



## ST. WILFRED'S INSTITUTE OF PHARMACY, Panvel.

Affiliated to Mumbai University, Approved by AICTE - New Delhi, DTE Code-3485  
Near Shedung Toll Plaza, Old Mumbai Pune Highway, Shedung, Panvel-410206.

### A Report on Seminar "Health And Hygiene One Day Seminar"

**NAME OF ACTIVITY:** A Report on Seminar "Health And Hygiene One Day Seminar"

**DATE & DURATION:** 11th August 2018, 10:00am Onwards

**TYPE OF ACTIVITY:** Seminar

**ORGANIZER(S):** Department of St. Wilfred's Institute of Pharmacy, Panvel.

**SPEAKER:** Ms. Nisha Mane

**FLYER/POSTER:**

ST. WILFRED'S INSTITUTE OF PHARMACY  
AFFILIATED TO MUMBAI UNIVERSITY  
YEAR - 2018-19

## HEALTH & HYGIENE SEMINAR

**SPEAKER**  
**MS. NISHA MANE**

Our Health & Hygiene Seminar explores the latest trends in public health. Join us to understand how simple changes in daily routines can lead to a healthier lifestyle.

**DATE:** 11<sup>th</sup> August 2018

[www.swippanvel.com](http://www.swippanvel.com)  
VENUE: SEMINAR HALL, ST. WILFRED INSTITUTE OF PHARMACY


PRINCIPAL - DR. UMA PATIL

## ABSTRACT OF THE SEMINAR:

Department of St. Wilfred's Institute of Pharmacy, Panvel. an organized an One day seminar on topic Health and Hygiene by Ms. Nisha Mane Khamkar M. Sc. (Nursing) from The Oxford College of Nursing, Bangalore (Registration No.: 4348 in 2012) held on 11th August 2018, 10:00am onwards for all year of batches D. Pharm & B. Pharm students. It was delivered by Ms. Nisha Mane Khamkar.

Dr. Uma Patil, Principal, St. Wilfred's Institute of Pharmacy, Panvel. welcomed the students attending the seminar. The main objective of this seminar is to get students understand the importance of health and hygiene which includes Proper Handwashing Techniques, Nutrition and Healthy Eating Habits, Maintaining a Clean Living Environment.

- Health and hygiene are vital components of overall well-being, encompassing physical, mental, and social aspects of health. This seminar aims to educate participants on essential practices for maintaining optimal health through proper handwashing techniques, nutrition, and fostering clean living environments.
- Hand hygiene is the cornerstone of infection prevention and control. This segment of the seminar will focus on the importance of handwashing and demonstrate proper techniques to ensure effective removal of germs. Participants will learn the WHO-recommended steps for handwashing, including wetting hands, applying soap, lathering thoroughly, scrubbing for at least 20 seconds, rinsing, and drying with a clean towel or air dryer. Emphasis will be placed on key times for handwashing, such as before preparing or consuming food, after using the restroom, and after coughing or sneezing. Practical demonstrations and interactive sessions will reinforce the significance of this simple yet powerful preventive measure.
- Good nutrition is essential for maintaining optimal health and preventing chronic diseases. This segment will delve into the fundamentals of nutrition and healthy eating habits. Participants will learn about the importance of balanced diets comprising a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. The seminar will address common misconceptions about dieting and emphasize the importance of portion control and mindful eating. Practical tips for meal planning, grocery shopping, and cooking nutritious meals will be shared to empower participants to make informed dietary choices. Additionally, strategies for managing special dietary needs and promoting healthy eating habits among children and families will be discussed.
- A clean living environment plays a crucial role in preventing the spread of infectious diseases

  
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SHEDUNG, PANVEL- 410 206.

**St. Wilfred's Institute of Pharmacy, Panvel.**

and promoting overall well-being. This segment will highlight the significance of cleanliness in homes, workplaces, and public spaces. Participants will learn practical strategies for maintaining cleanliness, including regular cleaning and disinfection of surfaces, proper waste disposal, and ventilation. The seminar will address common hygiene hazards and provide guidance on creating hygienic environments conducive to health and safety. Topics such as indoor air quality, water sanitation, and pest control will be explored to underscore the holistic approach to maintaining a clean living environment.

