<p align="center">Shri Shivaji Education Society's</p>

Mahatma Fule Arts, Commerce & Sitaramji Chaudhari Science Mahavidyalaya, Warud

<p align="center" style="color:red">Seminar</p>
<p align="center" style="color:red">on</p>
<p align="center" style="color:red">Health and Hygiene</p>

<p align="center">2022-23</p>

Home Economics Department, Women Development Committee and Internal Complaint Committee organized seminar on the topic of "Health and Hygiene" on Dated 24th March 2023. We had the famous Ayurvedacharya Dr. Charan Sonare as the speaker of this session, Sau. Anjalitai Talukdar as special guest and Prof. Dr. U.E. Chaudhari as the president of the program. The program commenced as Dr. Charan Sonare lightened the lamp.

In the first session, Dr. Charan Sonare guided about how to take care of health in today's daily lifestyle and also talked about problems in adolescent age and provide solutions to it. Further, he emphasized on the importance of physical and mental health. In the second session, famous social worker Sau. Anjalitai Talukdar has discussed with students about how one can prepare diet with integrating traditional rise, legacy and new lifestyle. She also emphasized the importance of good habits in order to live a long-lasting healthy life. Principal.Dr. G.N. Chaudhari has also provided his guidance in this seminar. He discussed about Health, Exercise and diet.

The president of the program Dr. U.E. Chaudhari has mentioned in his speech that the youth's health is being adversely affected by the consumption of fast food and over use of mobile phones. He strongly recommended to take a healthy diet and to minimise the use of mobile phones.The Head of Home Economics Department Prof. Dr.Mrs. N.A. Bodkhe introduced the guests and the topic of the discussion Health and Hygiene.

Where as Women Empowerment Committee coordinator Prof.Mrs. M.R. Umekar has displayed gratitude to all the guests. Ku. Bhagyashri Saad has anchored the program. Total 150 students were present for this program from all three departments of Arts, Commerce and Science and have been felicitated with the certificate.

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Principal

(Dr.G.N.Chaudhari)   Dr. N. A. Bodkhe

                                                                            Mrs. M. R.Umekar