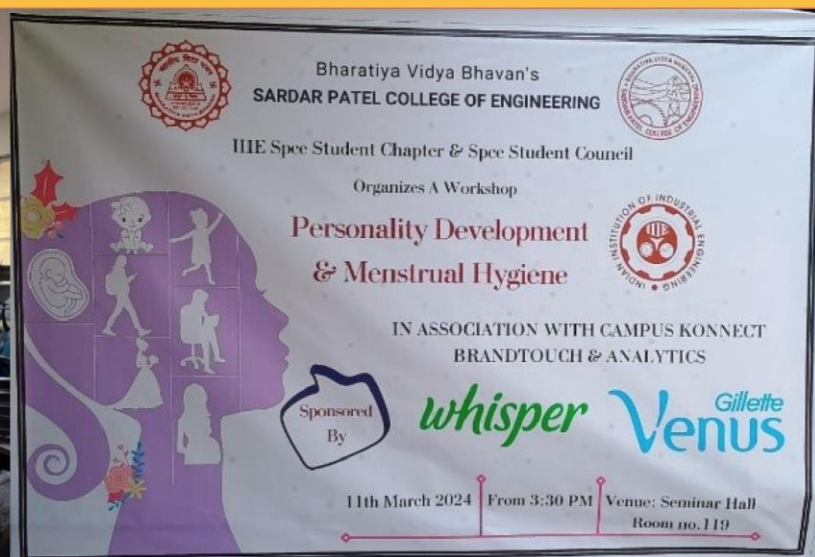
Room 119, Sardar Patel College of Engineering

Under Department of Mechanical Engineering & IQAC

sponsored by



IIIE Mumbai Chapter



Empowering Women: A Journey Towards Confidence

Event Highlights

- Date of event: March 11, 2024
- Time of event: 3:30 onwards
- Venue/Platform: Room 119, Sardar Patel College of Engineering

The Event

. The event aimed to boost self-confidence among female students, starting with Miss Pooja Shah's introduction to women's physical hygiene. Key points covered included:

1. **Body Hair Removal Choice:** Emphasized personal agency in grooming choices.
2. **Top 5 Hygiene Tips:** Practical guidance on hygiene, including "CTMP" for facial care.
3. **Menstrual Cycle and Period Hygiene:** Education on menstrual health and products.
4. **PCOD and PCOS Information:** Understanding reproductive health conditions for proactive management.
5. **Managing Food Patterns, Mood Swings, and Cramps:** Strategies for coping with menstrual symptoms.
6. **Overcoming Pain and Restroom Hygiene:** Tips on tackling period discomfort assertively.
7. **Tackling Periods Effectively:** Holistic guidance on exercise, nutrition, and hygiene.
8. **Communication Tips:** Empowering women with effective communication skills.
9. **Confidence in Interviews:** Preparation tips for projecting professionalism and confidence.

These sessions are crucial for providing a safe space to discuss sensitive topics, offering practical guidance, and equipping women with skills for personal and professional growth. Overall, they promote self-confidence, autonomy, and holistic well-being.



"Inquisitive Girls During The Session"

FUN AND GAMES :-

After learning about hygiene and confidence it was time to have some fun in the SPCE campus. There were many games organised by the senior members of IIIE-SPCE. Everyone was very enthusiastic and played the games with great spirit and won many gifts. It was more about celebration of womanhood rather being a mere competition.

The Ladies Representatives of the Student Council of SPCE, MESA, EESA and CEA, namely, **Ms. Apurva Garad, Ms. Minham Kant, Ms. Shreya Bhatt, Ms. Gauri Atre, Ms. Saishwari Dhotre**, with their significant efforts, made this event a great success.

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