By focusing on proper handwashing techniques, nutrition, and maintaining clean living environments, this seminar aims to empower participants with the knowledge and skills necessary to promote health and hygiene in their communities. Through education and practical guidance, individuals can take proactive steps towards improving their quality of life and preventing illness and disease.

In closing, let us remember that health and hygiene are not merely individual responsibilities but collective endeavors that impact the well-being of entire communities. By mastering proper handwashing techniques, adopting nutritious eating habits, and upholding clean living environments, we not only safeguard our own health but also contribute to the greater good. Let us carry forward the knowledge gained from this seminar and strive to cultivate habits that promote a healthier, happier future for ourselves and those around us. Together, let's embrace the power of prevention and hygiene as cornerstones of a vibrant and resilient society.



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**GLIMPSES:**



*V. Kanase*

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**ATTENDANCE SHEET:**



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 Near Shedung Toll Plaza, Old Mumbai Pune Highway, Shedung, Panvel-410206



**ATTENDANCE SHEET**  
ACADEMIC YEAR 2018 - 2019

SR. NO.	CANDIDATE NAME	SIGNATURE
1.	PARAG PRAVIN SURESH	<i>[Signature]</i>
2.	AKSHAY AMY VASANT	<i>[Signature]</i>
3.	JASHAY SUVARNA HARSHV	<i>[Signature]</i>
4.	WARDE ADHARAKA PRADIP	<i>[Signature]</i>
5.	KADAL ANISHA RAJESH	<i>[Signature]</i>
6.	KHARAT ANKIT SUJAYKAR	<i>[Signature]</i>
7.	BORSE SUYASH SANJAY	<i>[Signature]</i>
8.	WARDDE RIYA RAJESH	<i>[Signature]</i>
9.	SANGAVANE JHARVARI CHANDRASHEKHAR	<i>[Signature]</i>
10.	PAULAN DEEPA	<i>[Signature]</i>
11.	JHARKAR ANIKAR ANANDAS	<i>[Signature]</i>
12.	HARSHIK SURVA VIKRANT	<i>[Signature]</i>
13.	VINITA ANHOK VISHWASRE	<i>[Signature]</i>
14.	ABHINAV MADHURAK SALGAR	<i>[Signature]</i>
15.	HATTA SARADHE	<i>[Signature]</i>
16.	SINGH ABUNENDRA RANJAN	<i>[Signature]</i>
17.	SHARAD ANKITA DATTATREY	<i>[Signature]</i>
18.	CHIDDHART PATAL PRASHRAN	<i>[Signature]</i>
19.	JAMBHULE SHANISHA LAXMAN	<i>[Signature]</i>
20.	SADHU SURAJ AGASTRAO	<i>[Signature]</i>
21.	SALUNKE NISHU SATYA	<i>[Signature]</i>

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22.	PASALKAR AISHWARYA SANJAY	<i>As</i>
23.	PAYMODE PRATIK VITTHAL	<i>Pratik</i>
24.	KUMBHAR ANUJA SANJAY	<i>Anuja</i>
25.	PATIL MANSI MANISH	<i>Mansi</i>
26.	PANHALKAR GAURI KASHINATH	<i>Gauri</i>
27.	BHARAL PRABHAT PRITAM	<i>Prabhat</i>
28.	SEN SUMAN HEMANT	<i>Suman</i>
29.	CHODHARY ASHOK FAULAL	<i>Ashok</i>
30.	AGARWAL MANSI VINOD	<i>Mansi</i>
31.	RANE SHWETA SAHADEV	<i>Shweta</i>
32.	TIWARI HARSH UMESH	<i>Harsh</i>
33.	DESHMUKH SAURABH KRUSHNA	<i>Saurabh</i>
34.	GHADGE ASHITOSH PRAMOD	<i>Ashitosh</i>
35.	WADKAR PRACHI NARAYAN	<i>Prachi</i>
36.	VIKNESE SETTU	<i>Viknese</i>
37.	DESHMUKH USHA JALINDAR	<i>Usha</i>
38.	ABHANG KRAN KAILAS	<i>Kran</i>
39.	DHANAWADE RUTHIK VIJAY	<i>Ruthik</i>
40.	KHAIRE NUPUR RAVINDRA	<i>Nupur</i>
41.	SWAR ROSHNI PUSHPAK	<i>Roshni</i>
42.	KATE PRATHAMESH ABASAHEB	<i>Kate</i>
43.	CHAKKAR PRANJAL VASANT	<i>Pranjali</i>
44.	SALUNKE SNEHAL BABAN	<i>Snehal</i>
45.	SAKSHI DILIP WAIKAR	<i>Sakshi</i>
46.	BHAGAT HITESH NITIN	<i>Hitesh</i>

