



**Hirwal Education Trust's**  
**College of Computer Science and Information Technology,**  
**Mahad-Raigad**  
(Affiliated to Mumbai University)  
NAAC Accredited with 'B' Grade

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## A Report of seminar on 'Health and Hygiene'

**Date:** - 17<sup>th</sup> Jan.2024

**Time:** 10.00 am

**Venue:** HET-CCSIT

**Organizer:** WDC with IQAC

### **Introduction –**

Department of WDC & IQAC organized seminar on 'Health and Hygiene' to guide our students on the topic of girls diet, health and PCOD problem.

### **Objective:**

- To provide comprehensive information on menstrual health, including the menstrual cycle, hygiene practices during menstruation, and the use of menstrual hygiene products.
- To educate girls about the physical and emotional changes that occur during puberty.
- To educate girls about reproductive health, including the menstrual cycle, ovulation, and the basics of contraception.
- To provide information on maintaining a healthy diet, understanding nutritional needs during different life stages, and incorporating physical activity into daily life.
- To promote the importance of self-care, including adequate sleep, stress reduction techniques, and time management.

### **Detailed Proceeding:**

F.Y. BMS student Afsha Pathan did the introduction of the Programme. After that CCSIT Principal Mr. Sudesh Kadam, Chief Guest Dr. Sandhya Butala Mam and WDC coordinator and other members lighting Lamp and did Sarswati Poojan. After that Afsha Pathan gave the brief introduction of Dr. Sandhya Butala Mam. Then CCSIT Principal Mr. Sudesh Kadam felicitated to Dr. Sandhya Butala mam.

Then the Chief Guest Dr. Sandhya Butala started their valuable speech, she gave lots of examples to girls regarding how to develop their personality with the help of good health. She told that healthy food, regular exercise is very important to maintain their health. Now a days PCOD problem increasing in the girls, to reduce it, girls have to take proper food, avoid the fast food, take proper sleep. She also told that to increase the hemoglobin have to take fruits, milk.

She addressed issues of personal healthcare, hygiene and prevention of illness, menstrual problems and overcoming the anemia and menstrual hygiene etc., she also stressed that the urgent need for both adolescent girls and boys are programs, which help deal with their own wellbeing, their health bodies and their sexual lives.



### Outcomes:-

- Increased Awareness: Seminars provide a platform to disseminate valuable information about health and hygiene practices. Students can gain a better understanding of the importance of maintaining good health and hygiene.
- Behavioural Change: Learning about the benefits of healthy habits and proper hygiene can motivate students to adopt positive behaviours. This may include improvements in personal hygiene routines, dietary choices, and overall lifestyle.
- Self-Care Practices: Encouragement to prioritize self-care, including adequate sleep, stress reduction techniques, and strategies for managing time effectively. Empowering girls to prioritize their well-being contributes to long-term health benefits.



## Attendance:



Hirwal Education Trust  
COLLEGE OF COMPUTER SCIENCE & INFORMATION TECHNOLOGY  
(Affiliated to University of Mumbai)  
(Accredited by NAAC)

