

Webinar on Menstrual Health and Hygiene

Date: 5th February 2022

Time: 10.00 a.m. to 1.00 p.m.

Speaker: Ms Nitya Chaudhary

Platform: Zoom

No. of Attendees: 152



The Women Development Cell and Parents Interaction Committee together had organized a Seminar on “Menstrual Health and Hygiene Seminar” for Parents and students.

The Seminar was conducted by Ms. Nitya Chaudhary, CSR Executive for Unicharm India, New Delhi. She specializes in social work, women empowerment and project management and has been associated with unique Charm India since 2016. She holds an experience of conducting more than 600 Sessions for menstrual health and hygiene. The objective of the Seminar was to make the females understand the onset of menstruation which is one of the most important physiological changes that occur in girls during their adolescent years, and it is surrounded by a lot of myths and misconceptions. Ms. Nitya had also explained about the changes that happens in a female body as per the age. Overall it was a very good and informative Seminar for the participants which later ended with question and answer Seminar.

FOR THE CHILDREN...

Remember...

- Moving towards independence – taking ownership of your life! choices/ actions/ emotions.
- Not just rights, responsibilities...!
- Discussing and negotiating – not demanding...!
- Learning to accept “no” – no one is entitled to have it all their way...!
- Rules are important...!
- Don't be in a hurry – learn to let your parents have “authority” over longer...!

WHAT DO WE DO...?

- Importance of:
 - Patience
 - Communication
 - Empathy
- Learning to let go – allowing some decision-making power with your child
- Sharing the process – make your child a partner in the process

MENSTRUAL HEALTH & HYGIENE MANAGEMENT

unicharm

CSR Initiative of Unicharm India

CHILDREN ENTER PUBERTY ANYTIME IN THE EARLY ADOLESCENCE DEPENDING ON THEIR GENETIC, BIOLOGICAL & SOCIAL FACTORS

- Early Adolescence - (10 to 13 Years of age)**
Transition to adolescence characterised by puberty
- Middle Adolescence - (14 to 16 years of age)**
Essence of adolescence, strong peer group influence
- Late Adolescence - (17 – 19 years of age)**
Transition to adulthood and adult roles

Puberty is the process of physical changes through which a child's body matures into an adult body capable of reproduction. It is initiated by hormonal signals from the brain to the gonads (ovaries in girls, testes in boys).

Adulthood is the period in the human lifespan in which full physical and intellectual maturity has been attained. Adulthood is commonly thought of as beginning between the age 18 to 21 years.

Menstrual Cycle

The ovary feeds on the uterine lining.

If the egg is not fertilised, a menstrual period happens when the uterus sheds its lining.

When the egg is fertilised, the fertilised egg will travel to the uterus and implant itself in the uterine wall.

Some women experience cramps (i.e., pain) in the lower part of the abdomen during the menstrual cycle.

When the uterine lining sheds, the uterus contracts to push the menstrual blood out of the uterus.

The uterine lining becomes thicker and sweeter to bleed and absorb.

The total blood loss over the course of the period is around 2-3 tablespoons but variations of other fluids like mucus is seen often.

Menstrual Management

This will give you an idea about:
 - Length of your menstrual cycle
 - Number of days you bleed
 Tracking your menstrual cycle will help you to stay prepared for the next menstruation.

The average menstrual cycle is 28 days long. It usually happens between 27-40 days.

A menstrual cycle is counted from the first day of your menstruation to the first day of the next menstruation.

Tracking is important to understand our cycle, as well as to have healthy periods. Missing periods or having prolonged periods are causes of:

- PCOS
- Thyroid disorders
- Uterine fibroids
- Diabetes
- Endometriosis
- PID (Pelvic Inflammatory Disease)

Activity Name: Webinar on Menstrual Health & Hygiene
Date: 5th February 2022
Time: 10:00 AM To 1:00 PM
Platform:- Zoom

Dr. Kelke
 Principal •
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 Vidyalankar Marg, Vidyalankar Educational Campus, Wadala (E) Mumbai - 400 027.



Combating Corona with Yoga Pranayam

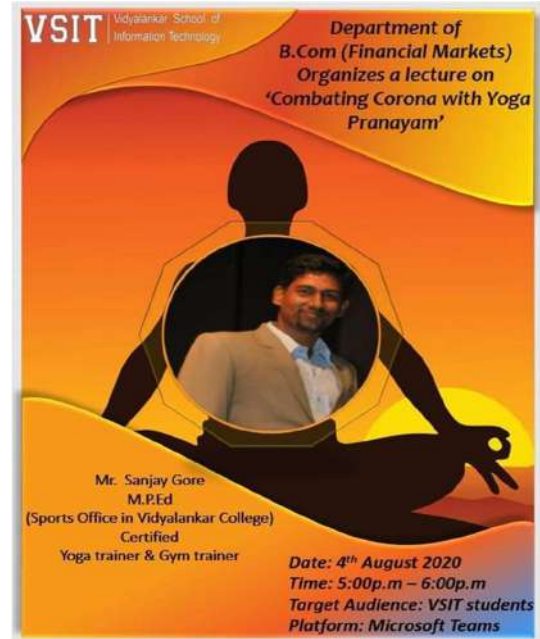
Date: 04th August 2020

Time: 5:00 pm – 6:00 pm

Mode of Workshop: Online (Microsoft Teams)

