



Shree Rahul Education Society's (Regd.)

SHREE L. R. TIWARI DEGREE COLLEGE

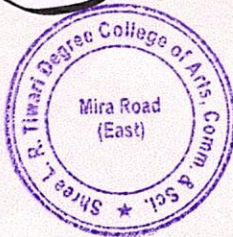
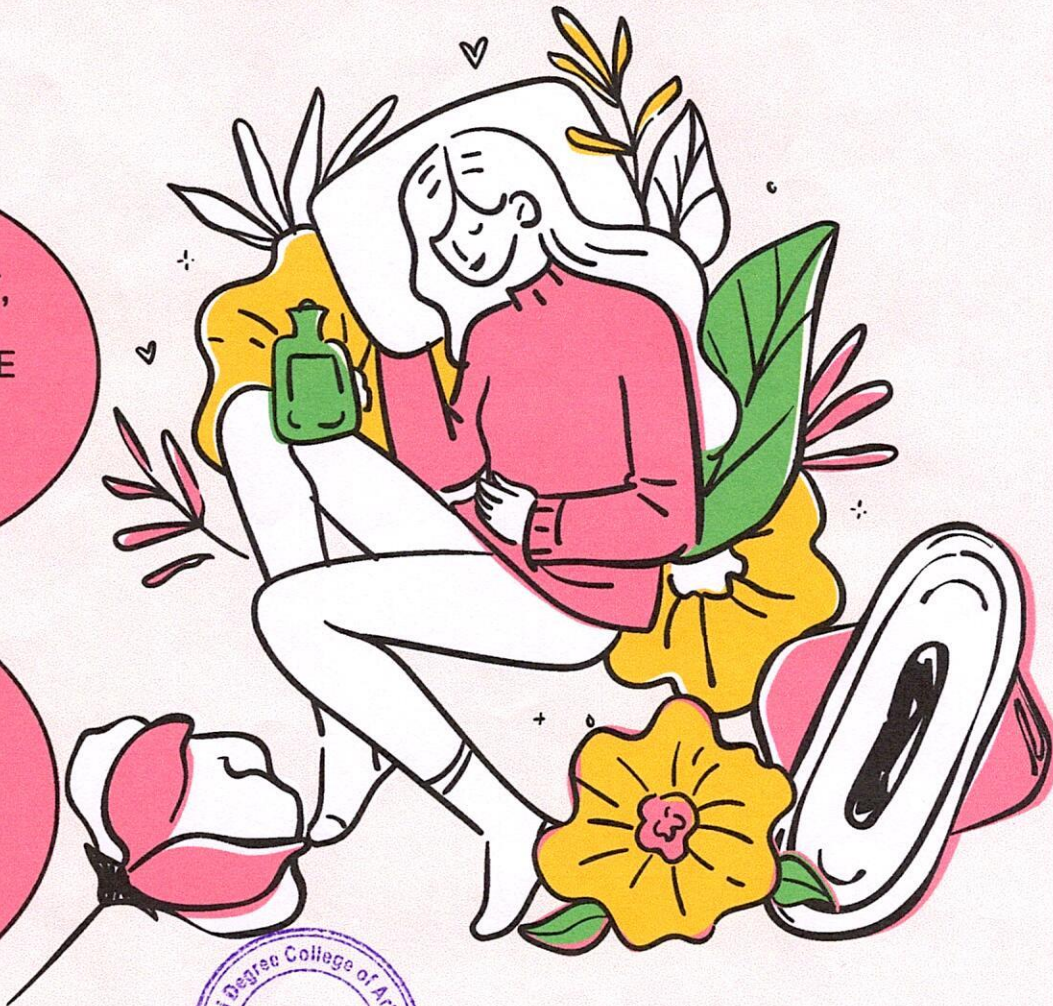
(Arts | Commerce | Science) UGC Recognition under sec 2(f) of the UGC Act 1956 | Approved by Government of Maharashtra | NAAC Accredited with Grade 'A' (1st Cycle) | Affiliated to University of Mumbai | College Code - 1064 | ISO Certified 9001:2015 | Hindi Linguistic Minority institution

