



Shree Rahul Education Society's (Regd.)

# SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science) Approved By Government of Maharashtra & Affiliated To University Of Mumbai | Recognized Under Section 2(f) of the UGC Act 1956 | ISO Certified 9001: 2015 | Hindi Linguistic Minority Institution | COLLEGE CODE : 1064

## Campus Konnect in association with Women Development Cell and Internal Complaints Committee

Organizes session on

Empowerment Through Knowledge:  
Menstrual Hygiene and Personality Development

Resource Person: Ms Mishika Dhakan (Public Speaker)

Date: 30th July, 2024

Time: 10:30 AM

Dress Code: Blue

Venue: College Auditorium



Note: All girl students will receive **FREE HAMPERS** from  
Whisper and Gillette after they complete registration.

*Sonal*

*Sae Sawant*

*Sanjay Mishra*

Asst Prof Sonal Shah  
WDC- Convenor

Asst Prof Sae Sawant  
ICC-Chairperson

Dr Sanjay Mishra  
I/C Principal



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Notice No: SLRTDC/24-25/

Date: 24<sup>th</sup> July, 2024

## NOTICE

This is to inform all the girl students that Campus Konnect in association with Women Development Cell and Internal Complaints Committee of our college will be organizing a session on “**Empowerment through Knowledge: Menstrual Hygiene and Personality Development.**”

**Venue:** College Auditorium

**Date:** 30th July, 2024

**Time:** 10:30 AM

**Resource Person:** Mishika Dhakan (Public Speaker)

**Dress Code:** Blue

### Session Objective:

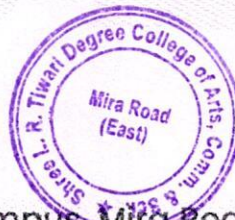
- To empower female students with comprehensive soft skills and practical knowledge concerning menstrual hygiene.
- To facilitate an engaging and informative session that promotes awareness and understanding of menstrual hygiene among students.
- To provide female students with valuable career development opportunities through informative sessions and networking.

**Note:** All Girl students will receive free hampers from Whisper and Gillette after they complete registration.

Asst Prof Sonal Shah  
WDC – Convenor

Asst Prof Saee Sawant  
ICC – Chairperson

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



Shree.L.R.Tiwari Educational Campus, Mira Road (E), Thane-401107, Maharashtra.



Date: 30<sup>th</sup> July, 2024

## Report on Empowerment through Knowledge Menstrual Hygiene and Personality Development

The **Women Development Cell**, in collaboration with the **Internal Complaints Committee**, successfully organized a session titled "Empowerment through Knowledge: Menstrual Hygiene and Personality Development" on the **30th of July, 2024**. The session aimed to empower female students with essential soft skills and practical knowledge about menstrual hygiene, while also providing valuable personality as well as career development opportunities.

### Objectives:

The event was organized with the following objectives:

- To empower female students with comprehensive soft skills and practical knowledge concerning menstrual hygiene.
- To facilitate an engaging and informative session that promotes awareness and understanding of menstrual hygiene among students.
- To provide female students with valuable career development opportunities through informative sessions and networking.

### Event Details:

The session commenced at 10:30 AM in the College Auditorium with an awareness speech by our Principal, Dr. Sanjay Mishra, who highlighted the importance of such sessions in empowering our female students. He appreciated the efforts taken by WDC convenor Asst. Prof. Sonal Shah and ICC Chairperson Asst. Prof. Sae Sawant for organizing such events for our students. Asst. Prof. Akanksha Asar then introduced and welcomed the esteemed guest, Ms. Mishika Dhakan, a renowned public speaker.

Mishika Dhakan provided an insightful overview of menstrual hygiene, discussing various practices and their impact on women's health. She addressed common myths and misconceptions, encouraging students to adopt healthy habits. The session also covered aspects of personality development, such as coping with stress, managing relationships, and enhancing mental well-being.

The event concluded with a vote of thanks delivered by Asst. prof. Diksha Surve. The session was well-received, with students actively participating in discussions and sharing their experiences.