No of Participants: 46

Conducted By: **Mr. Sanjay Gore**
(Sport officer ,Yoga & Gym trainer)



Yoga Pranayama goal is to strengthen the connection between our body and mind, as it promotes relaxation and mindfulness. It's important for us to understand yoga pranayama and how they really impact our day-to-day activities and reducing different kind of disease. As from students point and research students who practiced pranayama displayed higher levels of mindfulness than those who didn't. The same students also showed better levels of emotional regulation and it also helps students to support their ability to be more mindful.

In consideration of the importance of Yoga Pranayama for BCom (Financial Markets) students, Department of BFM organized a "Combating Corona with Yoga Pranayama".

With great enthusiasm and zeal, 46 students and 7 faculty members attended the session which was conducted on 4th August 2020 by Mr. Sanjay Gore through Microsoft Teams.

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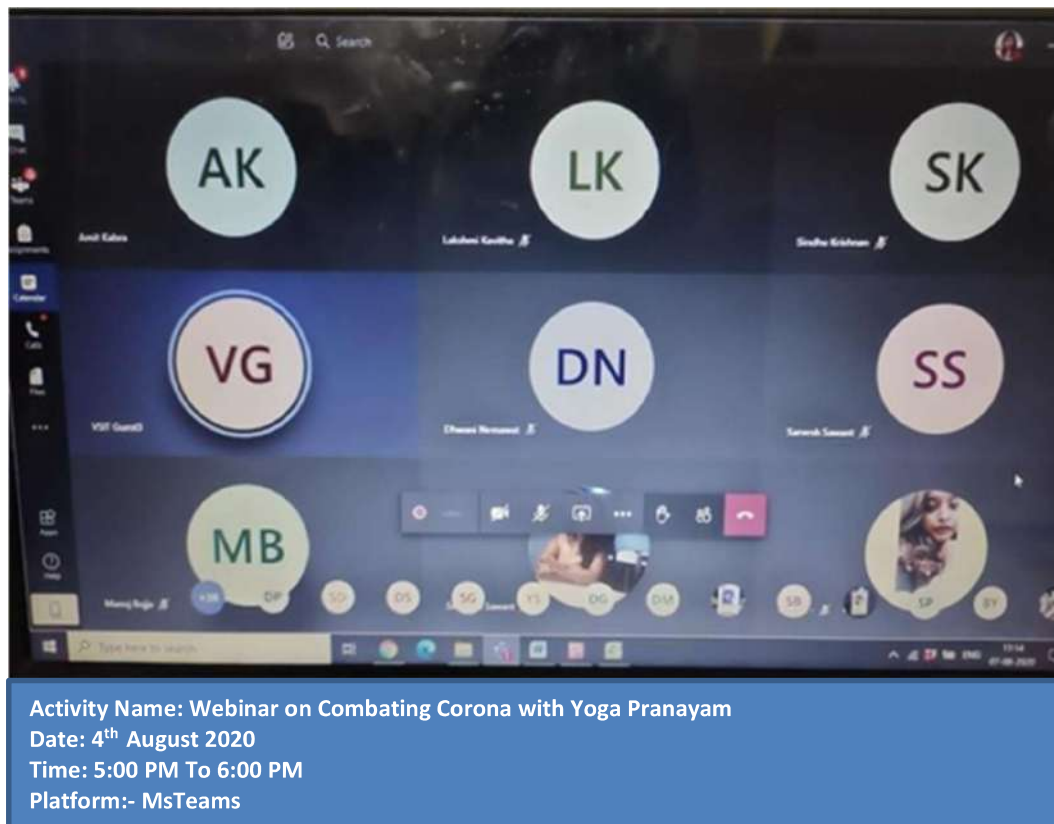


Following Topics were covered in Session:

- Various Asan
- Lom Vilom
- Kapal Bhati
- The effect of it on our daily life
- Useful in increasing level of concentration
- Better levels of emotional regulation
- Reducing different kinds of disease Ability to be more mindful.
- How to practice these Asans.

The following feedback was received from attendees:

1. Attendees felt that session was presented effectively.
2. Attendees believed it helped them to support their ability to be more mindful
3. Attendees opined that the Lecturer was highly knowledgeable.
4. Attendees felt that such sessions should be arranged regularly.



Seminar on Stress Management

Date of activity: 18th July 2020

Timing: 4.00 p.m -05.30 p.m

Platform: Zoom

Conducted by: Ms.Bindu Narayanan

No. of participants: 70



Methodology – The entire talk was executed in a highly interactive way and with the inclusion of latest pedagogies like storytelling, hands on activities and participant involvement.

