

Registration Fees - Rs. 100

For Queries, Contact:

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**MAHARASHTRA STATE
COMMISSION FOR WOMEN**



**College of Arts,
Science &
Commerce**

RISE WITH EDUCATION
NAAC REACCREDITED "A" GRADE, CGPA 3.51/4.00
(AUTONOMOUS)

TWO DAY SEMINAR ON

HOLISTIC HEALTH AND WELL BEING OF WOMEN

BY

**"The best six doctors anywhere and no one
can deny it are sunshine, water, rest, air,
exercise and diet."**

~Wayne Fields

**"Health is a state of body. Wellness is a
state of being."**

~J. Stanford

NOTE - Dr. Mickey Mehta's latest book 'The Shoonyam Quotient' will be available for purchase on the day of the seminar!



GENDER SENSITIZATION CELL

of SIES College of Arts, Science and Commerce (Autonomous)

**Sponsored by The Maharashtra State Commission For
Women**

7th and 8th December, 2018

Key Note Address : Dr. Mickey Mehta, (Global Leading Holistic Health Guru)

Plenary lecture: Ms. Sunanda Pawar (Social Activist)

Venue:

Auditorium, SIES College of Arts, Science and Commerce, Jain Society, SIES Lane, Sion West, Mumbai, Maharashtra - 400022

About The Institution

The SIES College of Arts, Science and Commerce (Autonomous) was inaugurated on 20th of June 1960 to serve the ever-growing educational needs of students from North and Central Mumbai Suburbs. Affiliated to the University of Mumbai, the college has an impressive strength of over 4,000 students drawn from all sections of this cosmopolitan city. This year the College has been granted Autonomous status.

About The Gender Sensitization Cell

The Women Development Cell is a statutory body mandated by the University of Mumbai, was inaugurated in the year 2004 by the College. Since then the Cell has organised multiple programs like street plays, seminars, workshops, movie screening to generate awareness among the girls students of the college on issues like sexual harassment, legal rights etc.

Considering the changing dynamics of gender issues faced by the youth we have renamed the cell as Gender Sensitization Cell from this year.

About The Seminar

The scope of the seminar includes deliberations on topics related to physical, social and psychological health.

Sessions on diet and nutrition, exercise, interpersonal relationships, emotional intelligence etc, with experts from the respective fields will be held.

SEMINAR SCHEDULE

DAY 1

Registration: 9.30 a.m.

Inaugural session: 10:00 am- 11:30 am

Welcome Address: Dr. Uma Shankar, Principal

Concept note: Dr. Vanita Banjan, Convener

Key note address: Dr. Mickey Mehta, Global Leading Holistic Health Guru, Wellness Wizard, Life Coach, Author-The Shoonyam Quotient

Plenary lecture: Ms. Sunanda Pawar, Social Activist

Vote of thanks: Ms. Rupali Vaity, Joint Convener

Tea Break: 11:30 am - 11:45 am

Session 1: 11:45 am - 12:45 pm

Dr. Yash Welankar, Mindfulness for Holistic Health

Lunch Break: 12:45 am – 1:30 pm

Session 2: 1:30 pm – 2:30 pm

Ms. Pratima Havaladar, Understanding Emotional Intelligence

Session 3: 2:30 pm - 3:30 pm

Ms. Aparna Joshi, Assistant Professor, Youth And Changing Relationship Dynamics

Tea Break: 3:30 pm - 3:45 pm

Session 4: 3:45 pm - 5:00 pm

Ms. Sunita Ramkumar, Chinmaya Mission, The Role of Spirituality in the Holistic Health of Women

DAY 2

Session 1: 9:30 am – 11:00 am

Dr. Ashlesha Udare, Radiologist, Role of Imaging in Women's Health

Dr. Satish Udare, Dermatologist, Your Skin: A Window to your Health

Tea Break 11:00 am—11:15 am

Session 2: 11:15 am – 12:45 pm

Dr. Deepali Prabhat, Gynecologist, Raging Hormones-Preparation and Protection

Yoga Session by Prathamesh Bandekar

Session 3: 12:45 am – 1:45 pm

Ms. Jinal Shah, Nutritionist, Future Proof Your Health

Lunch Break: 1:45 pm – 2:30 pm

Session 4: 2:30 pm – 3:15 pm

ICE presents "Samjho Ek Baat.... Apna Swasthya Apne Haath"

Valedictory Session: 3.15 pm to 3.30 pm

Vote of thanks: Dr. Vanita Banjan