## Conclusion:

The session concluded with a thank-you note by, Asst. Prof. Diksha Surve, expressing gratitude to our respected Principal Dr. Sanjay Mishra for his unwavering encouragement and support, followed by thanking Ms. Mishika Dhakan for her valuable message to our female students and lastly to all the participants and members who made the event a grand success.

The event received positive feedback, with students appreciating the relevance and helpfulness of the information shared. The objectives of empowering female students with knowledge on menstrual hygiene, promoting awareness, and providing career development opportunities were effectively met.

## Feedback and Recommendations:

- It was proposed to have dedicated health awareness weeks to further promote menstrual hygiene and resource accessibility.
- Recommendations were made to include workshops on specific topics like menstrual health management and stress reduction and relationship management techniques.
- Participants suggested organizing more such sessions regularly.

The event marked a significant step towards fostering a supportive academic environment that prioritizes mental health, aligning with the institution's commitment to holistic student development.

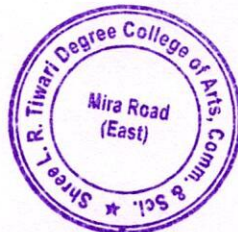
## Outcome:

- The session provided a comprehensive overview of menstrual hygiene and its importance.
- Attendees learned practical techniques for managing menstrual health and stress.
- By discussing menstrual hygiene openly and equipping participants with practical tools, the session aimed to empower female students to take proactive steps towards better health and career success.
- Participants were gifted with free hampers in order to promote menstrual hygiene.

Asst. Prof. Sonal Shah  
WDC – Convenor

Asst. Prof. Sae Sawant  
ICC- Chairperson

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



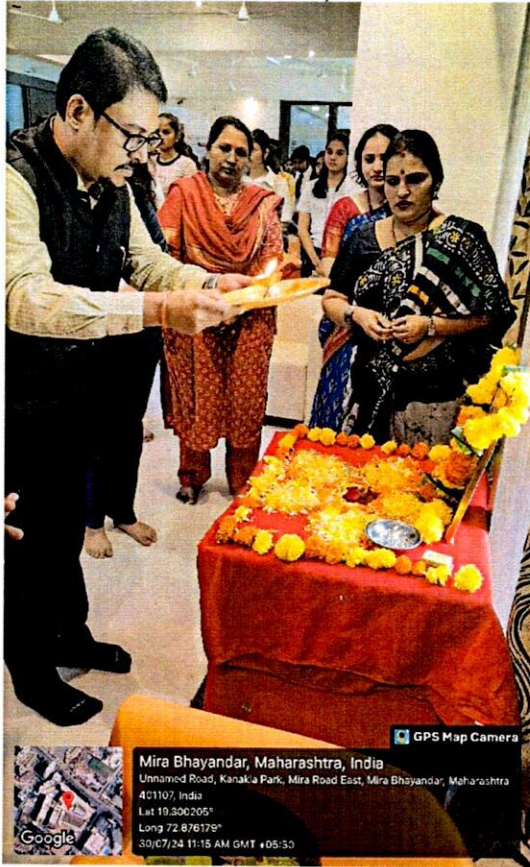


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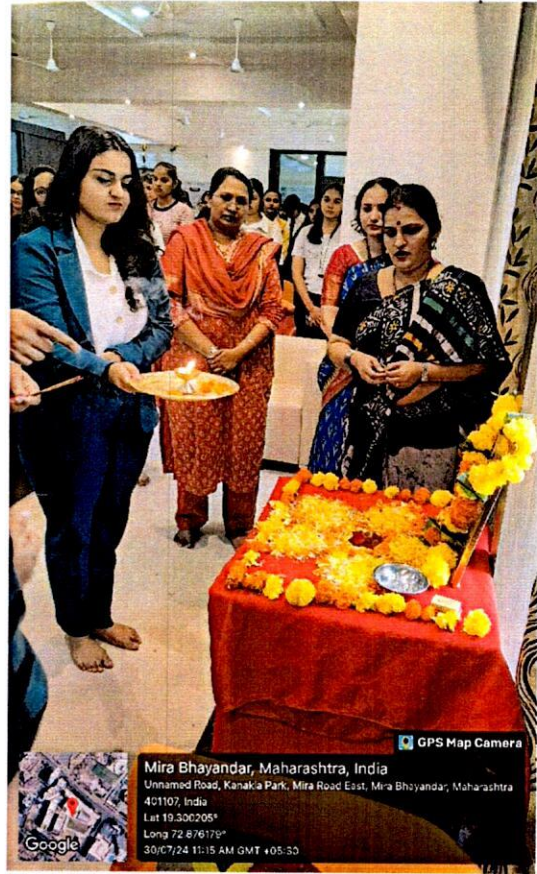
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Unnamed Road, Kanakia Park, Mira Road East, Mira Bhayandar, Maharashtra  
401107, India  
Lat 19.300205°  
Long 72.876179°  
30/07/24 11:15 AM GMT +05:30



