

Personality Development and Women's Menstrual Hygiene Session

Date: Wednesday, 06th March, 2024 10 am to 12 Noon

Venue: Rizvi College of Arts, Science and Commerce

Name of the event - Personality Development and Women's Menstrual Hygiene

Organising Cell - Women Development Cell

On the occasion of International Women's Day, a special session on "Personality Development and Women's Menstrual Hygiene" was organized by the Women Development Cell of Rizvi College of Education and Rizvi College of Arts, Science and Commerce in association with Help Yourself Foundation and Campus Konnect Brand Touch and Analytics Pvt. Ltd. The session aimed to empower female students of the Rizvi Education Society by focusing on essential aspects of personality development and promoting awareness about menstrual hygiene. More than 100 students across various institutions of Rizvi Education Society registered and attended the session.

The program commenced promptly at 10:00 am, with a warm welcome by the host, followed by the introduction and felicitation of the guest speaker, Ms. Saniya Pathan, by Dr. Spoty Karthik, the Principal of Rizvi College of Education.

Ms. Saniya Pathan, an esteemed speaker, emphasized three essential components for cultivating a good personality, referred to as the ABC:

A for Appearance, B for Body Language, C for Communication

She emphasized the significance of self-belief and thorough preparation for interviews, both mentally and physically. She provided valuable grooming, body language, and hygiene tips, including menstrual hygiene, oral hygiene, and the importance of wearing well-tailored clothes for a professional appearance.

Addressing common misconceptions, Ms. Pathan debunked myths surrounding body hair removal, highlighting that shaving does not cause hair to grow back thicker, contrary to popular belief. A video presentation from Gillette Venus India and Whisper further reinforced this message.

The speaker also addressed Polycystic Ovary Syndrome (PCOS) and Polycystic Ovary Disorder (PCOD), elucidating the differences between the two conditions, their effects on the body, and the importance of maintaining a balanced diet. She dispelled the misconception that PCOS and PCOD only affect individuals who are overweight.

The session encouraged active participation from the students, who enthusiastically introduced themselves, shared their interests, and discussed their aspirations for the future. During the session, one student shared an empowering Shayari that resonated deeply with everyone present, Professor Mariyah Gour Ghorri of Rizvi Arts, Science and Commerce too shared a poetry infusing the atmosphere with an extra dose of inspiration and empowerment.

The session concluded with a heartfelt vote of thanks, expressing gratitude to the guest speaker, organizers, collaborators, and participants for their valuable contributions. The event left a lasting impact, empowering female students with practical knowledge and fostering a supportive environment for personal and professional growth. Each participant was provided with gift hampers as well as e-certificates from Campus Konekt.

Geotagged Images:



Fig No. 1. Felicitation of Ms. Saniya Pathan by RCoEd Principal.



Fig No. 2. Felicitation of Ms. Saniya Pathan by Professor Mariyah Gour



Fig No. 3. Talk on importance of self-belief.



Fig No. 4. Ms. Saniya sharing some Grooming Tips.



Fig No. 5. Presenting video from Whisper and Gillette Venus India.



Fig No. 6. Sharing 5 Hygiene Tips.



Fig no. 7. Providing measures to be taken for PCOS and PCOD.



Fig no. 8. Interaction with the Students.



Appreciation Certificate for the Organising Faculty

Appreciation Certificates received from Campus Konnect





Certificate Of Participation

Awarded to

Rizvi Education Society's Rizvi College of Education -Mumbai

for a partnering with Brandtouch & Analytics and conducting a seminar on Personal Hygiene & Soft Skill Development sponsored by Whisper & Gillette.



Akshay Gokalgandhi, BTA (Manager)

March 06,2024

Date