Women Development Cell in collaboration with NSS
Unit organizes a special awareness session

"ELEVATEHER – A SESSION ON MENSTRUAL HYGIENE AND PERSONALITY DEVELOPMENT" IN COLLABORATION WITH CAMPUS CONNECT BY P&G & WHISPER

DATE: 23RD JULY,
2025
VENUE: COLLEGE
AUDITORIUM
TIME: 10.30AM

RESOURCE
PERSON: MS RIA
RAHATE
(SOFT SKILL
TRAINER -
BRANDTOUCH
ANALYTICS)



Sonal

ASST. PROF. SONAL SHAH
WDC - CONVENOR

R. L. I.

ASST. PROF. RAMBHAVAN YADAV
NSS - PROGRAMME OFFICER

Sanjay

DR. SANJAY PRINCIPAL
I/C PRINCIPAL



*** Education For All ***

Shree Rahul Education Society's (Regd.)
**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 |
NAAC Accredited with CGPA-3.14 Grade "A" (1st Cycle) |
Affiliated to University of Mumbai |
College Code -1064 | ISO Certified 9001:2015 |
Hindi Linguistic Minority institution

Notice No: SLRTDC/WDC/25-26/

Date: 21st July, 2025

NOTICE

This is to inform all the First Year and Second Year girl students that the Women Development Cell (WDC), in collaboration with the NSS Unit of Shree L. R. Tiwari Degree College, is organizing a special awareness session titled:

"ElevateHer – A Session on Menstrual Hygiene and Personality Development"

In collaboration with Campus Connect by P&G & Whisper.

Venue: College Auditorium

Date: 23rd July, 2025

Time: 10:30 AM

Resource Person: Ms Ria Rahate (Soft Skills Trainer - Brandtouch Analytics)

Session Objective:

- To promote awareness and break taboos around menstrual hygiene among young women.
- To enhance self-confidence and communication through personality development training.
- To empower students with practical skills for personal growth and well-being.

Note: All Girl students will receive free hampers after they complete registration.

Asst. Prof. Sonal Shah
WDC – Convenor

Asst. Prof. Rambhavan Yadav
NSS – Programme Officer

Dr. Sanjay Mishra
I/C Principal

Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.
Kanakia Park, Mira Road (East),
Dist. Thane - 401 107, Maharashtra





Date: 23rd July, 2025

Report on "Elevate Her – A Session on Menstrual Hygiene & Personality Development".

Topic: Elevate Her – A Session on Menstrual Hygiene & Personality Development.

Time: 10:30 AM onwards

Participants: Male - 03, Female - 210 , Total Count – 213

Organized By: Women Development Cell (WDC) and NSS Unit

Venue: College Auditorium

Introduction:

The Women Development Cell (WDC) organized "*Elevate Her – A Session on Menstrual Hygiene & Personality Development*" a session dedicated to raising awareness about menstrual hygiene and enhancing personality development among girl students. The initiative aimed to create a supportive environment that encouraged open dialogue and personal empowerment. Guided by experts, the session included interactive discussions that fostered active participation and allowed students to express their thoughts and experiences freely.

Highlight of the event:

- Expert talk on menstrual hygiene and health practices.
- Interactive session on confidence building and personal grooming.
- Q&A round to address taboos and myths.

Session Objective:

- To promote awareness and break taboos around menstrual hygiene among young women.
- To enhance self-confidence and communication through personality development training.
- To empower students with practical skills for personal growth and well-being.

Outcome of the Program:

- Gained awareness about menstrual hygiene and addressed common taboos through expert insights.
- Built self-confidence and improved communication skills through personality development activities.
- Encouraged active participation by creating a safe and supportive space for open discussions.





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Conclusion: The event was well-received and fulfilled its objectives of awareness and empowerment. Such initiatives by WDC contribute significantly to the holistic development of students. They not only address crucial health and social issues but also foster a sense of confidence and self-worth among participants. Continued efforts like this help in nurturing responsible, informed, and empowered individuals for a better society.