Mira Bhayandar, Maharashtra, India  
Unnamed Road, Kanakia Park, Mira Road East, Mira Bhayandar, Maharashtra  
401107, India  
Lat 19.300205°  
Long 72.876179°  
30/07/24 11:15 AM GMT +05:30



Mira Bhayandar, Maharashtra, India  
8V2G+9G4, Kanakia Park, Mira Road East, Mira Bhayandar, Maharashtra 401105, India  
Lat 19.300295°  
Long 72.876279°  
30/07/24 11:19 AM GMT +05:30



Mira Bhayandar, Maharashtra, India  
Unnamed Road, Kanakia Park, Mira Road East, Mira Bhayandar, Maharashtra 401107, India  
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Long 72.876146°  
30/07/24 11:18 AM GMT +05:30





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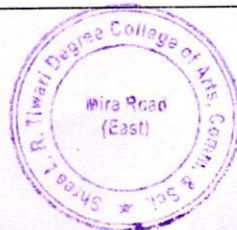
Name of the Event: Empowerment through Knowledge: Menstrual Hygiene & Personality Development

Name of the Department/Committee/Cell/Club: WDC & ICC

Name of the Speaker: Ms. Mishika Phakan

Date: 30/12/24.

Sr. No.	Name of the Student	Class	Signature
1.	Aleena Shailch	TYBMS	
2.	Aastha Tiwari	TYBMS	
3.	Priiti Gupta	FY.B.Com	
4.	Disha Makwana	FY. B. Com	
5.	Siya Naik	SYBMS	
6.	Debasia Pal	SYBMS	
7.	Rojina Sekh	SYBMS	
8.	Ruchi Mishra	FYBAF	
9.	Firdaus Patel	FYCS	
10.	Vishakha Pande	FY B.S.C.C.S.	
11.	Shayar Prajapat	FY BBI	
12.	Yati Dwivedi	FY BBI	
13.	RIMSHA KHAN	FY BSC(CS)	
14.	lakshmi Ramanadhan	FY BSC (CS)	
15.	Shilpi yadav	FY Bsc. (cs)	
16.	bhavana <del>rathore</del> Rethod	FY Bsc. (cs)	
17.	Dhanisha Vaity	FY Bsc. (cs)	
18.	Anushka Pandey	FY.BMS	
19.	Kimaya Khanjode	F.Y BAF	
20.	Anushka Dixit	F.Y BAF	
21.	Alisha Zaidi	TYBMS	
22.	Arshiya Shaikh	TYBMS	
23.	ASHOBI KUMAWAT	SYB COM	
24.	VANSHIKA D. AGARWAL	SYB.COM	
25.	Kushi Salian	SYB COM	







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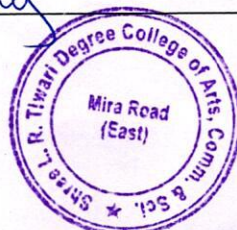
Name of the Event: Empowerment through Knowledge: Menstrual Hygiene & Personality Development

