

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.

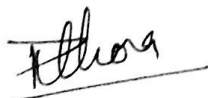
Her lecture was very informative for all the girls. She spoke on the topic psychological issues, hygiene habits, the stress and shame associated with menstruation, unhygienic sanitation etc.

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.

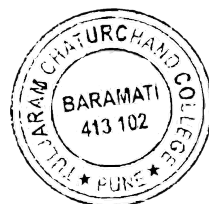
During the lecture there was a very good response from the participants. Total 119 girls and faculty members of department of commerce attended the lecture. The lecture ended with an interactive session with girls and vote of thanks by Dr. Reshma M. Pathan. The entire activity was organized and conducted 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

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



Latitude: 18.159315  
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 Note: Mental Health and Hy



Latitude: 18.157692  
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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

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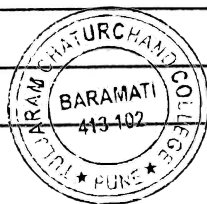
Department of Commerce

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	S.Kshirsagar
5	Gaikwad Shrutemi Balaso	S.Y.Bcom	D	Shrutemi
6	Taware Dayali Sachin	S.Y.Bcom	C	Taware
7	Kalgaonkar Shivani Sunil	S.Y.B.com	C	Shivani
8	Sul Kalyani Vitthul	S.Y.B.com	E	Sul
9	Sawant Rutuja Kisan	S.Y.B.com	E	Sawant.Rt.
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	Jawale Harshda Santosh	T.Y.B.com	B	Jawale
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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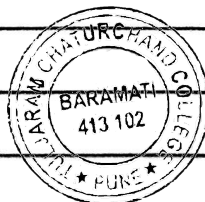
Department of Commerce

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 A
2	Pragati Vishnu Bansode	TY.B.Com	A	<del>Pragati</del>
3	Shaha Esha suraj	TY.B.com	E	E.s shaha
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 Tejal shivaji	T.Y.B.com	E	Tejal
8	Pise Pooja Ganesh	T.Y.B.com	A	Pise
9	Raut pratiksha Rupesh	T.Y.B.com	C	P. Raut
10	Bansude kanchan sukhdev	TY.b.com	D	Bansude
11	Karadi Divy Divya Dasharath.	ty b.com	C	(Karadi: D.D)
12	Shaha sakshi mahavir.	Ty b.com	C	Shaha.
13	Baravakar Aarti Dadaso	Ty b.com	E	Aarti.
14	kumbhar vaishnavi suryakant.	Ty b.com	C	Vsk.
15	shinde Ankita Bharat	Ty b.com	C	Ankita
16	Algude Ishwari Balasaheb	-11-	C	Algude
17	Mokashi Mitali Mahesh	-11-	C	Mitali
18	Wable Trupti Satish	T.Y.b.com	E	Trupti
19	Kulkarni purnima shrikrishna	T.Y.B.com	E	Pfle
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T.Y.B.Com

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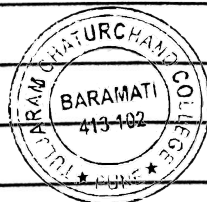
Department of Commerce

Guest Lecture on Mental Health and Hygiene for Girls

Friday, 30th December, 2022

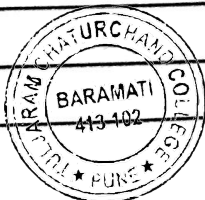
Attendance Sheet

Sr.No.	Name of Students	Class	Div.	Sign.
1	Gaikwad Prajakta sukhdeo	T.Y.b.Com	D	<u>Prajakta Gaikwad</u>
2	Gandhi Divya Smdosh	T.Y.b.Com	A	<u>Divya Gandhi</u>
3	Nagarkar shrawti Mahendra	T.Y.b.Com	A	<u>Shrawti Nagarkar</u>
4	Sakshi Kalyandas Kharat	T.Y.B.Com	B	<u>Sakshi Kharat</u>
5	Sawant Tanisha Jotiba	T.Y.b.Com	A	<u>Tanisha Sawant</u>
6	Mulani Simran Tsak	T.Y.B.Com	C	<u>Simran Mulani</u>
7	Wagh Sakshi Pramod	T.Y.B.Com	C	<u>Sakshi Wagh</u>
8	kumbhar sakshi Anil	T.Y.B.Com	C	<u>Sakshi Kumbhar</u>
9	Sonawane Anjali Dattatray	T.Y.B.Com	D	<u>Anjali Sonawane</u>
10	Rangar Rajandini Hari	T.Y.B.Com	B	<u>Rangar</u>
11	Sakshi Anil Jadhav	T.Y.B.Com	D	<u>Sakshi Jadhav</u>
12	Bhagat Aayasha Anil	T.Y.B.Com	B	<u>Bhagat</u>
13	Chandgude prajwal Hamishchandra	T.Y.B.Com	B	<u>P Chandgude</u>
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Guest Lecture on Mental Health and Hygiene for Girls  
Friday, 30th December, 2022  
Attendance Sheet