Asst. Prof. Sonal Shah
WDC - Convener

Asst Prof Rambhavan Yadav
NSS Programme Officer

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





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Mira Bhayandar, Maharashtra, India
Oshwa Orchard Phase 2 Building No 11, Beverly Park, Mira Road East, Mira Bhayandar, Maharashtra 401107, India
Lat: 19.268131 Long: 72.874994
23/07/2025 11:12 AM GMT +05:30



Mira Bhayandar, Maharashtra, India
B/20+9/4, Kanakia Park, Mira Road East, Mira Bhayandar, Maharashtra 401105, India
Lat: 19.300372 Long: 72.876225
23/07/2025 11:13 AM GMT +05:30



Mira Bhayandar, Maharashtra, India
B/20+9/4, Kanakia Park, Mira Road East, Mira Bhayandar, Maharashtra 401105, India
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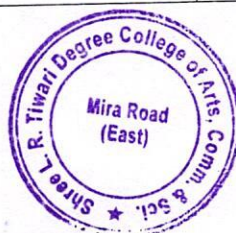


SHREE L. R. TIWARI DEGREE COLLEGE

(Arts | Commerce | Science) UGC Recognition under Sec. 17 of the UGC Act 1956 | Approved by Government of Maharashtra | NAAC Accredited with Grade 'A' (1st Cycle) | Affiliated to University of Mumbai | College Code: 1064 | ISO Certified 9001:2015 | Hindi Linguistic Minority Institution

Attendance SheetName of the Event: Elevate her: Session on Menstrual Hygiene & Personality DevelopmentName of the Department/Committee/Cell/Club: WDC & NSSName of the Speaker: Ms Ri'a RanoteDate: 23/07/25

Sr. No.	Name of the Student	Class	Gender M/F	Signature
1.	Shaikh Munnaza Ashraf	FY BScDS	F	Munn.
2.	Shreya Tiwari	FY BScDS	F	Shreya
3.	Shaikh Shifa Rashed	FY BScDS	F	Shifa
4.	Ariana Sarah Thompson	FY BScDS	F	Ariana
5.	Khan Simran	FY BScDS	F	Simran
6.	Archana Singh	FY BAF	F	Archana
7.	Komal R. Sharma	FY BAF	F	Komal
8.	Hidhee Singh	FY BScDS	F	Hidhee
9.	Bhavya Salian	SY BMS	F	Bhavya
10.	Filza Khan	FY BScDS	F	Filza
11.	Prachi Yadav	FY BScIT	F	Prachi
12.	Pooja Karanjia	FY BScIT	F	Pooja
13.	Karishma Jaiswal	FY BScIT	F	Karishma
14.	Dimple Vansh	TY BMS	F	Dimple
15.	Harpyari Goliya	TY B.com	F	Harpyari
16.	Sonei Vansh	TY B.com	F	Sonei
17.	Sayli Shewale	TY B.com	F	Sayli
18.	Arjuna	TY B.com	F	Arjuna
19.	Aradhana Tiwari	TY B.M.S	F	Aradhana
20.	Arti Yadav	SY B.M.S	F	Arti
21.	Shruti Rai	FY BAF	F	Shruti
22.	Poonam Shukla	FY BAF	F	Poonam
23.	Komal Yadav	FY BAF	F	Komal
24.				
25.				



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Attendance SheetName of the Event: Elevate her! session on menstrual Hygiene & Personality devel.Name of the Department/Committee/Cell/Club: WDC & NSSName of the Speaker: Mrs. Ria Rahutte.Date: 23/11/25