Name of the Department/Committee/Cell/Club: WDC / ICC

Name of the Speaker: Ms Mishika Dhakan

Date: 30/7/24

Sr. No.	Name of the Student	Class	Signature
1.	Kashish Pandey	SYBMS	Kashish Pandey
2.	Bushra Kazi	FYBMS	Bushra
3.	Raina Shubaily	FY Bcom	Raina
4.	Aditi Tiwari	FY BCOM	Aditi
5.	Crizelle Menezes	<del>TY BMM</del>	Crizelle Menezes
6.	Naziya Khan	FY. Bcom	Naziya Khan
7.	Payal Saxoj	FyBcom	Payal
8.	Pooja Verma	Fy BOC	Pooja
9.	Masika Sayal	TYBBI	Masika
10.	Sunam Tiwari	TYBBI	Sunam
11.	Ojaswini J. Daima	TYbcom	Ojaswini
12.	Khushi Mishra	TYbcom	K.
13.	Paridhi Sharma	TYbcom	Paridhi
14.	Disha Mishra	SY IT	Disha
15.	Tansha Mawyer	SY IT	Tansha
16.	Sayyed Fatima Zahra	FYBMS	Fatima
17.	Sushrita Bhukta	FYBMS	Sushrita
18.	Anvesha Vishwakarma	FYBMS	Anvesha
19.	Bhavya Salian	FYBMS	Bhavya
20.	Neha Sen	FYBBI	Neha
21.	Prachi Patel	TY BMS	Prachi
22.	Dimple Choudhary	SYBCOM	Dimple
23.	Masuma Uddin	SY.B.COM	Masuma
24.	ALKA DUBEY	SYBSCDS	ALKA
25.	Maira Choudhary	SYBSCDS	Maira

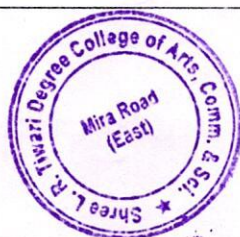




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Name of the Event: Empowerment through knowledge: Menstrual Hygiene & Personality Development  
Name of the Department/Committee/Cell/Club: WDC & ICC  
Name of the Speaker: Ms. Mishika Dhanan Date: 30/7/24

Sr. No.	Name of the <del>Student</del> Faculty	Class	Signature
1.	Dr. Sonali Namde	BBI	Soni
2.	Priyanka Singh	BAF	Priyanka
3.	Snau Mehta	B.Com	Snau Mehta
4.	Bhumiya Nyas	B-Com	Bhumiya
5.	Diksha Suvre	B. Com	Diksha
6.	Sakshi Chauhan	BAMMC	Schauhan
7.	Asst Prof Sonal Shah	B.Com	Sonal
8.	Asst Prof Babli Vishwakarma	BMS	Babli
9.	Asst Prof. Vishakha Singh	BAMMC	Vishakha
10.	Riddhi Ambre	Library	Riddhi
11.	Dr. Sabrina D'souza	BMS	Sabrina
12.	Dr. Rama Ahuja	BMS	Rama
13.	POONAM SHARMA	BMS	POONAM
14.	Saree Sawant	BMS	Saree
15.	Akanksha Asar	BAF	Akanksha
16.	Iteeka Kanabar	B.Com	Iteeka
17.	Dr. Nusrat Chaudhary	BMS	Nusrat
18.	Sophia Druz	BSc. CS.	Sophia
19.	Sakshi Jagtap	BSc. IT	Sakshi
20.	Asst. Prof. Iteeka Kanabar	B-com.	Iteeka
21.	Asst Prof Suman Gupta	B-AF.	Suman
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23.			
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Name of the Department/Committee/Cell/Club: WDC & ICC  
Name of the Speaker: Ms. Mishika Dhakan Date: 30/7/24.

