



SVB's Saraswathi College of Education & Research,



Dombivli (E)

Report on Feminine Health and Hygiene & Personality Development Seminar

Date: 26th March, 2024

On March 26, 2024, a significant seminar focusing on Feminine Health and Hygiene & Personality Development was conducted at SVB's Saraswathi College of Education and Research under the Women Development Cell. The event was jointly organized by SVB's Saraswathi College of Education and Research and SVB's Pharmacy College, with sponsorship from Procter & Gamble (P&G) Company. Ms. Jyoti Bhanushali, an esteemed educationist and motivational speaker, graced the occasion as the resource person.

The primary objective of the seminar was to shed light on feminine health and hygiene practices while concurrently emphasizing the significance of personality development among young women. By addressing these crucial aspects, the seminar aimed to empower female participants with knowledge and skills essential for their holistic well-being and personal growth.

Ms. Jyoti Bhanushali commenced the seminar by elucidating the importance of maintaining proper feminine hygiene to prevent infections and promote overall health. She discussed various hygiene practices, including menstrual hygiene management, proper sanitation, and the significance of using high-quality feminine hygiene products. Furthermore, she debunked myths and misconceptions surrounding menstruation, fostering a more open and informed dialogue on the subject.

Transitioning to the topic of personality development, Ms. Bhanushali delved into the critical attributes and skills necessary for personal and professional success. She emphasized the significance of self-confidence, effective communication, Appearance, and emotional intelligence in shaping one's personality. Through interactive sessions and real-life anecdotes, she provided valuable insights and practical tips for enhancing personality traits and overcoming obstacles.

The seminar included interactive sessions where participants actively engaged in discussions, shared their experiences, and sought guidance from the resource person. This participatory approach facilitated a dynamic learning environment, allowing attendees to gain personalized advice and solutions to their queries.

As the seminar was sponsored by Procter & Gamble (P&G) Company, a segment was dedicated to showcasing P&G's range of feminine hygiene products. Representatives from P&G provided demonstrations and educational materials on their products, emphasizing their quality, safety, and benefits for women's health and well-being.

The Feminine Health and Hygiene & Personality Development Seminar jointly organized by SVB's Saraswathi College of Education and Research and SVB's Pharmacy College, sponsored by Procter & Gamble (P&G) Company, proved to be an insightful and empowering

event for female participants. Under the expert guidance of Ms. Jyoti Bhanushali, attendees gained valuable knowledge and skills related to feminine hygiene practices and personality development. The seminar not only fostered awareness but also inspired confidence and self-improvement among the participants, contributing to their overall holistic growth and well-being. Such initiatives are instrumental in promoting women's health, empowerment, and societal progress.





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