Sr. No.	Name of the Student	Class	Gender M/F	Signature
1.	Lammi Tiwari	FY BSc (C.S)	F	<u>Lammi</u>
2.	Parul Yadav	FY BSc (C.S)	F	<u>Parul</u>
3.	Vidya Maurya	FY BSc (IT)	F	<u>Vidya</u>
4.	Aachal Shrivastav	FY BCOM	F	<u>Aachal</u>
5.	Bhumi Singh	FY BCOM	F	<u>Bhumi</u>
6.	Shradha Tiwari	FY BCOM	F	<u>Shradha</u>
7.	Jaya Sharma	FY BAF	F	<u>Jaya</u>
8.	Pari Upadhyay	FY BAF	F	<u>Pari</u>
9.	Riya Tiwari	FY BAF	F	<u>Riya</u>
10.	Shagun Gupta	FY BMMC	F	<u>Shagun</u>
11.	Nandini Gupta	FY BMMC	F	<u>Nandini</u>
12.	Kangana Rajput	FY BMMC	F	<u>Kangana</u>
13.	Shweta Laxkar	FY BMMC	F	<u>Shweta</u>
14.	Meenakshi Verma	FY BMMC	F	<u>Meenakshi</u>
15.	Pandey Sneha	FY BMS	F	<u>Sneha P</u>
16.	Mishra Sundar	FY BMS	F	<u>Sundar M</u>
17.	Ridhima Gaur	FY BMMC	F	<u>Ridhima</u>
18.	Roshani Mishra	FY BMS	F	<u>Roshani</u>
19.	Vaibhavi Malvi	FY BMS	F	<u>Vaibhavi</u>
20.	Komal Vithnoi	FY BMS	F	<u>Komal</u>
21.	Prasann Khatri	SY BCOM	F	<u>Prasann</u>
22.				
23.				
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25.				





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Attendance Sheet

Name of the Event: Elevate her! Session on Menstrual Hygiene & Personality development.

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

Name of the Speaker: Mrs. Ria Rabatte.

Date: 23/12/25

Sr. No.	Name of the Student	Class	Gender M/F	Signature
1.	Tanisha Navneet Solanki	BSc/PS	Female	Tanisha
2.	Milika Parmar	SYBAP	Female	Milika
3.	Hritika Pal	BSc-CS	Female	Hritika
4.	Aryaa Parmar	FYBSc-CS	Female	Aryaa
5.	Insha Sayed	TYBAF	Female	Insha
6.	Toupti Grandhi	FYBBI	Female	Toupti
7.	Manisha Purohit	FYBBI	F	Manisha
8.	Zeba Shaikh	TYBLOH	Female	Zeba
9.	Zaara Shaikh	TYBCOM	Female	Zaara
10.	Maria Fruitwala	TYBCOM	Female	Maria
11.	Shikha Shukla	FY-BSc-DS	Female	Shikha
12.	Shubla Aishwarya	FYB-AF	Female	Shubla
13.	Palak Gupta	FYBMS	Female	Palak
14.	Suhani Dube	FYBMS	Female	Suhani
15.	Pratishtha Pandey	FYBMS	Female	Pratishtha
16.	Harshita Purohit	FYBMS	Female	Harshita
17.	Poothvi Grandhi	FYBAMMC	Female	Poothvi
18.	Snigdha	FYBAMMC	F	Snigdha
19.	Ruby Mishra	FYBAMMC	F	Ruby
20.	Divya Nelipambil	FYBAMMC	F	Divya
21.	Dipashree Wase	FYBAMMC	F	Dipashree
22.	Sneha Singh	FYBAMMC	F	Sneha
23.	Aarnavi P. Bhelkar	FYBAMMC	F	Aarnavi
24.				
25.				





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Attendance Sheet

Name of the Event: Elevate her: Session on permenstrual Hygiene & Personality dev.Name of the Department/Committee/Cell/Club: WDC & NSSName of the Speaker: Mrs. Ria Rahatte.Date: 23/7/25

Sr. No.	Name of the Student	Class	Gender M/F	Signature
1.	Kaishiti Patel	FY BMS	F	
2.	Palak Sharma	FY BMS	F	
3.	Tanushree Rathod	FY BMS	F	
4.	Nikita Yadav	FY BMS	F	
5.	Mone Yadav	FY BMS	F	
6.	Ishika Sonar	FY BMS	F	
7.	Sakshi Vishwakarma	SY-BCOM	F	
8.	Khushi Mishra	FY BMS	F	
9.	Mansi Jadhav	FY BMS	F	
10.	Nandini Solanki	SY-BBI	F	
11.	Anita Choudhary	SY-BBI	F	
12.	Tejaswini Moolga	SY-BBI	F	
13.	Shreyas Prajapat	SY-BBI	F	
14.	Hasini Singh	FY BMS	F	
15.	Manasi Vishwakarma	FY BSc(IT)	F	
16.	Suhana Gupta	FY BMS	F	
17.	Diksha Choudhary	FY BMS	F	
18.	Nandini Bhatti	FY BMS	F	
19.	VANSHIKA D. AGARWAL	TY BCOM	F	
20.	Khyati Solanki	TY BCOM	F	
21.	Kushi Salian	TY BCOM	F	
22.	Shravya Borges	TY BCOM	F	
23.	Masuma Uddin	TY BCOM	F	
24.	Perekar Mahenora	FY BSC DS	F	
25.	Dhanushree Mistry	FY BSC DS	F	