A report by the World Health Organisation (WHO) revealed that 7.5 per cent of the Indian population suffers from some form of mental disorder. Mental illnesses constitute one-sixth of all health-related disorders and India accounted for nearly 15% of the global mental, neurological and substance abuse disorder burden.

The above was the statistics before the onset of Covid. The numbers have gone by at least 20% during the Covid Pandemic. This is alarming, and calls for accelerated action at all levels. At the fundamental level, managing everyday stress is extremely imperative.

In simple words, Stress is an involuntary physical and psychological response to a stressor. Stress affects the human system at both Physical and Psychological levels.

Physical Impact of Stress

Unmanaged Stress can result in disrupted eating and sleeping patterns, obesity, chest pain, memory loss, aches and pains and many lifestyle diseases from diabetes and hypertension to Cancer.

Psychological Impact of Stress

At the psychological level, it results in anxiety, sense of overwhelm, anger, frustration, lack of motivation and a sense of depression.

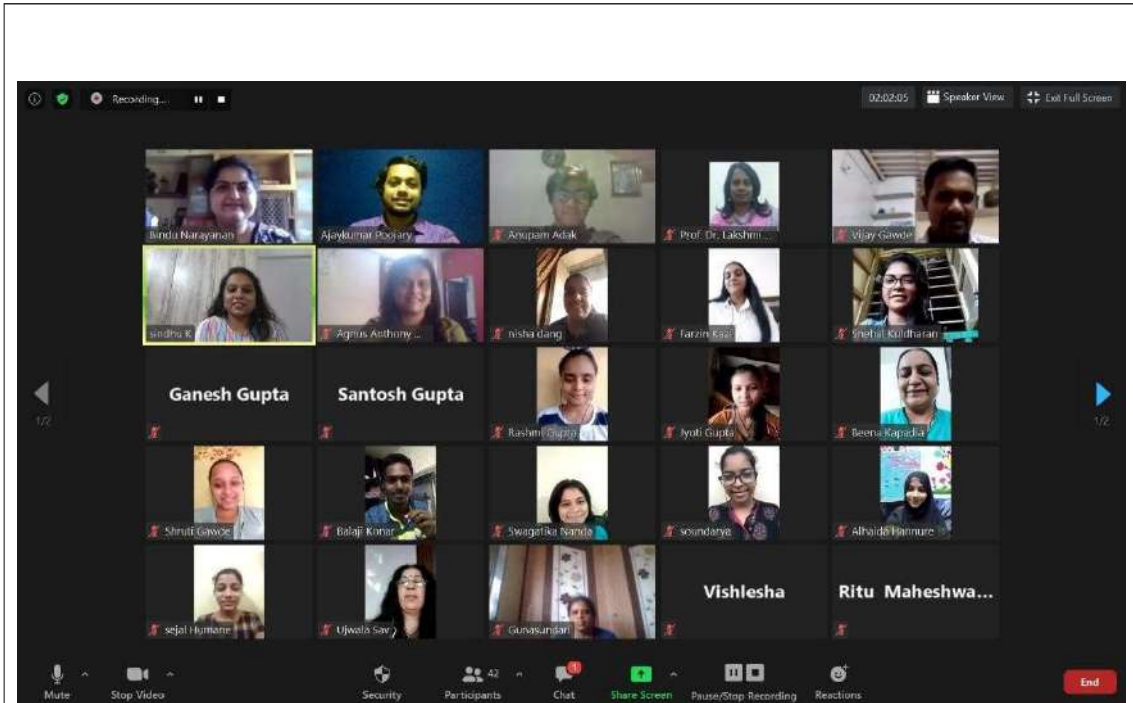
A questionnaire was given to the participants to analyse their stress level, which guided them as a wakeup call for action.

Of the many stress management mechanisms, the important ones discussed are

- Thoughts -Our thoughts are the foundation of psychological wellbeing.
Thoughts ->Emotions->Unease ->Disease
- Words - The words used at the interpersonal and at the intrapersonal level strengthens our subconscious beliefs and that makes speaking of positive words a priority
- Gratitude - Being grateful and acknowledging the good aspects of life has a massive impact on our wellbeing. It creates a significant psychological shift and helps us look up to possibilities and not problems.
- Meditation - Quieting the monkey mind aids in controlling the constant mental chatter that puts our brain into an overdrive. Any form of activity that helps in concentrated focus is meditation. It need not be the conventional way of solitude.
- Other Ways
Exercise, drinking enough water, reducing caffeine, being better organized, consciously staying away from all forms of social media for some time every day are all other ways of help.


