



**Shree Rahul Education Society's**

**Shree L. R. Tiwari Degree College of Arts, Comm. & Science**  
**Kanakia Park, Mira Road (E), Thane-401107, Maharashtra.**

**Date: 27<sup>th</sup> July, 2019**

## **NOTICE**

All NSS Students and volunteers are hereby informed that on 29<sup>th</sup> July, 2019 NSS Unit of Shree L.R. Tiwari Degree College of Arts, Commerce and Science is going to organize an Seminar on Health and Personal Care.

Venue : Block no. 103

Time : 9.00 am

Speaker : Mr. Kishore Nair ( Chairman IMC )

Note : All Students are requested to wear their ID card without fail.

Requesting all students for their active participation and be present on time as mentioned above.

By Order

Prof. Chirag Chandan  
NSS Coordinator

N. S. S. COORDINATOR  
SHREE L. R. TIWARI DEGREE  
COLLEGE OF ARTS, COMM. & SCI.  
Mira Road (E) - 401 107.



Dr. Chetana Shah  
I/C Principal

Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.  
Kanakia Park, Mira Road (East),  
Dist. Thane - 401107. Maharashtra





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## **Seminar Report**

**Seminar on: Health and Personal Care**

**Date : 29/7/2019**

**Venue : 103 College Campus**

**Time : 9.00 am**

**Speaker : Mr. Kishore Nair ( Chairman IMC )**

A seminar on Health and Personal Care was organized by NSS unit of Shree L. R. Tiwari Degree College of Arts, Commerce and Science in association with IMC. Prof Chirag Chandan Introduced speaker Mr Kishore Nair and Principal Dr. Chetana Shah. Principal Maam motivated and guided the students about the seminar and how we can take care of our health.

Speaker of the day then started with the session and gave detailed information about health and personal care with PPT and Group Discussion. 80 students and faculty members participated in the seminar.

In the end Principal appreciated the efforts of the committee and it was decided to conduct such seminars every year.

**Prof. Chirag Chandan**

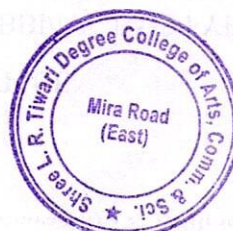
**NSS Coordinator**

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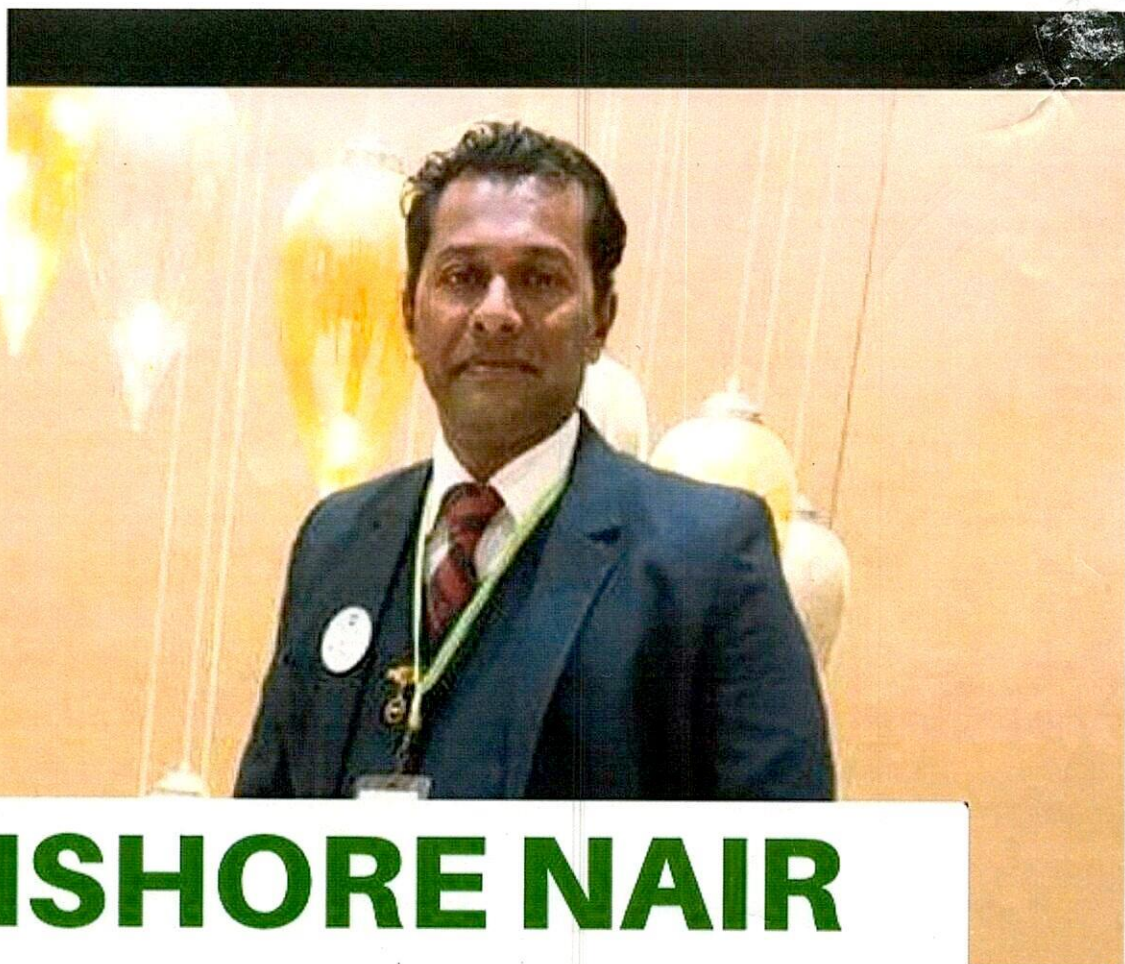
**Dr. Chetana Shah**

**I/C Principal**

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**Kanakia Park, Mira Road (East),**  
**Dist. Thane - 401107. Maharashtra**







# **KISHORE NAIR**

**CHAIRMAN ASSOCIATES OF**



**Presents Seminar on**

**IMC : Health & Personal care**

**AT**

**SHREE RAHUL EDUCATION SOCIETY'S**

**Shree L.R.Tiwari Degree College  
Of**

**Arts, Commerce & science**

**Shree L.R.Tiwari Educational Campus, Mira  
road(E),Thane-401107**



**DATE: 29.07.2019    TIMING : 9.00 am**