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Attendance SheetName of the Event: Elevate Her: Session on Menstrual Hygiene & Personality developmentName of the Department/Committee/Cell/Club: WDC/SPSSName of the Speaker: Mrs. Rina B. Rahatte Date: 23/7/25

Sr. No.	Name of the Student	Class	Gender M/F	Signature
1.	Anshika S. Singh	FYBAF	F	<u>Anshika</u>
2.	Nikita S. Pal	FYBAF	F	<u>Nikita</u>
3.	Maithehi M. Patel	FYBAF	F	<u>Maithehi</u>
4.	Lakshita Lodha	FYBAF	F	<u>Lakshita</u>
5.	Neha Yadav	FYBAF	F	<u>Neha</u>
6.	Anushka Ranpise	FYBAF	F	<u>Anushka</u>
7.	Prachi Jaiswar	SVBAF	F	<u>Prachi</u>
8.	Manisha Bishnoi	SVBAF	F	<u>Manisha</u>
9.	Jaxmina Gupta	FY B.com	F	<u>Jaxmina</u>
10.	Dheevi Dhachhi	SV BscIT	F	<u>Dheevi</u>
11.	Manisha Yadav	FY B.com	F	<u>Manisha</u>
12.	Manek Ahmad	SYBMS	F	<u>Manek</u>
13.	Priya Khandari	SYBMS	F	<u>Priya</u>
14.	Ankita Mishra	FYBAF	F	<u>Ankita</u>
15.	Ruchi Mishra	FYBAF	F	<u>Ruchi</u>
16.	Hounisha Nadar	FYBAF	F	<u>Hounisha</u>
17.	Renuka Kenwar	FYBAF	F	<u>Renuka</u>
18.	Pranjali Surve	FYBSc(IT)	F	<u>Pranjali</u>
19.	Rini Varma	SYBAF	F	<u>Rini</u>
20.	Amrita Thakur	SYBMS	F	<u>Amrita</u>
21.	Minu Yadav	SYBAF	F	<u>Minu</u>
22.	Nidra Dayged	SYBMS	F	<u>Nidra</u>
23.	Anjali Kathait	FY B.com	F	<u>Anjali</u>
24.	Kaynat Sindhi	SYBAF	F	<u>Kaynat</u>
25.	Kashish Upadhyay	FY IT	F	<u>Kashish</u>





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Attendance Sheet

Name of the Event: Elevate Her: Session on menstrual Hygiene & personality development