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Activity Name: Seminar on Stress Management
Date: 18th July 2020
Time: 4:00 PM To 5:30 PM
Platform:- Zoom

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Seminar on Holistic wellness in the times of Corona – Day 1

Date: 11th June, 2020

Time: 3:00pm to 4:00pm

Platform: Microsoft Teams

ArrangedBy: WIE Affinity Group of IEEE-VSIT StudentBranch

No. of participants: 70

The poster is purple and white. It features the VSIT logo at the top left and the IEEE-VSIT Student Branch Affinity Group logo at the top right. The main title is 'Holistic Wellness In the Times of Corona' in large, bold letters. Below the title, it says '11th - 13th June 2020' and 'DAY 1 11th June 3:00 PM - 4:00 PM'. A photo of Dr. Nidhi Thanawala is shown on the left. To the right of the photo, her name and title are listed: 'Dr. Nidhi Thanawala, Life Coach, Therapist, Psychology Professor at H.R. College.' Below this, the topic is 'Let's Go Out! Psychological Aspects of Coping with Life post Lockdown'. At the bottom, there is a 'Register Now for Free!' button with a QR code and the URL 'bit.ly/wie-reg'. Social media handles for @wieeevsit, @ieeeVieVsit, and IEEE-VSIT Student Branch are also present.

Moving into Unlock 1.0, **WIE Affinity Group of IEEE-VSIT Student Branch** organized an amusing three-day Online sessions “**Holistic Wellness in the Times of Corona**” from 11th June to 13th June 2020. The guest speaker for day 1 was **Dr. Nidhi Thanawala** (Life Coach, Therapist, Psychology professor at H.R College) and the topic which she spoke on was “**Let’s Go Out**”- **Psychological Aspects of Coping with Life post Lockdown**. The event saw a diverse pool of attendees which were **70+** in number consisting of VSIT’s own students and faculty.

The event was commenced by **Dr. Sarika Chouhan** (Advisor, WIE Affinity Group of IEEE- VSIT SB) by welcoming all the attendees and introducing Dr. Thanawala to them. All the attendees were addressed by Dr. Thanawala and were cordially welcomed to the event.

Dr. Thanawala started her session with explaining the attendees on how to deal with lockdown and not to worry or panic rather develop a daily routine habit. Also, she talked about how one can be prepared for the post-lockdown or unlock world. Dr. Thanawala stated that we have to start reconnecting with the people that we used to meet before lockdown so that we can return to our routine. She shared that there are four important things that are needed to cope up

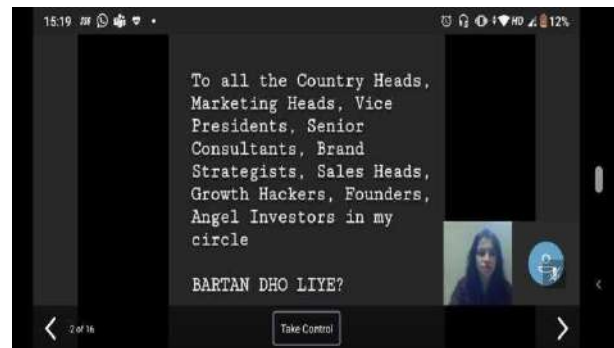
with the lockdown which in her own words are “**SEWA** of which **S** stands for **Sleep**. Every person requires a minimum 8-hours of sleep. The **E** stands **Eating**. Everyone should eat healthy food so that our body remains healthy and fit. The **W** stands for **Water**. Every person should drink 3-4 litres of water everyday. The last letter **A** stands for **Air**. Everyone should inhale fresh and pure air.” Dr. Thanawala then emphasised on how to escape the productivity trap. She explained that we should avoid the question of ‘How productive have you been during the lockdown?’ and not feel the pressure of being productive instead we should do things that are useful for us.

Dr. Thanawala gave some advice on how we should shape ourselves by following 4 steps which are: **Step-1**. We should uninstall all shopping applications. **Step-2**. We should not have any kind of wish lists in our pathways and should avoid messages that make us sad. **Step-3**. We should make a list of expenses that are essential and which are not. **Step-4**. We should make and follow a strict budget. She said that following these steps will shape us in a good way. She then stated that to deal with the psychological aspects of the Lockdown we should take various precautions. Dr. Thanawala concluded by saying that we should not fear anything and we should ask ourselves how rational the fear is?

Dr. Thanawala then responded to the questions in the Question and Answer session carried out by Dr. Sarika Chouhan. The questions were posed by the attendees which covered the basics of Psychological problems faced by people. The purpose of the event was to give everyone a brief about the importance of how to deal with difficult psychological situations at the early level in this short span of time which was surely met.

The event was brought to its conclusion by Khushi Sharma (Chair, WIE Affinity Group of IEEE-VSIT SB) presenting a vote of thanks to the speaker, Dr. Rohini Kelkar (Principal, VSIT), Mr. Asif Rampurwala (Vice-Principal, VSIT), Vidyalankar Dnyanapeeth Trust and the audience.