Sr.No.	Name of Students	Class	Div.	Sign.
1	Bhoptae pradnya Suresh	Ty.b.com	D	
2	Sawant Rutika Chandrakant	T.y.b.com	C	
3	Kshirsagar Payal Satish	T.y.b.com	D	
4	Tanjali Anjali Sanjay	T.y.b.com	B	
5	Lonche Nilam Sukhader	T.y.BCom	D	
6	Salunke Aishwarya Vilas	SY.Bcom	B	
7	Waghmare Mayuri Sopan	SY.Bcom	E	
8	Kale revati Gajanan	subcom	C	
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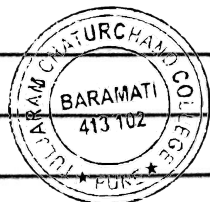
Department of Commerce

Guest Lecture on Mental Health and Hygiene for Girls

Friday, 30th December, 2022

Attendance Sheet

Sr.No.	Name of Students	Class	Div.	Sign.
1	Palange Sakshi Vinod	T.Y.Bcom	A	
2	Kedar Vrushali Ghashikant	T.Y.Bcom	A	
3	Taware Rutuja Balasa	T.Y.Bcom	B	
4	Wanve Madhuri Lalasa	T.Y.Bcom	A	
5	Sayyad Muskan Sultan	T.Y.Bcom	A	
6	Martad Pragati Prakash	T.Y.Bcom	A	
7	Vora Shruti Sachin	T.Y.Bcom	A	S.S.vora
8	Doshi Nidhi Shitalkumar	T.Y.B.com	A	NSDoshi
9	Ingawale Sandhya Tanaji	T.Y.Bcom	B	
10	Wakale Shradha Popat	T.Y.B.com	B	Shakale
11	Pise Dipali Datta	T.Y.Bcom	B	D.D.Pise
12	Zogade Kajal Kashinath	T.Y.Bcom	A	Zogade.k.
13	Zogade Supriya Shahajirao	T.Y.Bcom	B	Zogade.
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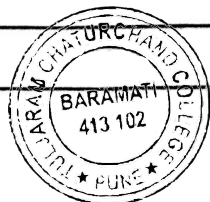
Department of Commerce

Guest Lecture on Mental Health and Hygiene for Girls

Friday, 30th December, 2022

Attendance Sheet

Sr.No.	Name of Students	Class	Div.	Sign.
1	Kumbhar Vaishnavi Rajendra	T.Y. B.com	D	Vaishnavi
2	Shaiikh Nilba Nazir	T.Y. B.com	D	Nilba
3	Jamble Rutuja Ganesh	T.Y. B.com	B	Rutuja
4	Basal shweta Sameer	T.Y. B.com	B	Shweta
5	Shapkar Pratiksha Rajendra	T.Y. B.com	B	Pratiksha
6	Jarad Tejal Satish	T.Y. B.com	D	Tejal
7	Shinde Pratiksha vikas	T.Y. B.com	B	P.v.shinde.
8	Jagtap Priyanka Prabhakar	T.Y. B.com	A	P.P.Jagtap
9	Mali Anjali Dhanaji	T.Y. B.com	C	Anjali
10	Boradkar Snehal Satish	T.Y. B.com	C	Snehal
11	Mulani karina mansur	T.Y. B.com	C	Karina
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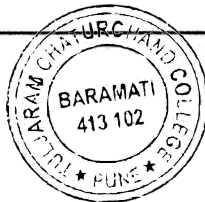
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Friday, 30th December, 2022