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

Name of the Speaker: Ms. Pia Rabatte Date: 23/7/25

Sr. No.	Name of the Student	Class	Gender M/F	Signature
1.	AMRIT KAUR SOAR	F.Y.B.COM	F	<u>Amrit</u>
2.	Maheshwari Konar	F.Y.B.com(MS)	F	<u>Maheshwari</u>
3.	Simran Jha	F.Y.B.com/MS	F	<u>Simran</u>
4.	Sushila Suthar	F.Y.B. Com	F	<u>Sushila</u>
5.	Bhumi Kudia	F.Y.B.com	F	<u>Bhumi</u>
6.	Neeta choudhary	F.Y.B.com	F	<u>Neeta</u>
7.	Divya Pandey	F.Y.B.com	F	<u>Divya</u>
8.	Gungun Bhatnagar	F.Y.B.AE	F	<u>Gungun</u>
9.	Ritika chand	F.Y.B.SCI	F	<u>Ritika</u>
10.	Pinky K. Khatun.	F.Y.B-Com	F	<u>Pinky</u>
11.	Rishika Patel.	S.Y.B.COM	F	<u>Rishika</u>
12.	Dheeti Sharma	S.Y.B.COM	F	<u>Dheeti</u>
13.	Shaiikh Ayesha	S.Y.B.com	F	<u>Ayesha</u>
14.	Vishaka Ridlan	S.Y.B.com	F	<u>Vishaka</u>
15.	Rojina sekh	T.Y.BMS	F	<u>Rojina</u>
16.	Debesa Pal	T.Y.BMS	F	<u>Debesa</u>
17.	Shagun Pandey	F.Y.BMS	F	<u>Shagun</u>
18.	Kaushma Rana	F.Y.B.MS	F	<u>Kaushma</u>
19.	Sneha Salunkhe	F.Y.BMS	F	<u>Sneha</u>
20.	Prachi Singh	F.Y.BMS	F	<u>Prachi</u>
21.	Aadhika Sharma	F.Y.BMS	F	<u>Aadhika</u>
22.	Vati	S.Y.BBI	F	<u>Vati</u>
23.	Shayari	S.Y.BBI	F	
24.	Anita	S.Y.BBI	F	
25.	Vandini	S.Y.BBI	F	

26.

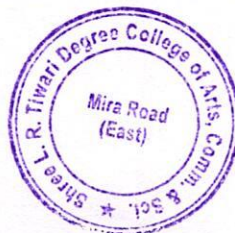


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Attendance SheetName of the Event: Elevate Her! Session on menstrual Hygiene & Personality developmentName of the Department/Committee/Cell/Club: WDC & NSSName of the Speaker: Ms R. R. Rahatte.Date: 23/7/25

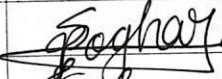
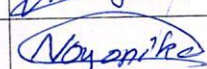
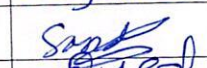
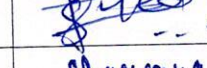
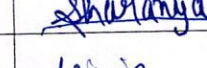
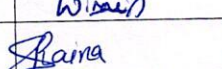
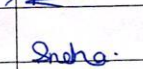
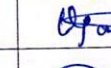
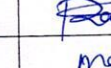
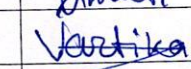
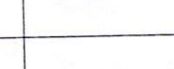
Sr. No.	Name of the Student	Class	Gender M/F	Signature
1.	ERAM PARVEEN SIRAJUL HUQUE	SYBBI	FEMALE	Eram
2.	VYAS PARI	SYBMS	FEMALE	Vyas
3.	SAKSHI Singh	FYBMS	Female	Sakshi
4.	Atharvi Parke	FYBSCDS	Female	Atharvi
5.	Riya Sharma	F.Y. BSCDS	Female	Riya
6.	Anshika Sahani	F.Y. BSCDS	Female	Anshika
7.	Shivani Pandey	SYBSCDS	Female	Shivani
8.	Saloni Singh	SY. DS	Female	Saloni
9.	Mariyam mernshi	FYBSCHS	Female	Mariyam
10.	Khan Zaina	F.Y BSC HS	Female	Zaina
11.	Anjali Yadav	F.Y BSCDS	Female	Anjali
12.	Jhika Singh	F.Y BSCDS	Female	Jhika
13.	Nikita Tha	F.Y BSCDS	Female	Nikita
14.	Suhana Jaiswal	TY BSC HS	Female	Suhana
15.	Karishma Rana	TY BSC HS	Female	Karishma
16.	Priyanka sharma	TY BSC HS	Female	Priyanka
17.	Anisha Surve	TY BSC HS	Female	Anisha
18.	Pooja Suthar	SYBAF	Female	Pooja
19.	Mehek Shorey	SYBAF	Female	Mehek Shorey
20.	Shradha Pandey	FY BCOM	Female	Shradha
21.	Kajal Vinod Gupta	FYBAF	Female	Kajal
22.	Sushity Sharma	FYBAF	Female	Sushity
23.	Ujala Singh	FYBAF	Female	Ujala Singh
24.	Samiksha Panwar	FYBAF	Female	Samiksha
25.	Nandini Varma	FYBAF	Female	Nandini