Activity Name: Webinar on Holistic wellness in the times of Corona – Day 1
Date: 11th June 2020
Time: 3:00 PM To 4:00 PM
Platform:- MsTeams

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HOLISTIC WELLNESS IN THE TIMES OF CORONA - DAY 2

WELLNESS - WELLBEING WORKSHOP TIBETAN BOWL SOUND HEALING

Date: 12th June, 2020

Time: 11:00am to 12:30pm

Platform: Microsoft Teams

ArrangedBy: WIE Affinity Group of
IEEE-VSIT StudentBranch

No. of Participants: 60



Moving into Unlock 1.0, **WIE Affinity Group** of **IEEE-VSIT Student Branch** organized an amusing three-day Online sessions “**Holistic Wellness in the Times of Corona**” from 11th June to 13th June 2020. The guest speaker for day 2 was **Ms. Prathma Nemane** (Sound Healer, Reiki Master, Asst. Professor at VSIT) and the activity which she spoke on and conducted was “**Wellness - Wellbeing Workshop, Tibetan Bowl Sound Healing**”. The event saw a diverse pool of attendees which were **60+** in number consisting of VSIT’s own students and faculty.

The event was commenced by **Dr. Sarika Chouhan** (Advisor, WIE Affinity Group of IEEE- VSIT SB) by welcoming all the attendees and introducing Ms. Nemane to them. All the attendees were addressed by Ms. Nemane and were cordially welcomed to the event.

Ms. Nemane started her session with explaining to the attendees the six different aspects of her talk which are **Wellness, Wellbeing, Chakras, Nadayoga, Bij Mantras and Sound Healing**. She started by talking about Wellness. She quoted that Wellness is a dynamic process of change and growth. She shared that there are 6 different types of wellness which are: Social,

Emotional, Physical, Environmental, Financial and Spiritual. Ms. Nemane stated that Wellbeing is the experience of health, happiness and prosperity. She said that there are 10 different foundations of wellbeing which include Self-caring, Mindfulness, Learning, Vitality, Gratitude, Confidence, Calm, Motivation, Courage and Lastly Services. Ms. Nemane then emphasised that the human body consists of energy and it has different types of Chakras that are present. The Chakras from top to bottom are the Crown Chakra, 3rd eye Chakra, Throat Chakra, Heart Chakra, Solar Plexus Chakra, the Sacral Chakra and the final one the Root Chakra.

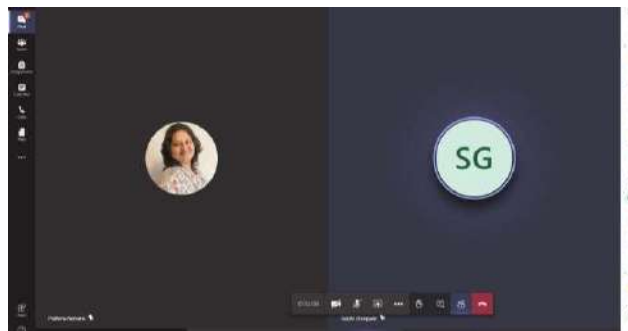
Ms. Nemane gave relaxation to the attendees by conducting sound therapy which is the Nadayoga. She advised everyone to close their eyes and go into the posture of meditation she then made them relax their mind and body by repeating the sound thrice by saying SAA for the root chakra, REE for the Sacral chakra, GAA which replenishes the solar plexus chakra, MAA for the heart chakra, PAA for the throat chakra, DHA which enhances the 3rd eye chakra, NII for improving the crown chakra and in the end SAA for the overall body replenishment. She then enriched the chakras by repeating the sound of LAAM for the root chakra, VAAM for the sacral chakra, RAAM replenishing the solar plexus chakra, YAAM for the heart chakra, HAAM to improve the throat chakra, OM incrementing the 3rd eye chakra and lastly AUM to augment the crown chakras. Ms. Nemane concluded by relaxing and cooling down everyone's mind and soul using different Tibetan bowl sounds.

The purpose of the event was to give everyone a feeling of relaxation and enhancement to busy minds and souls in this short span of time which was surely met.

The event was brought to its conclusion by Siddhi Ghorpade (Vice Chair, WIE Affinity Group of IEEE-VSIT SB) presenting a vote of thanks to the speaker, Dr. Rohini Kelkar (Principal, VSIT), Mr. Asif Rampurwala (Vice-Principal, VSIT), Vidyalankar Dnyanapeeth Trust and the audience.


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Activity Name: Webinar on Holistic wellness in the times of Corona – Day 2
Date: 12th June 2020
Time: 3:00 PM To 4:00 PM
Platform:- MsTeams

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HOLISTIC WELLNESS IN THE TIMES OF CORONA - DAY 3

VIRTUAL ZUMBA SESSION

Date: 13th June, 2020
Time: 11:00pm to 12:00pm
Platform: Microsoft Teams
ArrangedBy: WIE Affinity Group of IEEE-VSIT StudentBranch
No. of Participants: 60



Moving into Unlock 1.0, **WIE Affinity Group** of **IEEE-VSIT Student Branch** organized an amusing three-day Online sessions “**Holistic Wellness in the Times of Corona**” from 11th June to 13th June 2020. The guest instructor for final day was **Mr. Lokesh Rane** (Licensed Zumba and Fitness Instructor, Founder - Dance Fitness with Loki) and the session which he conducted was “**Virtual Zumba Session**”. The event saw a diverse pool of attendees which were **60+** in number consisting of VSIT’s own students and faculty.