Sr. No.	Name of the Student	Class	Signature
1.	Jigna Choudhary	FYBAF	Jigna
2.	Jara Sayed	TYBMS	Jarasayed
3.	Ruhi Alam	FY BMS	Ruhi
4.	Iqra Shaikh	FY Bcom	Iqra
5.	Shaikh Shabeena Mehboob ali	FY Bcom	Shabeena
6.	Ashmithe Shetty	TY Bcom	Ashmithe
7.	Nida Khan	TY Bcom	Nida
8.	shweta Salh	TY Bcom	Shweta
9.	Nida Islam	FY Bcom	Nida
10.	Khushboo prajapati	FY Bcom	Khushboo
11.	Bhavana chauvasia.	TY Bsc.IT	Bhavana
12.	Vaishnavi Naiskya	TY BScIT	Vaishnavi
13.	Kajal Mishra	TY BScIT	Kajal
14.	Safa Fatima	TY BScIT	Safa
15.	Rida Qureshi	TY BSLIT	Rida
16.	Parvati Suthar	Ty BCom	Parvati
17.	Shruti Upadhyay	Ty BCom	Shruti
18.	Aditi Singh	Ty BCom	Aditi
19.	Mehwa Shah	Ty BCom	Mehwa
20.	Alpa Khan	Sy. BBI	Alpa
21.	Ayana S. D. Navan	Sy. B-com	Ayana
22.	Sayli Shewale	Sy. Bcom	Sayli
23.	Vansh Sonu	Sy. Bcom	Vansh
24.	Vansh Dimple	S.Y BMS.	Dimple
25.	Ahaana Singh	SY BMS	Ahaana





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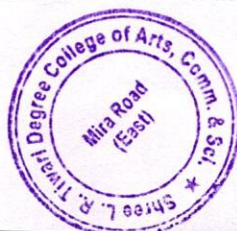
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Name of the Department/Committee/Cell/Club: WDC Cell

Name of the Speaker: Ms. Nishika Dhanan

Date: 30/7/24.

Sr. No.	Name of the Student	Class	Signature
1.	Yadav Minu Bharatlal	F.Y.B.A.F	
2.	Mishra Ujala Vikash	F.Y BSC IT	
3.	Megha Ashok Ramchandani	FY Bsc IT	
4.	Namrata Ramsarekh Yadav	FY BSC IT	
5.	Dhruvi Rajesh Dhadhi	FY BSC IT	
6.	Pal Sneha	FY BSC IT	
7.	Shindkar Pooja	FY.BSC.CS	
8.	Shaikh Mehak	FY.BSC.CS	
9.	Laxmi Prajapati	FY.BSC.CS	
10.	Ayesha Qureshi	FY.BSC.CS	
11.	Rayini Pal	Fy Bsc cs	
12.	Rinki Varma	FY. BAF	
13.	Muskan Verma	S.Y. BSC. DS	
14.	Gowri Jain	TYBLOM	
15.	Disha Wagh	Tybcem	
16.	Shruti S. Pednekar	T.Y. Bcom.	
17.	Ameeta Shakur	F.Y BMS	
18.	Ladha Shrawan Singh.	F.Y. BSC. IT	
19.	Pavitra Vallinayagam	FY. BAMML	
20.	Kavish Negi	FY BAMMC	
21.	Suneri Shikha	FYBAF	
22.	Akriti Vishwakarma.	FYBAF	
23.	Nikita Devidas	TYBMS	
24.	Rachel D'souza	TYBMS	
25.	Tasmiya Khan	TYBMS	





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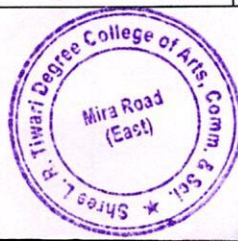
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Name of the Department/Committee/Cell/Club: WDC Cell