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(Arts / Commerce / Science) UGC Recognized under Sec. 10 of the U.C. Act 1956. Approved by Government of Maharashtra [NAAC Accredited with Grade 'A' (1st Cycle)]
 Affiliated to University of Mumbai (College Code: 1064) ISO Certified 9001:2015 Hindi Linguistic Minority Institution

Attendance SheetName of the Event: elevate Her; session menstrual Hygiene & personality develop.Name of the Department/Committee/Cell/Club: WBCS NSSName of the Speaker: Ms Rici Rahatte.Date: 23/11/25

Sr. No.	Name of the Student	Class	Gender M/F	Signature
1.	Simran Paghar	FYDS	F	
2.	Snairn Rikza	FYDS	F	
3.	Prasad Unnati	FYBSC-CS	F	
4.	Nayonika Tripathi	FYBSC-IT	F	
5.	Sanhya Gautam	FYBSC-IT	F	
6.	Sanyed Sophiya	TYBcom	F	
7.	Sharmaya Shetty	SYBcom	F	
8.	Winifred Pinto	SYBMS	F	
9.	Raina Shubairy	SYBcom	F	
10.	Sneha Pathak	SYBcom	F	
11.	Ujala Mishra	SYBSC-IT	F	
12.	Radha Singh	SYBSC-I	F	
13.	Mansi Gupta	FYBSC-CS	F	
14.	Shruti Tiwari	SYBAF	F	
15.	Vartika Updhyay	SYBAF	F	
16.	Radha Sharma	FYBMS	F	
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Attendance Sheet

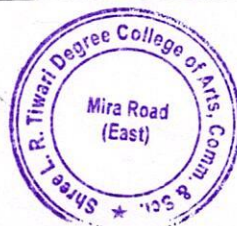
Name of the Event: Elevate her! Session on menstrual Hygiene & Personality development

Name of the Department/Committee/Cell/Club: WDCS NSS

Name of the Speaker: Ms. Ria Rahatte

Date: 23/11/25

Sr. No.	Name of the Student	Class	Gender M/F	Signature
1.	Suneri Shikharu	SYBAF	F	Suneri
2.	Afreen Ansari	SYBAF	F	Afreen
3.	Riddhi Chauhan	SYBSCCS	F	Riddhi
4.	Anushka Dixit	SYBAF	F	Anushka
5.	Manmeet Kaur	SYBAF	F	Manmeet
6.	Richa Tiwari	SYFYBlom	F	Richa
7.	Meher Shorey	SYBlom	F	Meher
8.	Snha Pal	SYBSCIT	F	Snha
9.	Pooja Shuikdar	SYBSCCS	F	Pooja
10.	Chaturthee Abhyankar	FYBSCIT	F	Chaturthee
11.	Chinmayi Sawant	FYBSCCS	F	Chinmayi
12.	Jaya Gupta	TYBcom	F	Jaya
13.	Shreya Shukla	FYBSCCS	F	Shreya
14.	Hiral Jogadiya	FYBSCCS	F	Hiral
15.	Pranjali Singh	FYBSCCS	F	Pranjali
16.	Lakshmi	SYBSCCS	F	Lakshmi
17.	Nidhi Tiwari	FYBSCCS	F	Nidhi
18.	Khusi Das	TYBcom	F	Khusi
19.	Singh Amisha	SYBcom	F	Amisha
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Attendance Sheet

Name of the Event: Elevate her! Session on Menstrual Hygiene & Personality Development