The event was commenced by **Ms. Seema Bhatkar** (Branch Mentor, IEEE-VSIT SB) by welcoming all the attendees and introducing Mr. Rane to them. All the attendees were addressed by Mr. Rane and were cordially welcomed to the event.

As it was a Zumba session Mr. Rane started it with some light warm-up exercises so that the body can ready itself for an interesting workout. A good warm-up session is necessary so that the body can relax itself and we can be ready for a healthy workout. Mr. Rane continued with

the dance form of Salsa. Salsa dance provides the body and heart various health benefits of an aerobic exercise. Mr. Rane encouraged everyone to groove into the sound of the music and let their body loose and enjoy the salsa moves. He then taught different moves which improves the health of the different parts of the body.

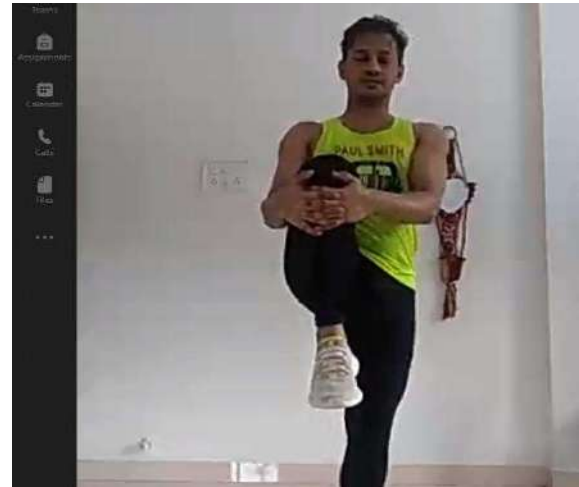
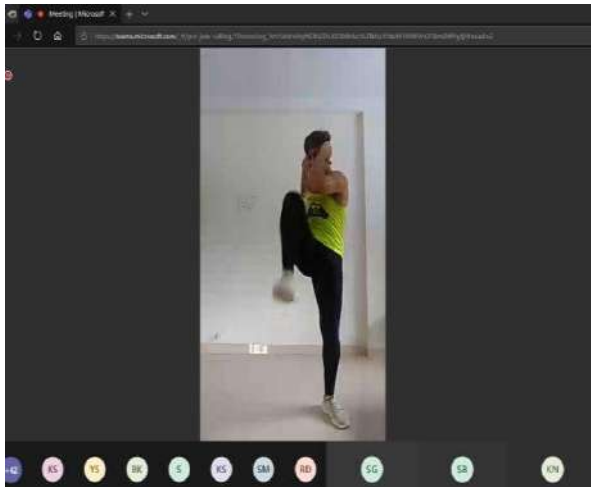
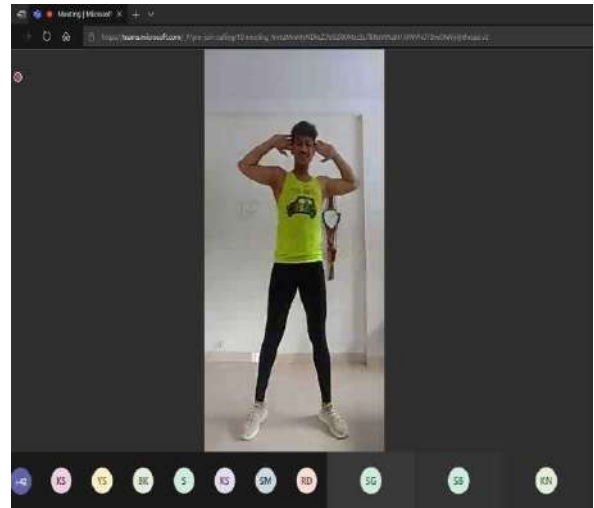
Mr. Rane then shifted to another famous dance form which is Bollywood style. Bollywood dance helps and Boosts coordination and rhythm of the body. He cheered everyone to let their body flow with the ecstatic bollywood songs which included 'Ghenda Phool', 'Ladki Aankh Maare' to name a few. Mr. Rane switched to Belly dancing. Belly Dance form increases the stability, balance and posture of your body. Mr. Rane concluded the workout by doing the Zumba stretching which helps the body relax.

The purpose of the event was to give everyone a feeling of enthusiasm, fitness, good health and energy to bodies in this short span of time which was surely met.

With this the 3-day event "**Holistic Wellness in the Times of Corona**" was brought to its conclusion by Karishma Bahl (Former Chair, WIE Affinity Group of IEEE-VSIT SB) presenting a vote of thanks to the instructor, Dr. Rohini Kelkar (Principal, VSIT), Mr. Asif Rampurawala (Vice-Principal, VSIT), Vidyalkar Dnyanapeeth Trust and the audience for their constant support and encouragement and it made this event a sure Success!