Name of the Speaker: Ms Mishika Dhanu

Date: 30/7/24

Sr. No.	Name of the Student	Class	Signature
1.	Mansi Sarker	TYBMS	
2.	Tanvi Singh	TYBMS	
3.	Ritika Pandey	TYBMS	
4.	Breeti Yadav	TYBMS	
5.	Sahaani Pandey	FYBCOM	
6.	Dipal Brajapati	FYBCOM	
7.	NIKITA VISHWAKARMA	FYBBI	
8.	Divya Gokhale	FYBCOM	
9.	ANKITA YADAV	FY BSC. CS	
10.	Aarti Gaud	FY B.COM	
11.	Bhadrika Nepai	FY B.COM	
12.	Aditi Maity	FYB.COM	
13.	Shalini S. Shukla	TYBAMMC	
14.	Jayalyn D'Souza	TYBAMMC	
15.	Sakshi Khandam	TYB COMI	
16.	Vaibhavi Mahadik	TYB COMI	
17.	Sidhra Sayyed	F.Y. B.M.S	
18.	Ayesha Shaikh	F.Y. B.A.F	
19.	Amya Gupta	TYBSC HS	
20.	Yukta Jagdale	FYBSC HS	
21.	Priyanka Noida	FY BSC HS	
22.	Aniya Shaikh	FY.BSC HS	
23.	Dhruva Patel	T.Y.BSC HS	
24.	Saleshi Jangam	T.Y.BSC HS	
25.	Kesav Waghule	T.Y.BSC HS	





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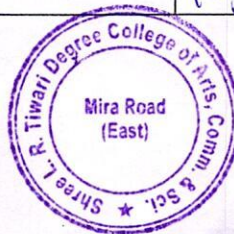
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Name of the Department/Committee/Cell/Club: WDC & ICC

Name of the Speaker: Ms Mishika Dhakan

Date: 30/7/24

Sr. No.	Name of the Student	Class	Signature
1.	Sayed Rahat	F.Y.B.A.F	<u>Rahat</u>
2.	Sakshi Gupta	F.Y.B.A.F	<u>Sakshi</u>
3.	Gunja Gupta	Ty bcom	<u>Gunja</u>
4.	Sonali Pandey	Ty bcom	<u>Sonali</u>
5.	Aruna Mathore	Ty bcom	<u>Aruna</u>
6.	Sneha Pandey	Ty bcom	<u>Sneha</u>
7.	Vsenti Patel	TYBAF	<u>Patel</u>
8.	TANISHA SINGH	TYBAF	<u>T.</u>
9.	Karishma Chauhan	F.Y.B.A.F	<u>Karishma</u>
10.	Rupali Jaiswal	F.Y.BAF	<u>Rupali</u>
11.	Varbhavi Lambate	F.Y.B.A.F	<u>Varbhavi</u>
12.	Shifa Shaikh	F.Y.BMS	<u>Shifa</u>
13.	Surbhi Dubey	F.Y.BAF	<u>Surbhi</u>
14.	Sudha Tiwari	F.Y.BAF	<u>Sudha</u>
15.	Jiya Singh	F.Y.BAF	<u>Jiya</u>
16.	Niheeta M. Vishwakarma	F.Y.BSCIT	<u>Niheeta</u>
17.	Shruti Tiwari	F.Y.-BAF	<u>Shruti</u>
18.	Shaikh Farhin	F.Y.B.COM	<u>Farheen</u>
19.	Nansy Singh	F.Y.B.A.F	<u>Nansy</u>
20.	Varfika Upadhyay	F.Y.B.A.F	<u>Varfika</u>
21.	Niharika Yadav	F.Y.-B-Com	<u>Niharika</u>
22.	Karishma Prajapati	S.Y.BAF	<u>Karishma</u>
23.	Urooj Khan	S.Y.BAF	<u>Urooj</u>
24.	Dipit Shukla	S.Y.BAF	<u>Dipit</u>
25.	Mamya Anshika	F.Y.BAF	<u>Anshika</u>





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Name of the Department/Committee/Cell/Club: WDC & ICC

Name of the Speaker: Ms Mishra Phakan.

Date: 30/7/24

Sr. No.	Name of the Student	Class	Signature
1.	Swarnima Singh	SYB.sc DS	Swarnima
2.	Athen Khan	SYBSCDS	Athen
3.	Sargankumari Singh	SYB.sc CS	Sargankumari
4.	Neha Nishad	T.Y.BMS	Neha
5.	Riya Mewada	S.Y.BSCIT	Riya
6.	Pragati Shukla	S.Y.BSC IT	Pragati
7.	Palak Pandey	S.Y.BSC CS	Palak
8.	Sezal Sharma	SY BSC CS	Sezal Sharma
9.	MAHEK KAPOOR	FY BLOM	Mahek
10.	Sujata Mishra	Ty BMS	Sujata
11.	Miza Khan	Ty Blom	Miza Khan
12.			
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**SHREE L. R. TIWARI DEGREE COLLEGE**  
(Arts | Commerce | Science) UGC Recognition under sec 2(f) of the UGC Act 1956 | Approved by Government of Maharashtra |  
Affiliated to University of Mumbai | College Code - 1064 | ISO Certified 9001:2015 | Hindi Linguistic Minority Institution