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Sr.No.	Name of Students	Class	Div.	Sign.
1	Sarode Poora Baban	T.Y.B.com	A	
2	Mhaske Aishwarya Mohan	T.Y.B.com	A	
3	Nanaware Akanksha Dadaram	T.Y.B.com	A	
4	Pandhare Nikeeta Bijanang	T.Y.B.com	A	
5	Kattkar Srushti Prakash	T.Y.B.com	A	
6	Shende Trupti Jaysingh	T.Y.B.com	A	
7	Shinde Pooja Dadasaheb	T.Y.B.com	B	
8	Yadav Mayuri Santosh	T.Y.B.com	B	
9	Shirke Mayuri Rajaram	T.Y.B.com	D	
10	Ladkat Preena Anil	T.Y.B.com	D	
11	Godade Pranali Sandip	T.Y.B.com	D	
12	Dalavi Siddhi Dnyaneshwar	T.Y.B.com	B	
13	Tadhav Sakshi Anil	T.Y.B.com	D	
14	Godase Sandhya Shrimang	T.Y.B.com	D	
15	Sharma Seema Jamanlal	T.Y.B.com	D	
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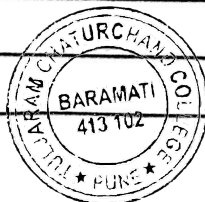
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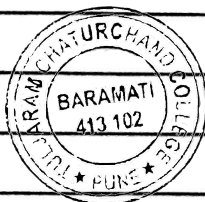
Sr.No.	Name of Students	Class	Div.	Sign.
1	Gauri Pandurang Patil	S.Y.B.com	C	G.Patil
2	Manisha Kanhaiya Pal	S.Y.B.com	C	Manisha
3	Rucha Sunil Sahani	S.Y.B.Com	C	R.Sahani
4	Pooja Sawata Borate	S.Y.B.com	E	Borate P.S.
5	Shreya Shrikant Sundeekamutha	S.Y.B.com	A	Sshreyad
6	Bhosale Siddhi Raghuvir	S.Y.B.COM	A	Bhosale
7	Wagh Mayuri Popat	S.Y.B.com	A	M.P.Wagh
8	Durande Gayatri Ramdas	S.Y.B.com	A	Durande
9	Asalkar Gauri Subhash	S.Y.B.com	C	Asalkar
10	kamble sakshi ajit	S.Y.B.com	C	sakamble
11	Gadekar shroddha Prakash	S.Y.B.com	C	Gadekar
12	Tadhav veena Avinash	S.Y.B.com	C	Veena
13	Utavali sakshi sanjay	S.Y.B.com	C	Utavali
14	shinde Anushka sandip	S.Y.B.com	E	A Shinde
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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	Dalvi Siddhi Dnyaneshwar	T.Y. B.com [B]	[B]	
2	Priya Dadaso Kheundale	T.Y. B.com	[B]	
3	Yagita Anil Ghorpade	-U-	(A)	
4	Awanti Rahul Thorat	T.Y. B.Com	D	
5	Parina Santosh Kempkar	T.Y. B.com	D	
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**Department of Commerce**

**Guest Lecture on 'Mental Health and Hygiene for Girls'**

On Friday, 30<sup>th</sup> December, 2022

**Feedback form**

Name of the Student – Charan Siddhi Rajendra  
Class of the student – T.Y.B.com  
Roll No. of the student – 17837

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



Charan  
Signature of the student



College with excellence at par

॥ सिद्धिनेकान्तात् ॥

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

Religious Minority Institute

NAAC Reaccredited 'A+', CGPA 3.55

E-mail :- principal@tcccollege.org,  
principal.tcccollege@gmail.com

Website : www.tcccollege.org

☎: (02112) 222405, 223635 Fax : (02112) 222728

● ISO - 9001 - 2015 Certified

● DST FIST 'O' Level

● DBT - Star College Scheme

● Green Audit Certified

● UGC - CPE Status

● 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. 1308

Date: 30 DEC 2022

To,

Mrs. Smita Shah,

Psychologist and Counsellor,

Baramati.

**Sub- Letter of thanks**

Respected Sir/Madam,

As a part of social and crosscutting issues, the Department of Commerce, of T. C. College, Baramati organized a guest lecture on 'Mental Health and Hygiene for girls' on Friday, 30<sup>th</sup> December, 2022 at 10.00 a.m., accordingly, you delivered a thought provoking lecture on 'Mental Health and Hygiene for girls' for TY B. Com students.

We are very thankful to you for accepting the invitation and guiding our students. Your guidance would definitely helpful to our students in days to come.

Thanking you,

With regards,

*Dr. A. K. Murumkar*  
Principal



*Conc.*

Juljaram Chaturchand College of Arts,  
Science and Commerce, Baramati

Department of Commerce

Guest Lecture on Mental Health and Hygiene  
for girls


Date - 30<sup>th</sup> Dec, 2022

Arrangement & Response of all members,  
& students was excellent.

Feel very happy while interacting with students.

Thanks for arranging such nice program by  
your department.

Thank you.

  
Smita Shah