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Activity Name: Webinar on Holistic wellness in the times of Corona – Day 3
Date: 13th June 2020
Time: 3:00 PM To 4:00 PM
Platform:- MsTeams

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Webinar on "Nutrition and Immunity in Extraordinary Times"

Date	10 th June, 2020
Time	6:00 PM to 7:00 PM
Theme	Nutrition and Immunity in Extraordinary Times
Resource Person	Dr. Siddhant Bhargava
Attendance	86

“Nothing is more fatal to health, than an over care of it.” Benjamin Franklin

Team BMS in association with Staff Development Committee had organised an online Seminar on "Nutrition and Immunity in Extraordinary Times" for staff of Vidyalankar School of Information Technology (VSIT). Dr. Siddhant Bhargava, Co-Founder of Food Darzee & Director of JG’s Fitness Centre, was invited as a resource person. This Seminar was taken online through Microsoft Teams.

Initially, there was a briefing done about core modules of Corona Virus and its symptoms and further explaining to us about HERD immunity, that gave them a solid foundation of knowledge to deal in this pandemic. Participants in this Seminar were VSIT teaching & non-teaching staff. Time span of this presentation was 6 to 7 p.m.

His deliberate presentation offered insights about the difficult situation pharma industry is facing in inventing medicines because of mixed symptoms or at times no symptoms also are seen in Corona patients tested positive.

Further he added, “Here is where, when we should stop and think about the real medicines for ourselves....” Health & our immune power”.

“The really important thing is not to live, but to live well... and to live well means the same thing as to live honourably or rightly.”, says Socrates


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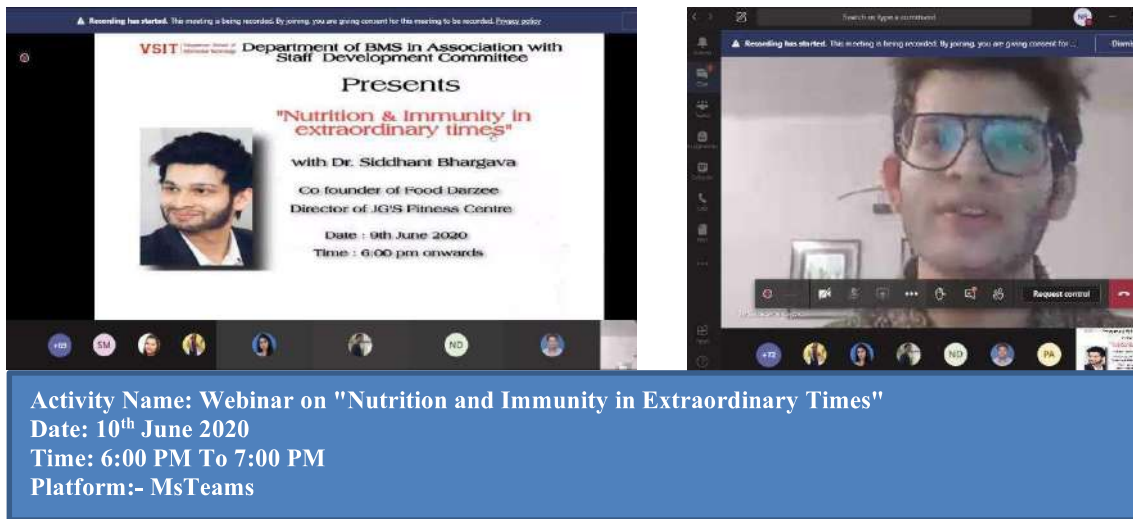
His unique presentation finely touched upon the nutritional values one should intake not only in this pandemic, but also regularly. He helped us in knowing 5 factors affecting immunity: - Nutrition (food), exercise, hydration, sleep, stress and explained it further in detail.

Briefed on daily food habits and micro - macro nutrients it contains, such as Micro Nutrient – Vitamin, minerals and salt Macro Nutrient – Proteins, fats, carbohydrates

Post presentation there was a question-answer session. It was indeed, an interactive Seminar between staff and Dr. Siddhant. Staff members could clear their doubts very easily.

Vice Principal – Mr. Vijay Gawde & Dr. Lakshmi Kavitha - CAO, concluded the Seminar paying wholehearted gratitude to the Doctor for his excellent guidance towards health & nutrition of staff. Also, presented a vote of thanks to our guest of honour, virtually.

Dr. Siddhant, made us realize that, “Health is a relationship between us and our body.”



