

Anekant Education Society's

TULJARAM CHATURCHAND COLLEGE

of Arts, Science and Commerce, Baramati - 413102.

Dist. Pune. Maharashtra, India.

Empowered Autonomous Status

E-mail: principal.tccollege@gmail.com

Religious Minority Institute

NAAC Reaccredited 'A+' Grade, CGPA 3.55

NAAC-SSR

Cycle IV

2019 - 2024

Criterion VII: - Institutional Values and Best Practices

7.2.1 Q₁M

Best Practice-II Women Empowerment

HEALTH AND HYGIENE FOR GIRLS Activity by Department Commerce 10/08/2023

The Department of Commerce organized a One-day workshop on 'Health and Hygiene for girls' on 10th August, 2023. The resource person was Dr. Sarika Shinde from Baramati. This workshop was organized to create awareness among the girls about health and hygiene. She guided the girl students on health issues, hygiene habits, the stress and shame associated with menstruation, unhygienic sanitation etc. She conducted 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. Total **121** girl students and faculty members of the commerce faculty attended the workshop. Mrs. Puja Vhora was the coordinator of the workshop while Dr, Janardhan K. Pawar, Head, Department of Commerce supervised the activity.





Dr. Sarika Shinde guiding the gril students on health and hygiene

Photographs of the program



Girls participated in the workshop in big numbers



Prof. Ms. Puja Vhora delivering the introductory speech



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

Department of Commerce

Date:-11.08.2023

Report of One day workshop on 'Health and Hygiene for girls'

The Department of Commerce organized a One day workshop on 'Health and Hygiene for girls' on 10th August, 2023. The resource person Dr. Sarika Shinde, Baramati. This workshop was organized to aware girls about health and hygiene. Firstly, Prof. Puja A. Vhora welcomed the guests and briefed about the aims and objectives of the workshop through his introductory speech.

Her lecture was very informative for all the girls. She spoke on the topic health 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 workshop there was a very good response from the participants. Total 121 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 Prof. Manisha Bhosale. The anchoring of the activity was done 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. Avinash Jagtap for providing an interactive platform.

Thank You,

With Warm Regards,

Prof. Puja A. Vhora

Activity Co-ordinator

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Dr. Janardhan K. Pawar Head, Department of Commerce

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

Department of Commerce

Date: 7th August, 2023

To.

The Principal,

Tuljaram Chaturchand College of Arts, Science and Commerce,

Baramati, Dist. Pune

Subject: Permission to organize expert lecture on "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 "Health and Hygiene" for F.Y B.Com Girls. We have words with Dr. Sarika Shinde as a resource person. She has already communicated her consent for the same. The proposed day and date of the lecture is Thursday, 10th August, 2023 between 10:00 B-1000/ am to 11:30 am.

We therefore request you to grant us the permission for the said lecture also grant Rs. 2,000/as remuneration of the resource person.

Kindly cooperate and oblige.

Thank You.

With Regards,

Prof. Puja A. Vhora **Activity Co-ordinator** BARAMAT

Dr. Janardhan K. Pawar Head, Department of Commerce

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College with excellence at par

Prof. Dr. Avinash S. Jagtap M Sc. Ph.D. PRINCIPAL

smal = principal@tecollege.org. principal (ccollege)a gmail.com bsite - www.tecollege.org

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TULJARAM CHATURCHAND COLLEGE

of Arts, Science and Commerce, Baramati, 413102

(Autonomous Institute)

Religious Minority Institute

ISO - 9001 - 2015 Certified

DST FIST 'O'Level

NAAC Reaccredited 'A+', CGPA 3.55 Green Audit Certified

- Best College Awardee SPPU
- Best Principal Awardee SPPU
- UGC CPE Status
- UGC B. Voc. Programme

 DBT - Star College Scheme (02112) 222405, 223635 Fax. (02112) 222728

Affiliated to Savithbar Phale Pune University (Formetly 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/ Local 107

D. 8 AUG 2023

To.

Dr. Sarika Shinde

Baramati.

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

Respected Sir,

As a part of social and crosscutting issues, the Department of Commerce, of Tuljaram Chaturchand College, Baramati is planning to organize a guest lecture on 'Health and Hygiene for girls' on Thursday, 10th August, 2023 at 10.00 a.m. Accordingly, we are inviting you to deliver a lecture for the F.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,

Dr. Avillash S. Jagtap

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Principal



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

Department of Commerce

Notice

Date: 8th August, 2023

This is to inform all the girls of FY B. Com that Department of Commerce is organizing one day workshop on 'Health and Hygiene'. The details are as follows:

Day and Date: Thursday, 10th August, 2023

Time: 10.00 am.

Venue: Prerana Bhavan Seminar Hall

Prof. Puja A. Vhora Co-ordinator, Tally Course

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Dr. Janardhan K. Pawar Head, Department of Commerce

Anckant Education Society's

Tuljaram Chaturchand College of Arts, Science & Commerce, Baramati, Dist. Pune

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Anekant Education Society's

Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati

Autonomous

Department of Commerce

One Day Workshop on 'Health and Hygiene for Girls'

On Thursday, 10th August 2023

Feedback form

Name of the Student - More Pourning	Dilio
Class of the student - f.y. Bcom	of S. Divid ottas T.
Roll No. of the student – 8152	dides poi de sió mode justicion

Question	Total agree	Agree	Neutral	Total disagree	Disagree
Usefulness of the contents	/	43		3	
Interactive skill of the speaker	~				
Planning of the program was excellent	/				
Students knows lot of things	~		•		
Total Lecture was very good & interactive	~				



P.D. More Signature of the student