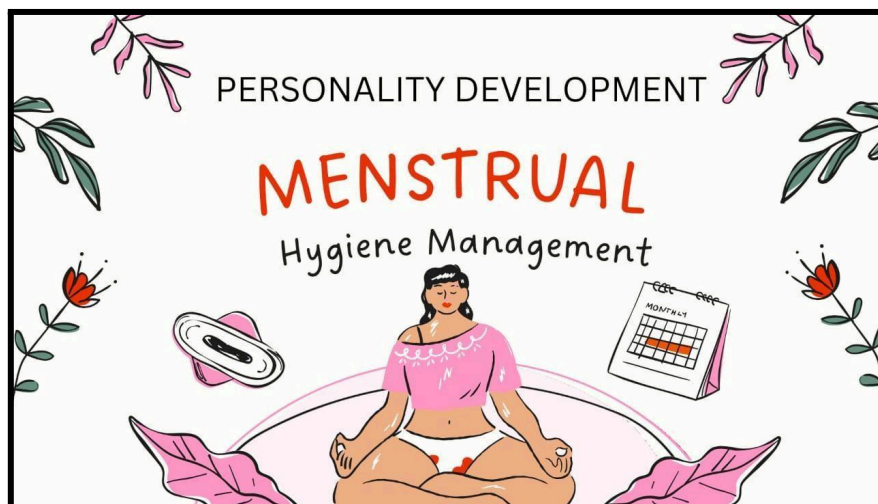


Menstrual Hygiene & Personality

Development: January 04, 2024



I Basic Details

Date, Time	Faculty	Department/Committee	Co-ordinator Name
January 04, 2024	Arts	Education	Dr Cindrella Dmello
Name & details of Resource Person	Venue	Activity for Class/Group with Total Number of Attendees	Nature: Indoor/Outdoor
Ms. Pooja Shah	Multipurpose Hall	48 SY Students, 50 SY students, 5 Teaching Staff members	Indoor
Names of Staff Members who supported			Names of Students who Supported
Dr Giselle Dsouza, Dr Joan Lopes, Dr Cerena Dcunha, Dr Reshma Rodrigues			Ms Numa Shaikh

II Brief Information about the Activity

Topic/Subject of the Activity	Menstrual Hygiene and Personality Development
Objectives for conducting Activity	To contribute in creating sensitivity and awareness about problems faced by women.. To provide a platform to the students to learn to be confident in their own skin and be proud of their talents.
Methodology	The speaker Ms. Pooja Shah spoke about how we as women should be confident in ourselves and radiate positivity, throughout our lives. She explained how grooming, dressing and hygiene play an important role in any woman's life and she also suggested different ways to maintain these factors. Towards the end, the session was thrown open for any doubts that the audience had.
Outcome	Through this session, we gained insights on the importance of dressing well, maintaining a good grooming schedule and the different hygiene practices that women should follow.



Prof. Dr. Giselle D'souza
Principal In-charge

St. Teresa's Institute of Education
Santacruz West, Mumbai – 400054



III Proofs Attached.

