

BROCHURE FOR LECTURE ON WOMEN HEALTH HYGIENE & CLEANLINESS

(ONLINE)

SHARDA EDUCATION SOCIETY'S
ANAND
VISHWA
GURUKUL

आनंद विश्व गुरुकुल विधी महाविद्यालय, ठाणे

वूमन डेव्हलपमेंट सेल
सादर करीत आहेत

दिनांक
03.11.20

दुपारी 3 वा.

डॉ. प्रज्ञा खोसे-पाटील

Sub - Health & hygiene
only for women.



[Signature]

I/C PRINCIPAL
ANAND VISHWA GURUKUL COLLEGE OF LAW, THANE

2020-2021

SEMINAR ON HEALTH HYGIENE & CLEANLINESS



On 3rd November 2020 a special lecture on **WOMEN HEALTH , HYGIENE & CLEANLINESS** in Anand Vishwa Gurukul College of Law . We invited Dr. Pradnya Khose Patil for giving knowledge on how to maintain good health, hygiene through cleanliness.

The speaker talked about vaginal cleanliness, its requirements and general practices. She also gave brief on the use of biodegradable menstrual products and how we can use environmental friendly options instead of traditional sanitary pads. She enlightened the causes of vaginal infection and how we can avoid it. Use of contraceptive and its side effects were also discussed. The webinar was attended by all female student, faculty and staff of Anand Vishwa Gurukul College of Law

Pragata
Programme Co-ordinator



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Sharda Education Society's
Anand Vishwa Gurukul College of Law
Affiliated To University of Mumbai
Approved By Bar Council Of India

LL.B - 3 Years | LL.B - 5 Years | LL.M
Diploma in Labour Law and Labour Welfare | Post Graduation Diploma in Cyber Law
H. O. : Raghunath Nagar, Next to Mittal Park, Wagle Estate, Thane (W) - 400604.
Tel.: 022-25820481 / 25830481 Email : avgcollegeoflaw@gmail.com

BROCHURE FOR VIRTUAL YOGA DAY

Sharda Education Society's
Anand Vishwa Gurukul & College

**21st June
International
Yoga Day**



Near Mental Hospital, Opp. ACC Cement Colony, Thane (W) - 400604.
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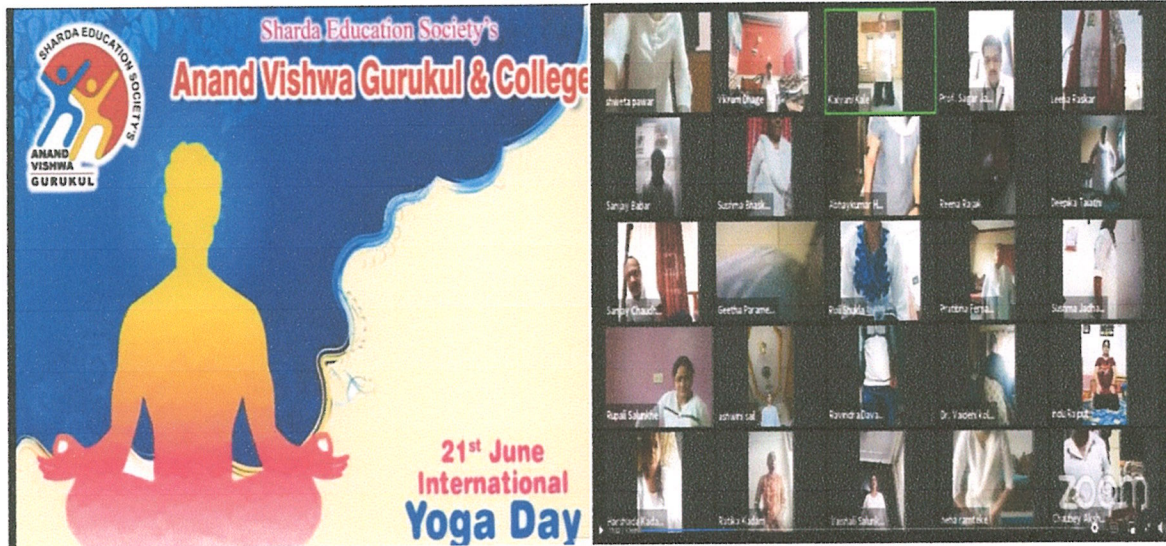
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VIRTUAL YOGA PROGRAMME ON INTERNATIONAL YOGA DAY



On 21st June 2021 Anand Vishwa Gurukul College of Law conducted Virtual Yoga Day to remind people how it is important to be fit in covid times. We invited Miss Vaishali Patil (Senior yoga Expert) for giving knowledge on benefits of yoga & our students practiced some yoga exercises under this session.

Miss. Vaishali Patil gave an enlightening talk on Stress Management. In her talk she stated that stress is due to external pressure and inability to cope with it. She educated the students on various ways to cope up with stress and its management and thus live a healthy life.

Before the demonstration, she explained the meaning of Yog and then illustrated Pranayama and elaborated on its importance and benefits. She demonstrated the various Asanas and stressed on the need to be practiced every single day. She elaborated the point that regular yoga practice lead to the better mental, physical and intellectual health. It positively changes the lifestyle of the people and increase the level of well-being.

Pragati

Programme Co-ordinator



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