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ADARSH VIDYA PRASARAK SANSTHA'S

ADARSH COLLEGE OF ARTS, COMMERCE & SCIENCE

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02/08/2024

Women Development Cell (WDC) in association with Campus Konnect - by whisper pads (P&G)

Report

Workshop on 'Menstrual Hygiene and Personality Development'

Women Development Cell of Adarsh College of Arts, Commerce and Science, Badlapur in association with Campus Connect (a venture by Whisper Pads - Procter & Gamble) had organized a Workshop for girl-students' on 2nd August 2024 at 10:30 am in the college auditorium. Approximately 267 students and 12 staff members participated in this workshop. For this workshop, the student participants were asked to register beforehand via the link provided by Campus Connect.

Ms. Riddhi Mukesh Kunjwani (Founder- Riddhi's Soft Skill Solutions) was the Key Resource Person. This workshop was graced with the presence of Dr. Sangeeta Pande (I/C Principal and in-charge of WDC, Adarsh College of Arts, Commerce & Science). The Key resource person was introduced by Tanishka Kadam (Student- TYBMS) as a motivational speaker, a creative trainer and a soft-skills expert. The Key Resource Person was warmly welcomed by Dr. Sangeeta Pande by presenting a bouquet as a symbol of gratitude and nurturing long term association.

Dr. Sangeeta Pande gave a brief explanation about the nature and relevance of the workshop. She said it's important to embrace inner beauty rather than giving importance to external appearance. Understand who you are and be yourself. Develop confidence in yourself. Self realization and acceptance is primary to one's happiness and success. Dr. Pande particularly emphasized on development of skills through SWAYAM courses by Govt. of India.

Thereafter, the Key Resource Person- Ms. Riddhi Kunjwani delivered an exemplary session on various aspects of Women Development with special reference to health, hygiene, menstrual cycle and related issues, personality development, work-life balance, problems faced by women in both personal and professional life etc. She particularly emphasized on the aspect of nurturing positive individualism and confidence in face of life challenges. She further explained the importance of maintaining a proper balanced diet and giving some time in the daily routine for

personal fitness such as practicing yoga (for instance Titliasan) to ensure a healthy life. Good health is the first step in the ladder of success. Also, she explained the importance of personal care and hygiene which is a prerequisite to developing a confident approach towards life. She also opined that it's important to come out of comfort zone and explore new opportunities.

She by giving a number of real life examples like Indhira Noorji, Sakshi Malik, Radhika Apte, Neena Gupta etc. explained 'how can we build our own brand?' The mantra is - 'be your best (ultra version), feel your best (bindazz version), do your best (smooth version)'. Embrace your unique features. According to Ms. Kunjwani, every person is different and unique. It's not necessary to waste money and time and stress yourself on being something you are not. It's important to feel good, have a positive outlook on life. Strive for continuous improvement through experiences. Embrace criticisms with poise. Reduce unnecessary screen time and give priority to much more significant things like health and fitness, academics and career, family and personal well-being. Stay away from toxicities of life like addictions, toxic relationships etc. We shouldn't be carried away by materialistic aspects of life. One should always be true to oneself. Articulation is crucial which means- speak your mind, put forth your viewpoint with clarity and precision. Networking with purpose will help in forging positive relationships that elevate ones life journey. She says, 'Positive vibe attracts tribes. Learn to appreciate yourself and the efforts of others'.


Ms. Riddhi Kunjwani also have an insight on need of developing power-skills in today's competitive era which includes positive interpersonal communication, command over language- both international and regional, common awareness and general aptitude, cognitive and critical thinking, tactful problem solving, public speaking, professional drafting, teamwork and leadership, digital-literacy and positive social media footprint (like having a LinkedIn profile), networking, professional attitude and ethical approach towards work, courtesy and charisma, etc. she said that these skills are crucial for one's career advancement and success.

Thereafter, an interactive session was conducted whereby the students were given a free rein to get their doubts and queries clarified. The workshop was concluded by the Vote of Thanks proposed by Ms. Preksha Kshirsagar (student, SYBAF). This workshop was informative, motivating and engaging. The deliberate efforts of the organizing team coupled with enthusiastic participation from the audience made this workshop a true success.


Dr. Snehal Deshmukh

Coordinator- WDC




Dr. Sangeeta Pande

(I/C. Principal and
In charge of WDC)