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Department of Commerce

Date:-30.12.2022

**Report of Guest Lecture on 'Mental Health and Hygiene for girls'**

The Department of Commerce organized a **Guest Lecture on 'Mental Health and Hygiene for girls'** on 30<sup>th</sup> December, 2022. The resource person was Mrs. Smita Shah, Psychologist and Counsellor, Baramati. This Guest Lecture was organized to aware girls about mental health and hygiene. Firstly, Prof. Puja A. Vhora welcomed the guests and briefed about the aims and objectives of the Guest Lecture through his introductory speech.

Her lecture was very informative for all the girls. She spoke on the topic psychological issues, hygiene habits, the stress and shame associated with menstruation, unhygienic sanitation etc.

She started the lecture with active participation and boosted the confidence level of the girls. She talked on positive attitude and confidence, she took many activities such as meditation and made the session more interactive. She also solved the doubts of girls and removed the fear from the minds of girls.

During the lecture there was a very good response from the participants. Total 119 girls and faculty members of department of commerce attended the lecture. The lecture ended with an interactive session with girls and vote of thanks by Dr. Reshma M. Pathan. The entire activity was organized and conducted by Prof. Puja A. Vhora. We are very much thankful to the Principal Dr. Chandrashekhar V. Murumkar for providing an interactive platform.

Thank You,

With Warm Regards,



Prof. Puja A. Vhora  
Activity Co-ordinator



Dr. Janardhan K. Pawar  
Head, Department of Commerce  
Head  
Dept. of Commerce  
Tuljaram Chaturchand College.  
Baramati

Snaps of Guest Lecture on 'Mental Health and Hygiene for girls'



Latitude: 18.159315  
Longitude: 74.578367  
Accuracy: 300.0 m  
Time: 12-30-2022 10:29  
Note: Mental Health and Hy



Latitude: 18.157692  
Longitude: 74.576169  
Accuracy: 1600.0 m  
Time: 12-30-2022 10:27  
Note: Mental Health and Hy



Latitude: 18.158811  
Longitude: 74.575803  
Accuracy: 700.0 m  
Time: 12-30-2022 10:29  
Note: Mental Health and Hy



Snaps of Guest Lecture on Mental Health and Hygiene for girls'

Anekant Education Society's  
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati  
Autonomous  
Department of Commerce

Date: 22<sup>nd</sup> December 2022

To,  
The Principal,  
Tuljaram Chaturchand College of Arts, Science and Commerce,  
Baramati, Dist. Pune

**Subject: Permission to organize expert lecture on "Mental Health and Hygiene for girls"**

Respected Sir,


With reference to above mentioned subject, we at department of commerce are planning to organize an expert lecture on "Mental Health and Hygiene" for T.Y B.Com Girls. We have words with Mrs. Smita Shah, Psychologist and Counsellor as a resource person. She has already communicated her consent for the same. The proposed day and date of the lecture is Friday, 30<sup>th</sup> December 2022 between 10:00 am to 11:30 am.

We therefore request you to grant us the permission for the said lecture also grant Rs. 1,500 - as remuneration of the resource person.

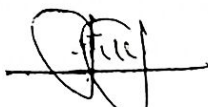
Kindly cooperate and oblige.

Thank You.

With Regards,

  
Prof. Puja A. Vhora  
Activity Co-ordinator



  
Dr. Janardhan K. Pawar  
Head, Department of Commerce

**Head**  
**Dept. of Commerce**  
Tuljaram Chaturchand College,  
Baramati

Allowed  


**Anekant Education Society's**  
**Tuljaram Chaturchand College of Arts, Science & Commerce**  
**Baramati**  
**Autonomous**  
**Department of Commerce**

**NOTICE**

Date- 28/12/2022

This is to inform all the Girls of TY B. Com and M. Com Part I & II that the department of commerce is organized a guest lecture on "**Mental Health and Hygiene for Girls**". The details are as follows:


Day and Date: Friday, 30<sup>th</sup> December 2022

Resource: Mrs. Smita Shah

Venue: Prerana Bhavan Seminar Hall

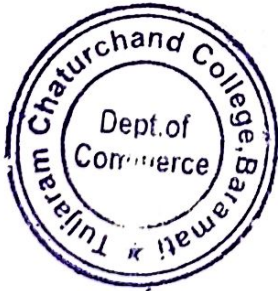
Time: 9.45 am

Note: Attendance is compulsory

  
Prof. Puja A. Vhora  
Co-ordinator

  
Dr. Janardhan Pawar  
Head, Department of Commerce

**Head**  
**Dept. of Commerce**  
Tuljaram Chaturchand College,  
Baramati





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Estd-June 1962

Anekant Education Society's

**TULJARAM CHATURCHAND COLLEGE**  
of Arts, Science and Commerce, Baramati, 413102  
(Autonomous Institute)

Dr. Chandrashekhar V. Murumkar  
PRINCIPAL

Life Time Achievement Awardee

E-mail :- principal@tcccollege.org,  
principal.tcccollege@gmail.com  
Website : www.tcccollege.org  
☎ : (02112) 222405, 223635 Fax : (02112) 222728

Religious Minority Institute

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- UGC - B. Voc. Programme

- Best College Awardee-SPPU
- Best Principal Awardee-SPPU

Affiliated to Savitribai Phule Pune University (Formerly University of Pune) (Id No.PU/PN/ASC/016/1962) Univ. College Code No. 032, HSC Board Code No.J 11.02.001(1976-77)

Ref. No. AES/TCC/ Gen 1700

Date :- 23 DEC 2022

To,  
Mrs. Smita Shah,  
Psychologist and Counsellor,  
Baramati.

