



JOGESHWARI EDUCATION SOCIETY'S
COLLEGE OF COMMERCE SCIENCE & INFORMATION TECHNOLOGY
(AFFILIATED TO UNIVERSITY OF MUMBAI)

JES Education Complex, Caves Road, Arvind Sandbhir Campus, Jogeshwari (East), Mumbai - 400 060
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Women Development Cell Report for Academic Year 2018-2019

1. Celebration of International Self-Care Day

A workshop on Menstrual Hygiene & Holistic Health was organized on this occasion. The resource person were Dr Uma Sawant, Shobha Kabra and Dr Jayanti Kamat. This event was organized in collaboration with The Art of Living Team from 24th July, 2018 to 26th July, 2018. Total 142 students attended this workshop. Dr Uma Sawant (MD Obst Gynaec) cleared the concept about process of menstruation and how to manage their menstruation. Shobha Kabra gave tips about how to resolved irregular or painful period problems and also taught yoga which would give relief during periods. Dr Jayanti Kamat (Gynaecologist and IVF Consultant) explained how unhygienic practices affect reproductive system.

2. Celebration of National Day of Remembrance and Action On Violence Against Women

A workshop on self-defence was organized with the help of Mission Sahasi Team. The organizers were Ms Shobha Kaire, Mr Vitthal Parab , Mr Adarsh Biradar and Mr Prem Tiwari. They demonstrated few move and steps to girls how to self-guard themselves. It was attended by 70 students.

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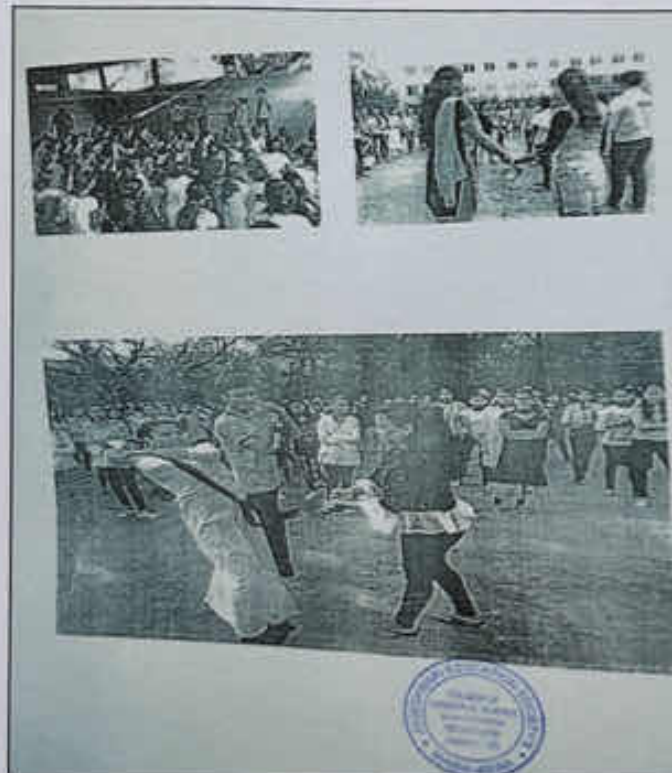
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**Glimpses of WDC Activities conducted during Academic Year
2018-2019**

Workshop on Menstrual Hygiene & Holistic Health



Workshop on Self-Defense



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