



Laxmi Charitable Trust

लक्ष्मी चॅरिटेबल ट्रस्ट

Shri Chinai College Of Commerce & Economics

श्री चिनाई वाणिज्य आणि अर्थशास्त्र महाविद्यालय

(Associate College : Sheth L.U. Jhaveri College Of Arts & Sir M.V. College Of Science & Commerce)

Dr. S. Radhakrishnan Marg, Andheri (East), Mumbai - 400 069. Tel. 66992025, 26835246, Fax : 66992026

Accredited by NAAC : B

Date.:

24th July 2024.

NOTICE

"Seminar on Mental Health, Interview Readiness and Menstrual Hygiene"

Department of Women Development Cell in collaboration with IQAC is organizing a Seminar on Mental Health, Interview Readiness and Menstrual Hygiene for the students of

(F.Y/S.Y/T.Y.B.M.S/ B.A.F, B.F.M, B.B.I, B.COM) as follows.

Day	Date	Time	Venue
Friday	26.07.2024	11.00 am to 12.00 pm	First Floor Auditorium

Speaker: Vineetha Rajendran.

Only girl students are allowed to attend the seminar.

All the female students will be given E- certificates as well as the goodies for attending the seminar.

For further details contact Prof. Geeta Rathod, Prof. Advitya Shrivastav and Kirti Ranjane.

I/C Principal

CC.



Prof. In- charge

1. Students NB
2. Circulation in class

SHRI CHINAI COLLEGE OF COMMERCE AND ECONOMICS

Dr.Radhakrishnan Marg,Andheri East Mumbai - 400069

A Report on seminar on Mental health, Interview Readiness and Menstrual Hygiene.

The seminar on " Mental health , Interview Readiness and Menstrual Hygiene." was organized by the Women Development Cell of Shri Chinai College of Commerce and Economics on 26th July, 2024, at 11:00 a.m. in the college auditorium. Prof.Geeta Rathod greeted the guests by giving her beautiful bunches of flowers as a welcome gesture.

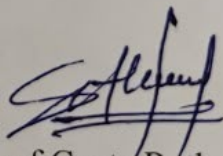
The session of the seminar was led by Ms.Vineetha Rajendran. The aim of the seminar was to emphasize on reducing stigma and promoting open conversations about mental health. The seminar highlighted the significance of personality development in various life domains, i.e., communication skills and how to be confident during the time of interviews. The speaker also discussed the role-playing activities to simulate real interview scenarios as well as tips on crafting a compelling resume and cover letter. The Speaker also emphasized the importance of menstrual hygiene and proper product usage. No. of students 134

Ms.Vineetha Rajendran also talked about things that people often misunderstand or feel uncomfortable talking about when it comes to the mental health and menstrual cycle. The seminar provided valuable insights into mental health, interview readiness, and menstrual hygiene. Participants expressed gratitude for the knowledge gained and appreciated the interactive format, which encouraged open dialogue and personal sharing. Students were also provided with free goodies.

The seminar ended by giving a vote of Thanks by Ms..Advitya Shrivastav


Dr.B.B.Kamble




Prof.Geeta Rathod

I/C Principal

Professor In-Charge



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Dr. S. Radhakrishnan Marg, Andheri (East), Mumbai - 400 069. Tel. 66992025, 26835246, Fax : 66992026

Accredited by NAAC : B

Date: _____

6th March 2025.

NOTICE

“Seminar on Communicable and Non- Communicable Diseases”

Department of Women Development Cell in collaboration with IQAC is organizing a seminar for the students of

(F.Y/S.Y/T.Y.B.M.S/ B.A.F, B.F.M, B.B.I, B.COM) as follows.

Day	Date	Time	Venue
Saturday	08.03.2025	10.30 am	First Floor Auditorium

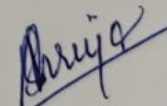
Speaker: Dr. Kirti Vivek Giri.

Only girl students are allowed to attend the seminar.

For further details contact Prof. Geeta Rathod, Prof. Advitya Shrivastav and Prof. Kirti Ranjane.


I/C Principal




Prof. In- charge

CC.

1. Students NB
2. Circulation in class

SHRI CHINAI COLLEGE OF COMMERCE AND ECONOMICS
Dr. Radhakrishnan Marg, Andheri East Mumbai - 400069

A Report on seminar on Communicable and Non- Communicable Diseases.

The seminar on "**Communicable and Non- Communicable Diseases**" was organized by the Women Development Cell of Shri Chinai College of Commerce and Economics on 08th March 2025, at 10:30 a.m. in the college auditorium. Our principal sir Dr.BB.Kamble greeted the guests Dr. Kirti Giri - Assistant Medical Officer, Smt. Anuradha Jangam – Public Health Nurse and Sangeeta- Public Health Nurse by giving them beautiful bunches of flowers as a welcome gesture.

The session of the seminar was led by Dr. Kirti Giri. The aim of the seminar was to provide a comprehensive understanding of the various types of diseases that impact public health globally. It emphasized the key differences between communicable (infectious) and non-communicable diseases (NCDs), their causes, prevention strategies, and their socio-economic impacts. The seminar was attended by female teaching staff and 61 female students.

The first part of the seminar focused on communicable diseases, which are caused by infections and can spread from person to person. The major topics discussed included:

- **Causes and Transmission:** The primary causes of communicable diseases, such as viruses, bacteria, fungi, and parasites. Various modes of transmission such as direct contact, air, water, and vector-borne spread were explained.
- **Examples of Communicable Diseases:** Common diseases like malaria, HIV/AIDS, influenza, and COVID-19 were highlighted. The role of vaccines in preventing these diseases was also emphasized.
- **Prevention and Control:** Effective methods of preventing the spread of infectious diseases, including vaccination, good hygiene practices, safe drinking water and the importance of public health campaigns.

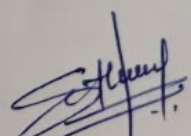
The second segment of the seminar discussed non-communicable diseases, which are chronic and generally not spread from person to person. The discussion points included:

- **Types of NCDs:** The main NCDs such as cardiovascular diseases (heart disease, stroke), diabetes, cancer, and chronic respiratory diseases were covered.
- **Risk Factors:** The key risk factors for NCDs include unhealthy diets, physical inactivity, smoking and alcohol consumption. The rise of NCDs in developing countries due to urbanization and lifestyle changes was also discussed.
- **Prevention and Management:** Lifestyle modifications, early diagnosis, regular screenings, and treatment options like medication and therapy were emphasized.

The seminar ended by giving a vote of Thanks by Prof. Geeta Rathod.


Dr.BB.Kamble
I/C Principal




Prof. Geeta Rathod
Professor In-Charge