Name of the Event: Empowerment through knowledge: Mutual Hygiene & Personality Development

Name of the Department/Committee/Cell/Club: WDC & ICE

Name of the Speaker: Ms. Mishika Dhakan

Date: 30/7/24

Sr. No.	Name of the Student	Class	Signature
1.	Aparna Tiwari	SYDS	Aparna
2.	Netika Tiwari	SYDS	Netika
3.	Ruby Mansuri	SYDS	Ruby
4.	Shubhra Pathak	SYBMS	Shubhra
5.	Shradha Tiye	FYBAF	Shradha
6.	Insha Khan	FYBCOM	Insha
7.	Anjali Yadav	FYBAF	Anjali
8.	Sudley Jais	SYBMS	Sudley
9.	Anhel Tayal	TYBS	Anhel
10.	Surekha Jaiswar	T.V. CH.S.]	Surekha
11.	Sahar Khan	TY CH.S.]	Sahar
12.	Mansi Naik	SYDS	Mansi
13.	Ppna Solanki	SYDS	Ppna
14.	Kushagra Desai	FY. B. Com	Kushagra
15.	Bhoomi Tiwari	FY Bcom(MS)	Bhoomi
16.	Das Renuka	F.Y. Bcom(MS)	Renuka
17.	Aastha Sharma	F.Y BAF	Aastha
18.	AAYUSHIKA Bhatt	FY BMS	Ayushika
19.	Aafreen Ansan	FYBAF	Aafreen
20.	Surbhi Yadav	SYBSCIT	Surbhi
21.	Anehana Singh	SYIT	Anehana
22.	Vaishnavi Parab	SYIT	Vaishnavi
23.	Pooja Kushwaha	SYIT	Pooja
24.	Pushpa Purohit	SYBSCIT	Pushpa
25.	Sanika Jadyar	SYBSCIT	Sanika







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Name of the Event: Empowerment through Knowledge: Menstrual Hygiene & Personality Development

Name of the Department/Committee/Cell/Club: WDC/ICC

Name of the Speaker: Ms. Mishika Dhalan.

Date: 30/7/24

Sr. No.	Name of the Student	Class	Signature
1.	Kirti Anit Rao	T.Y.B.COM	
2.	Prachi Ketan Chonawala	T.Y.B.COM	
3.	Himani Pravin Nikum	F.Y.B.com	
4.	Singh Janvi	F.Y.B.Sc (IT)	
5.	Parusha Subir Srivastava	F.Y.B.com	
6.	Dilasha Chauhan	F.Y.B.COM	
7.	Aashi Prasad	F.Y.B.com	
8.	Annu Tiwari	S.Y.B.B.I	
9.	Anjana Yadav	S.Y.B.B.I	
10.	Anita Choudhary	F.Y.B.B.I	
11.	Telavini Moolya	F.Y.B.B.I	
12.	Sarah Shaikh.	F.Y.B.A.F	
13.	Gayatri Dewal	F.Y.B.com	
14.	Aruadhana Mishra.	F.Y.B.com	
15.	Kajal Parmar	F.Y.BMS	
16.	Saptoshi Dey	F.Y.BMS	
17.	Priyanka Chaube	F.Y.BSC.IT	
18.	Nabliya Goursi	S.Y.BSC.D.S.	
19.	Sheraddha Tiwari	S.Y.BSC.D.S.	
20.	Isha Pandey	S.Y.BSC.IT	
21.	Sakshi Mishra	S.Y.BSC.IT	
22.	Prachi Patel	T.Y.BMS	
23.	Kashish Khambalkar	T.Y.B.COM	
24.	Padmanati Gond	S.Y.DS	
25.	Qureshi Hida	S.Y.DS	

