



**Bharatiya Vidya Bhavan's
Sardar Patel Institute of Technology
Munshi Nagar, Andheri(W), Mumbai-400058**



Report

Event Name: Skin and Hair Care Talk 2020

Date of Event: 2020-01-24

Place of Event: 008

In-Charge Member: Dr. Aarti Karande

The WIE-WDC committee had organized the Skin and Hair Care Talk. This event was held on 24th January, 2020. The session was held after college for boys and girls. Along with them faculties from all the departments

graced this event with their presence. The session was conducted by Dr. Mithali Jage , a skin and hair specialist

from the Sion Hospital. She has done MBBS, MD, DNB(Dermatology, Venerology and Leprosy) and FMUHS(Trichology). She is an assistant professor at the Lokmanya Tilak Municipal Medical College, Sion. She

is a panelist in Skinzy.Skinzy, a proud start-up of SPIT Faculty, pre incubated at SPTBI.

Dr. Mithali Jage started the session with the tagline "Be natural, be beautiful and be you". She had discussed about

various topics like diet, weight, mental health, daily skin care regimen, hair care:do's

and don'ts, how to prevent ageing skin, seasonal skin care and awareness for steroid abuse. The session was quite

interactive. She also mentioned about various skin and hair related problems and care one should take along with which

foods are very important for a healthy skin and hair. She also explained how one factor like obesity affects our health of hair and skin and how hair and skin care is a very important and a hygienic routine for both men and women.

She gave us quite useful insights on hair and skin care. Dr. Mithali Jage was then given a token of appreciation by Dr.Dhananjay Kalbande. At the end, she also thanked everyone for showing the interest in the talk. Overall great response was received for the event.



**Bharatiya Vidya Bhavan's
Sardar Patel Institute of Technology
Munshi Nagar, Andheri(W), Mumbai-400058**





**Bharatiya Vidya Bhavan's
Sardar Patel Institute of Technology
Munshi Nagar, Andheri(W), Mumbai-400058**

WIE
IEEE S.P.I.T.

