



**SVB's Saraswathi College of Education & Research,**



**Dombivli (E)**

## **Report on Feminine Health and Hygiene & Personality Development Seminar**

**Date: 26<sup>th</sup> 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.





Mrs Savita Upasani  
Teacher In-charge

Dr. Mary Devakumar  
I/C Principal



## **SEMINAR PRESENTATION**

### **S.Y.B.ED STUDENTS (22-24)**

**TOPIC: BOOK REVIEW ON GENDER ISSUES AND WOMEN EMPOWERMENT.**

**DATE: 26.3.24**

As a part of curriculum for course-11 gender, school and society, students of S.y.b.ed were excited to present their seminar on the topic book review on *Gender Issues and Women Empowerment: Perspectives and Challenges*. This book review aims to highlight its key themes, arguments, and implications for contemporary discussions on gender equality and women's empowerment.

### **Key Themes and Arguments**

1. **Structural Inequalities:** The book begins by dissecting the structural inequalities that perpetuate gender disparities in various spheres, such as education, politics, and economic opportunities. It critiques existing power dynamics and institutional barriers that hinder women's advancement.
2. **Empowerment Strategies:** students discussed a range of empowerment strategies, including education, economic independence, and leadership training. These strategies are examined through case studies and real-world examples to demonstrate their impact on women's agency and societal progress.
3. **Intersectionality:** An important focus of the book is on intersectionality, acknowledging how gender intersects with other identities such as race, class, and sexual orientation. This intersectional lens highlights the unique challenges faced by marginalized women and emphasizes the need for inclusive approaches to empowerment.
4. **Global Perspectives:** The book adopts a global perspective by examining women's rights movements and initiatives across different regions. It explores successful advocacy campaigns, legislative reforms, and grassroots efforts that have contributed to advancing gender equality on a global scale.

### **Implications and Relevance**

- **Policy Recommendations:** The seminar emphasizes the importance of advocating for policy reforms that promote gender equity and protect women's rights. It calls for proactive measures to address systemic inequalities and ensure the implementation of gender-sensitive policies.
- **Educational Outreach:** Through educational outreach programs and awareness campaigns, the seminar highlights the role of education in challenging stereotypes and fostering gender-inclusive attitudes. It underscores the transformative power of education in shaping future generations' perceptions of gender roles.

- **Community Engagement:** The seminar encourages active engagement within communities to promote dialogue and solidarity in the fight for gender equality. It emphasizes the importance of grassroots activism and collective action in driving meaningful social change.

## Conclusion

In conclusion, *Gender Issues and Women Empowerment: Perspectives and Challenges* serve as a crucial resource for understanding and addressing the complexities of gender inequality and women's empowerment in contemporary society. Through its insightful analysis and practical recommendations, the book inspires us to advocate for a more equitable and inclusive future for all. We hope this seminar has provided valuable insights and sparked meaningful discussions on how we can collectively contribute to advancing gender equality.





**TEACHER IN-CHARGE  
MRS. ROSY JAMES**

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