



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



Report

Event Name: WIE Health Talk

Date of Event: 2024-02-07

Place of Event: S.P.I.T Seminar Hall 008

In-Charge Member: Madhura Kanfode, Prof Sheetal Chaudhari, Dr Aarti Karande,

Program driven by: IIC S.P.I.T. and IEEE WIE SPIT

Program /Activity Type: Seminar

Event Theme: Menstruation and Mental Health

Duration of the Event: 1.5 hours

Start Date : 7/2/24

End Date: 7/2/24

Event Name: WIE Health Talk

Benefits in the term of learning/skill/knowledge obtained: Communication skills, grooming skills, body language.

Brief information about the event : The event was conducted for all female students in seminar hall 008. Madhura Kanfode and Nirmitee Sarode hosted the event. The speaker

for the event was Ms. Mishika Dhakan. She spoke about the importance of body language in both professional as well as casual environment settings. She stressed on the importance of posture. She then spoke about presentation skills, emphasizing on confidence. She then focused on personal hygiene and explained the importance of grooming. She spoke about mental health and gave tips to maintain a healthy environment, both for the body as well as for the brain. The session culminated with a fun Question and answer session which all attendees cherished.



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

WIE
IEEE S.P.I.T.