**Sub- Invitation for a Guest Lecture on 'Mental Health and Hygiene for girls'**

Respected Sir,

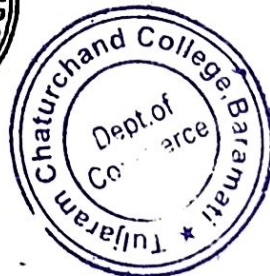
As a part of social and crosscutting issues, the Department of Commerce, of T. C. College, Baramati is planning to organize a guest lecture on 'Mental Health and Hygiene for girls' on Friday, 30<sup>th</sup> December, 2022 at 10.00 a.m. Accordingly, we are inviting you to deliver a lecture for the T..Y. B. Com Girls.

We would be grateful to you if you kindly accept the invitation and guide our students. We therefore request you to accept our invitation and deliver your valuable thoughts.

Awaiting your positive reply.

With regards,

  
Principal



Received  


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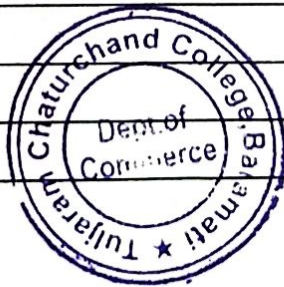
Department of Commerce

Guest Lecture on Mental Health and Hygiene for Girls

Friday, 30th December, 2022

Attendance Sheet

Sr.No.	Name of Students	Class	Div.	Sign.
1	Jadhav Jaxmi Bhimappa.	S.Y.Bcom	E	Jaxmi
2	shaikh sabanabi mehbub	Sy.Bcom	E	shaikh
3	Sorate Payal Dhananjay	S.Y.BCOM	E	Sorate
4	Kshirsagar Sakshi Dattatray	S.Y.Bcom	C	Kshirsagar
5	Gaikwad Shrutami Balaso	S.Y.Bcom	D	Shrutami
6	Taware Sayali Sachin	S.Y.Bcom	C	Taware
7	Kalgaonkar shivani sunil	S.Y.B.com	C	shivani
8	Sul Keyuni Vitthul	S.Y.Bcom	E	Sul
9	Sawant Rutuja Kisan	S.Y.B.com	E	Sawant.R.K.
10	Shruti Sanjay chavan	S.Y.B.com	C	Shruti
11	Sonali Raju Borate	S.Y.B.com	C	Sonali
12	Bhilare Shubhangi	T.Y.B.com	B	Bhilare
13	Lonkar Kajal Balasubhab	T.Y.B.com	A	Lonkar
14	Chauhan Kiran Ashok	T.Y.B.com	A	Chauhan
15	Kadam Rutuja Gajanan	S.Y.B.com	A	Kadam
16	Jawade Harshda Santosh	T.Y.B.com	B	Jawade
17	Jadhav Ankita Ram	T.Y.B.com	B	Jadhav
18	Gawade Mansi Balaso	T.Y.B.com	B	M.Gawade
19	Paokale Nikita Navnath	T.Y.b.com	B	Paokale
20	Wable komal sandip	T.Y.b.com	A	Wable
21	Gadekar Gaumi Mahaden	T.Y.b.com	A	Gadekar
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Anekant Education Society's  
Tuljaram Chaturchand College of Arts, Science & Commerce, Baramati, Dist. Pune  
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Department of Commerce  
Guest Lecture on Mental Health and Hygiene for Girls

Friday, 30th December, 2022

Attendance Sheet

Sr.No.	Name of Students	Class	Div.	Sign.
1	Gaikwad Neha Appasaheb	Ty.B.com	C	Gaikwad N
2	Pragati Vishnu Bansode	Ty.B.com	A	<del>Pragati</del>
3	Shaba Esha Suraj	Ty.B.com	E	E. S shahy
4	Doshi Sneha Mahendrakumar	T.Y.B.com	E	Sneha
5	Chavan Siddhi Rajendra	T.Y.B.com	E	Siddhi
6	Attar Hina lala	T.Y.B.com	E	Hina
7	Jagtap Teju shivaji	T.Y.B.com	E	Jagtap
8	Pise Poaja Ganesh	T.Y.B.com	A	Pise
9	Raut pratiksha Rupesh	T.Y.B.com	C	Raut
10	Bansode kanchan sukhdev	Ty.b.com	D	Bansode
11	Karadi Divy Divya Dasharath	Ty b.com	C	Karadi: D.D
12	Shaba sakshi mahavir	Ty b.com	C	Shah
13	Baravakar Aarti Dadaso	Ty b.com	E	Baravakar
14	kumbhar vaishnavi suryakant	Ty b.com	C	Kumbhar
15	shinde Ankita Bharat	Ty b.com	C	Shinde
16	Algude Ishwari Balasaheb	-11-	C	Algude
17	Mokashi Mitali Mahesh	-11-	C	Mokashi
18	Wable Trupti Satish	T.Y.b.com	E	Wable
19	Kulkarni poornima shrikrishna	T.Y.B.com	E	Pfte
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