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

Name of the Speaker: Ms Ria Rahate

Date: 23/07/25

Sr. No.	Name of the Faculty	Dept	Gender M/F	Signature
1.	Asst Prof Sonal Shah	Bcom	F	Sonal
2.	Asst. Prof. Rashmi Jha	BMS	F	Rashmi
3.	Asst. Prof. Omkar Madhyal	BSc. CS	M	Omkar
4.	Asst. Prof. Lokesh Bahad	BSc. IT	M	Lokesh
5.	Asst. Prof. Deepa Kanabar	Bcom	F	Deepa
6.	Asst Prof. Bhumiika Vyas	Bcom	F	Bhumiika
7.	Asst. Prof. Sangeeta Suryavanshi	BBT	F	Sangeeta
8.	Asst. Prof. Namrata Singh	BANMC	F	Namrata
9.	Asst. prof. Ajay yadav	BANMC	M	Ajay
10.	Asst. Prof. Diksha Sereve	Bcom	F	Diksha
11.	Asst. prof. Gautami Hware	BBT	F	Gautami
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SHREE L. R. TIWARI DEGREE COLLEGE

(Arts, Commerce, Science)

Recognition under Sec. 3 of the U.C. Act 1956
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NAAC Accredited with GPA 3.4 Grade 'A', 1st Cycle
Affiliated to University of Mumbai
College Code: 1064 [ISO: 9001:2015]
Hindi Linguistic Minor Institution

Ref No: SLRTDC/25-26/

Date: 21st July, 2025

Letter of Invitation

To,
Ms Ria Rahate,
Soft Skill Trainer,
Brandtouch Analytics,
Lower Parel - Mumbai

Subject: Invitation for Conducting the Session on "Menstrual Hygiene & Personality Development".

Dear Ma'am,

The Women Development Cell (WDC) in collaboration with the NSS Unit of our college, is pleased to invite you as a **Resource Person** for an engaging event titled: **ElevateHer – A session on "Menstrual Hygiene & Personality Development"**.

Date: 23rd July, 2025

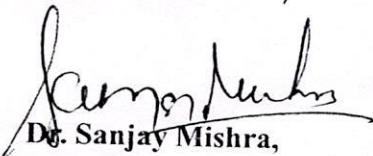
Time: 10:30 PM

Venue: College Auditorium

As a skilled Soft Skills Trainer, your in-depth understanding of menstrual hygiene and its connection to personality traits and behavior patterns will offer immense value to our students. Your insights will help participants explore how personal hygiene and self-awareness contribute to emotional intelligence, confidence, and overall personal growth.

We would be truly honored by your presence and look forward to your enriching contribution to this initiative.

Warm Regards,


Dr. Sanjay Mishra,

H/C Principal

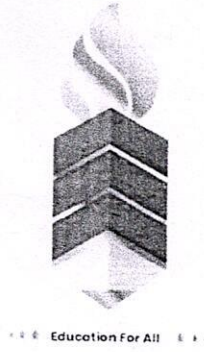
Shree L. R. Tiwari Degree College of Arts, Comm. & Sci.
Kanakin Park, Mira Road (East),
Dist. Thane - 401107, Maharashtra




Received

Shree L. R. Tiwari Educational Campus, Mira Road – East, Thane-401 107, Maharashtra.

Tel.: 022 - 28120147 / 9372 • Email : slrtdc@rahuleducation.com • Website : www.rahuleducation.org



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College Code - 1064 | ISO Certified 9001:2015 |

Hindi Linguistic Minority Institution

Ref No: SLRTDC/25-26/

Date: 23rd July, 2025

Letter of Appreciation

To,
Ms Ria Rahate,
Soft Skill Trainer,
Brandtouch Analytics,
Lower Parel - Mumbai

Subject: Appreciation for Conducting the Session on "Menstrual Hygiene & Personality Development".

Dear Ma'am

It gives immense pleasure, on behalf of the The Women Development Cell, in collaboration with the NSS Committee of our college, to extend our heartfelt appreciation to you for conducting "**ElevateHer – A Session on Menstrual Hygiene and Personality Development**" held on 23rd July, 2025, from 10:30 PM at College Auditorium.

Your session was insightful and engaging, offering students meaningful takeaways on menstrual hygiene and personal growth. Your expertise and impactful delivery truly enhanced the learning experience. We are deeply grateful for your time, expertise, and thoughtful contribution to this initiative.

We sincerely look forward to your continued support and association in the future.

Thank you,

Warm Regards,

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