Activity Name /Competition Name/Meeting : - Seminar on health & hygiene

### List of participants

Sr.No	Student Name	Class	Signature
01	Tanaz Riyaz Gajjar	FY-BSC	Tanaz
02	Rifah Mehboob Duse	FY-BSC	Rifah
03	Wafa Zahid Pal	FY-BSC	Wafa
04	Asta Kazi	FY-BSC	Asta
05	Suhana Sawant	FY-BSC	Suhana
06	Sayyed Umama Irfaan	FY-BSC	Sayyed
07	Rutuja T. Deshmukh	FY-BSC	Rutuja
08	Shreyal Omkar Tiwari	FY-BSC	Shreyal
09	Rage Khadija A.R	FY-BSC	Rage
10	Hawaladar Tamanna Nisar	FY-BSC	Hawaladar
11	Monika Santosh Suler	FY-BSC	Monika
12	Pratiksha Khedekar	FY-BSC	Pratiksha
13	Ziya Hasrat Sawant	FY-BSC	Ziya
14	Shweta Mandave	FY-BSC	Shweta
15	Asmita Pethare	FY-BSC	Asmita
16	Shruti Gharpade	SYCS	Shruti
17	Anisha More	SYCS	Anisha
18	Neha Chavan	SYCS	Neha
19	Asha Ankule	SYCS	Asha
20	Naziya Walele	SYCS	Naziya
21	Aashna Kazi	FY-BMS	Aashna
22	Fiza Tambu	FY-BMS	Fiza
23	Solkar Suhema	FY-BMS	Solkar
24	Aisha Pathan	FY-BMS	Aisha
25	Sanika Kane	FY-BMS	Sanika
26	Prachi Bhilare	FY IT	Prachi
27	Shruti Kadam	FY IT	Shruti
28	Tejal Jadhav	FY IT	Tejal
29	Sayali Zanje	FY IT	Sayali
30	Sneha Ajit Vangule	FY IT	Sneha
31	Isbika Jadhav	FY IT	Isbika
32	Jayantee Brajesh Pandey	FY IT	Jayantee
33	Diksha Pawar	SY IT	Diksha
34	Sakshi Pawar	SY IT	Sakshi

35)	Latika Utekar	SYIT	Latika
36)	Sakshi Ranjarkar	SYIT	SSB
37)	Vaishnavi Betkar	SYIT	Vaishnavi
38)	Diksha Dhanawade	SYIT	Dhanawade
39)	Saloni Gaikwad	SYIT	Saloni
40)	Diksha Deve	SYIT	Diksha
41)	Pradnya Dige	SYIT	Pradnya
42)	Snehal Waydande	SYIT	Snehal
43)	Manashri Bamholkar	FYIT	Manashri
44)	Vaishnavi Sawant	FYIT	Vaishnavi
45)	Shraddha Jadhav	FYIT	Shraddha
46)	Rutuja Malekar	Ty.Bcom	Rutuja
47)	Ribe Inayat Khan	Ty Bcom	Ribe
48)	Saniya Ambilkar	FY.IT	Saniya
49)	Khadija Rahatwal	FY.IT	Khadija
50)	Natasha Tami	SY BSC	Natasha
51)	Dhanipkash Saniya	SY BSC	Dhanipkash
52)	Aditi Bhikse	SY BSC	Aditi
53)	Shruti Belase	SY BSC	Shruti
54)	Binu Sanjay Singh	SY BSC	Binu
55)	Lavanya Ganapathirao Nelim	SY BSC	Lavanya
56)	Siddhi Vinod Kadam	SY BSC	Siddhi
57)	Saara Bhavrat Deshmukh	SY BSC	Saara
58)	Swarna Dhanraj Singh	SY BSC	Swarna
59)	Dushe Prdosh	SY BSC	Dushe
60)	Deshmukh Tilam	SY BSC	Deshmukh
61)	Deshmukh Khadija	SY BSC	Deshmukh
62)	Antule Mehulish	SY BSC	Antule
63)	Kondikar Sana	SY BSC	Kondikar
64)	Dutte Jara	T.Y.Bcom	Dutte
65)	Dnyedaa Mehulish	T.Y.Bcom	Dnyedaa
66)	Gize Zarin	T.Y.Bcom	Gize
67)	Kunke Nihq	TY Bcom	Kunke
68)	Ruhi Deshmukh	Ty Bcom	Ruhi
69)	Afra Deshmukh	Ty Bcom	Afra



*Varsha*

**Mrs Varsha Nikam**  
WDC Convener



*Sudesh*

**I/C PRINCIPAL**  
College of Computer Science  
and Information Technology  
Mahad

**Mr. Sudesh N. Kadam**  
(I/c Principal)