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Seminar on Healthy Women, Healthy World

Date: 07th December 2019

Time: 10:00 am – 11:30 am

Venue: M-101

No of Participants: 60

Resource Person: Dr. Drupti Dedhia

Currently the world is progressing steadily towards a healthy future and equal rights and a major credit goes to activists and educators who believe in awareness and taking action to curb the many flaws in our society. IEEE Women in Engineering VSIT organized an only women's session about 'Healthy Women, Healthy World' presided by Dr. Dhrupti Dedhia (MBBS, DGO, MD OB-GYN, FESSM) who is a consultant at Sunflower Hospital (Vile Parle), Criticare Hospital & Research Center (Andheri) and Surya Women's & Children Hospital (Santacruz). She has more than 19 years of experience and is a believer of using education and training to help people and community. Dr. Dhrupti has even received a recognition award from the Federation of Obstetrician & Gynaecology Society of India (FOGSI) in 2002.

Karishma Bahl (Chairperson, IEEE WIE VSIT) warmly welcomed the guest and the attendees. After the guest was introduced to the audience, Dr. Sarika Chouhan (Chief Academic Officer and IEEE WIE Advisor, VSIT) felicitated Dr. Dhrupti, post which the session commenced.

During the session the speaker talked about various methods of contraception, periods in olden days and today, sexually transmitted diseases, while busting many myths. She spoke about the new age lifestyle diseases such as PCOD, that occur due to consuming unhealthy food, following unhealthy eating habits, not exercising, and stress that has affected young women over the last decade.

While explaining the anatomy and reproductive system she enlightened the attendees about different types of surgeries and their causes, as well as general tests (such as B12, D3, hemoglobin) that can be taken to

prevent certain types of diseases and keep a check on one's health.

After a hearty question and answer round that left the attendees reassured about their health, the session concluded with a vote of thanks by Ms. Ketaki Ghawali (Faculty Mentor, IEEE-VSIT) and a sweet group photograph.



Activity Name: Seminar on Healthy Women, Healthy World
Date: 4th December 2019
Time: 10:00 AM To 11:30 AM
Venue:- M - 101

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Seminar on Daily Skin & Haircare

Date: 08th September, 2018
Time: 12:30 PM to 1:30 PM
Venue: M-101
Resource Person: Dr. Vijaya Patil

The WOMEN'S DEVELOPMENT CELL COMMITTEE (PSHAW) of Vidyalankar School of Information and Technology organized a guest lecture on "Daily Skin & Haircare" by Dr. Vijaya Patil on 8th September 2018', Saturday, at 12:30 p.m in M-BLOCK, Room No. M – 101. The session started with the welcome speech and introduction of the guest by a TYBAF student Ms. Nutan Jaiswal. Dr. Vijaya Patil is a cosmetologist & Trichologist and has a clinical experience of 18 years. She emphasized the importance of skincare by stressing on the need for Cleansing, Toning & Moisturizing.

She spoke about the need for using sunscreen in our daily skincare products. She also gave tips related to maintaining a proper diet which is extremely important for good skin, hair and overall health. She also emphasized on the need for workout for skin and haircare.

The session was attended by Prof. Ujwala Sav, Prof. Pallavi Tawde, Prof. Anindita Banerjee, Prof. Gunasundari Jawahar, Prof. Snehaprabha Katti, Dr. Ashwini Joshi, Prof. Sindhu Krishnan, Prof. Kavitha ChandraMohan.



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The session was successfully organized by Prof. Pooja Jogu on behalf of Women Development Committee Cell. Along with 50 students including boys and girls. The session was beneficial for faculties and students. It enabled them to understand the need for daily skin and haircare. The session was a great success with a good number of students and teachers attending the session.



Activity Name: Seminar on Seminar on Daily Skin & Haircare
Date: 8th Sep 2018
Time: 12:30 PM To 1:30 PM
Venue:- M-101


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Webinar on Life and Lifestyle

Date : 7th August 2020

Topic: Webinar on Life & Lifestyle

Resource Person: Mr. Amit Dabke

Platform: Microsoft Teams

No. of Participants: 52

Commerce Association organized a Guest Lecture on the topic “**Life & Lifestyle**” for the students & faculty of VSIT.

The resource person was Mr. Amit Dabke, Corporate Trainer & Image Consultant. The speaker mentioned the inter dependency of Lifestyle on our personal lives. During the pandemic the newnormal way of life has made remarkable change in our lifestyle. He mentioned the types of lifestyle prevailing across the world. He mentioned the green lifestyle to be followed to lead a peaceful life with a passion and positivity in life

The session was very informative, interesting and well received by the students. The session & the Resource person also received an excellent feedback.

I express heartfelt gratitude to our Principal Dr. Rohini Kelkar, Vice Principal Prof. Vijay Gawde, Chief Academic Officer Dr. Lakshmi Kavitha for always encouraging and motivating to conduct such knowledge sharing events. The event would not have been possible without the support of faculty, non-teaching staff, technical staff, students and the lovely audience.


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VIDYALANKAR SCHOOL OF
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Vidyalankar Marg, Vidyalankar
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Mumbai - 400 037





Activity Name: Webinar on Life & LifeStyle
Date: 7th August 2020
Platform:- MsTeams


Principal • •
VIDYALANKAR SCHOOL OF
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