



Personal Hygiene And Grooming of Women

Date- 6th September, 2024

Objectives: The session aimed to empower women by promoting self-confidence, holistic well-being, and leadership. It addressed misconceptions around women's health, such as PMS, PCOS, and sexual hygiene, while emphasizing the importance of mental, emotional, and physical well-being.

Summary:

Pragati, the Women Development Cell (WDC) of Daulat Ram College, in collaboration with Right Side Story, organized a Personal Effectiveness and Grooming Session under the program *BYOB: Be Your Own Boss*. Sponsored by Whisper and Gillette India, the session featured Ms. Shikha Agnihotri, founder of the Right Side Story, and Saniya Azim, a psychologist at the same organization.

The event began with a traditional lighting ceremony, followed by the felicitation of the guest speakers with plants as a gesture of gratitude. Malvika Singh, the convener of WDC, warmly welcomed the speakers and attendees, emphasizing the importance of BYOB in empowering women. She shed light on the session's goal to provide valuable insights into healthcare, self-confidence, and holistic growth—topics often sidelined in Indian families due to cultural factors. She highlighted how the workshop presented a safe space for female students to discuss these issues openly.

Ms. Shikha Agnihotri began the session by encouraging self-appreciation, reminding participants that their presence reflected the first step in becoming their own boss. She urged the audience to focus on themselves, marking the beginning of their empowerment journey. The session was then led by Saniya Azim, who has dedicated her career to supporting women's mental well-being. She emphasized the importance of responsibility, explaining that being your own boss means being accountable for oneself.

Azim kept the audience engaged by highlighting the qualities of a boss, using examples of famous women such as Mary Kom, Priyanka Chopra, and Taylor Swift, who overcame barriers to achieve success. She encouraged the students to recognize their own journeys from school to college as part of their empowerment.

She introduced the three fundamental steps to *BYOB*:

1. Mental and emotional well-being – understanding oneself better and managing emotions responsibly.
2. Physical well-being – recognizing the importance of self-care and bodily health.
3. Decision-making – how understanding problems and their root causes helps women make better choices in difficult situations.

Azim also debunked common myths surrounding PMS, periods, menopause, hygiene, and sexual health. She stressed the importance of accurate knowledge and expert consultation when it comes

to women's health, discussing issues like PCOS and PCOD, and how misconceptions can disrupt both mental and physical well-being.

The session further covered important topics like safe sex, sexual hygiene, the importance of consent, and maintaining open communication with partners. Azim highlighted how holistic sexual well-being impacts social, mental, and physical health, advocating for a respectful, informed approach to intimacy and offered advice on navigating gender disparities in the professional world, emphasizing how confidence, posture, and smart decision-making play crucial roles in one's career. The session concluded with a lively Q&A session, where students eagerly engaged with Saniya Azim by asking their doubts and questions. Azim patiently addressed a wide range of queries, offering thoughtful insights and practical advice on topics such as mental health, physical well-being, and navigating gender disparities. This interactive session allowed students to clarify misconceptions and gain valuable knowledge, making the workshop a truly enriching experience for all attendees.

- **Key outcomes:** Participants gained valuable insights into the significance of self-responsibility and empowerment.
- Myths surrounding menstrual health, PCOS, PCOD, and sexual well-being were addressed and debunked.
- The importance of mental, emotional, and physical well-being in achieving personal and professional success was discussed.
- Attendees left with a better understanding of safe sex, consent, and holistic self-care.
- The interactive Q&A session provided participants the opportunity to resolve queries on sensitive topics, enriching their knowledge and confidence.

POSTER



**PRAGATI:WOMEN'S DEVELOPMENT CELL
DAULAT RAM COLLEGE**

In collaboration with

RIGHT SIDE STORY

**BE
YOUR
OWN
BOSS !**

PERSONAL HYGIENE AND GROOMING OF WOMEN

OBJECTIVES

- UNDERSTAND THE IMPORTANCE OF GROOMING AND PERSONAL HYGIENE.
- LEARN TECHNIQUES TO BUILD AND BOOST THEIR CONFIDENCE.
- DEVELOP EFFECTIVE COMMUNICATION AND BODY LANGUAGE SKILLS.
- UNDERSTANDING OF HOLISTIC SEX EDUCATION.

**"WOMEN BELONG IN ALL
PLACES WHERE DECISIONS
ARE BEING MADE...
IT SHOULDN'T BE THAT
WOMEN ARE THE EXCEPTION."**

- Ruth Bader Ginsburg

 **DATE: SEPTEMBER 6, 2024**
 **TIME: 11:00 AM**
 **VENUE: CONFERENCE HALL**