26. S.





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**SHREE L. R. TIWARI  
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OF ARTS, COMMERCE & SCIENCE  
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Affiliated to University of Mumbai)  
College Code : 1064

RefNo: SLRTDC/24-25/168(B)

Date: 26<sup>th</sup> July, 2024

### LETTER OF INVITATION

To,

**Ms. Mishika Dhakan,  
Public Speaker.**

Dear Ma'am,

We hope this letter finds you in the best of health and spirits. We are excited to invite you to be a resource person for the session titled "**Empowerment through Knowledge: Menstrual Hygiene and Personality Development**".

**Date: 30th, July 2024**

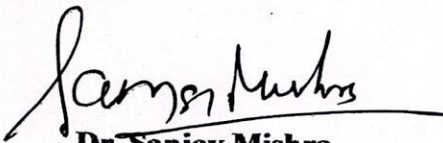
**Time: 10:30 am onwards**

**Venue: College Auditorium**

Your extensive expertise as a public speaker and advocate for menstrual hygiene and personality development makes you an exemplary choice to lead this session. Your profound understanding of these topics, coupled with your practical insights into fostering well-being and resilience, align perfectly with the objectives of our event.

We believe that your participation will provide valuable insights that can benefit not only our students but also faculty members interested in enhancing awareness and support systems in these crucial areas.

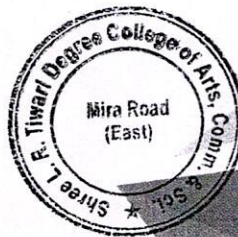
Thanking you.

  
**Dr. Sanjay Mishra**

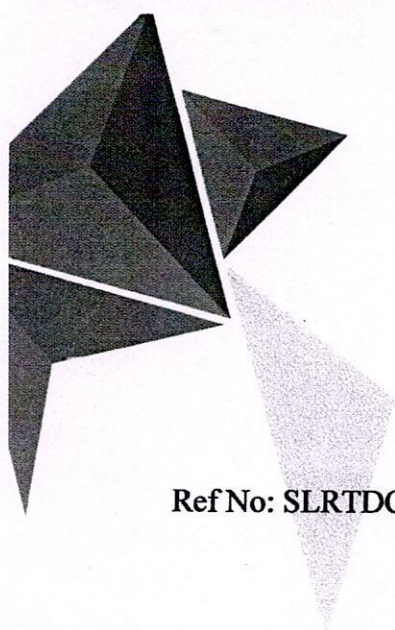
**I/C Principal**

Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.

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



*Mishika*  
*Received*



Shree Rahul Education Society's (Regd.)  
**SHREE L. R. TIWARI**  
**DEGREE COLLEGE**  
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 Affiliated to University of Mumbai)  
 College Code : 1064

Ref No: SLRTDC/24-25/168 (A)

Date: 30<sup>th</sup> July, 2024

**LETTER OF APPRECIATION**

To,  
**Ms. Mishika Dhakan,**  
**Public Speaker**

Dear Ma'am,

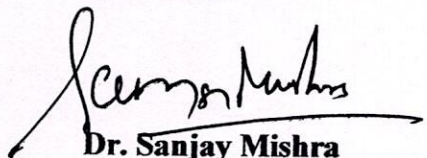
It gives me immense pleasure to express my profound appreciation to you on behalf of the **Women Development Cell** in collaboration with the **Internal Complaint Cell** of Shree L.R. Tiwari Degree College of Arts, Commerce & Science for conducting a session on **"Empowerment through Knowledge: Menstrual Hygiene and Personality Development"**.

**Date: 30<sup>th</sup> July, 2024**  
**Time: 10:30 am onwards**  
**Venue: College Auditorium**

Your presence was very well appreciated by our students.

We appreciate your gesture and hope to receive the same response and support from you in the future.

Thanking you.

  
**Dr. Sanjay Mishra**  
**V/C Principal**



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

*Mishika*  
 Received