  
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*V. Kanase*


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47.	GAMBRE PRATHAMESH NITIN	<i>[Signature]</i>
48.	KADAM RUTUJA SUHAS	<i>[Signature]</i>
49.	DHAMAL MANASI JAGDISH	<i>[Signature]</i>
50.	MUJAWAR KAMRAN MANSUR	<i>[Signature]</i>
51.	TIWARI UDITANSHU VEDANAND	<i>[Signature]</i>
52.	ANSARI NOOR SABA ABUBAKAR	<i>[Signature]</i>
53.	BHAGAT BHAVIKA ASHOK	<i>[Signature]</i>
54.	PARINGE SNEHAL DILIP	<i>[Signature]</i>
55.	PANDEY ABHAS ABHAY	<i>[Signature]</i>
56.	PATIL CHITRANG RAMESH	<i>[Signature]</i>
57.	THALE DARSHAN SUNIL	<i>[Signature]</i>
58.	JADHAV PRAJAKTA PANDURANG	<i>[Signature]</i>
59.	MOTE SANKET POPAT	<i>[Signature]</i>
60.	KHULE TANMAY GURUNATH	<i>[Signature]</i>
61.	BHANDARE FIZA MOINUDDIN	<i>[Signature]</i>
62.	AKSHAY NILESH VICHARE	<i>[Signature]</i>
63.	RANANAVARE PRATIK PRADIP	<i>[Signature]</i>
64.	PATIL KAUSHAL PARSHURAM	<i>[Signature]</i>
65.	MHATRE DHANASHREE DHARAM	<i>[Signature]</i>
66.	SUKRE GAURAV MACHINDRA	<i>[Signature]</i>
67.	PATIL SIDDHESH MADHUKAR	<i>[Signature]</i>
68.	GHATGE ANKIT BHIMRAO	<i>[Signature]</i>
69.	RAKSHE OMKAR MANOJ	<i>[Signature]</i>
70.	PATIL HARSHAD VISHWANATH	<i>[Signature]</i>
71.	MUNGJI PRANAY BALIRAM	<i>[Signature]</i>

*[Signature]*  
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**FEEDBACK ANALYSIS:**

SEMINAR FEEDBACK ANALYSIS								
Sr.no	Attributes	Total Feed Back	Total Feed Back- 40					Remark
			>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Do you think seminar was useful for you?	138	Yes	No	Partial	---	---	Remark
			135	0	3	0	0	Objective Achieved (90.00%)
			90.00	0.00	10.00	0.00	0.00	
2	Did you receive all the information you expected by the seminar?	138	Yes	No	Partial	---	---	Remark
			130	0	8	0	0	Objective Achieved (93.33%)
			94.20	0.00	5.79	0.00	0.00	
3	Opinion on Rating the speaker for the seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Achieved - Outstanding & Excellent (100%)
			100	0	0	0.00	0	
4	Audience Query Response by the Speaker	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Not Achieved (100%)
			100	0	0	0	0	
5	Overall experience about the Seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			130	4	4	0	0	Objective Achieved - Outstanding & Excellent (83.99%)
			94.20	2.89	2.89	0	0	
6	Would you like to attend future Seminar conducted by the department?	138	Yes	No	---	---	---	Remark

**SAMPLE CERTIFICATE:**

*V. Kanase*

**PRINCIPAL**

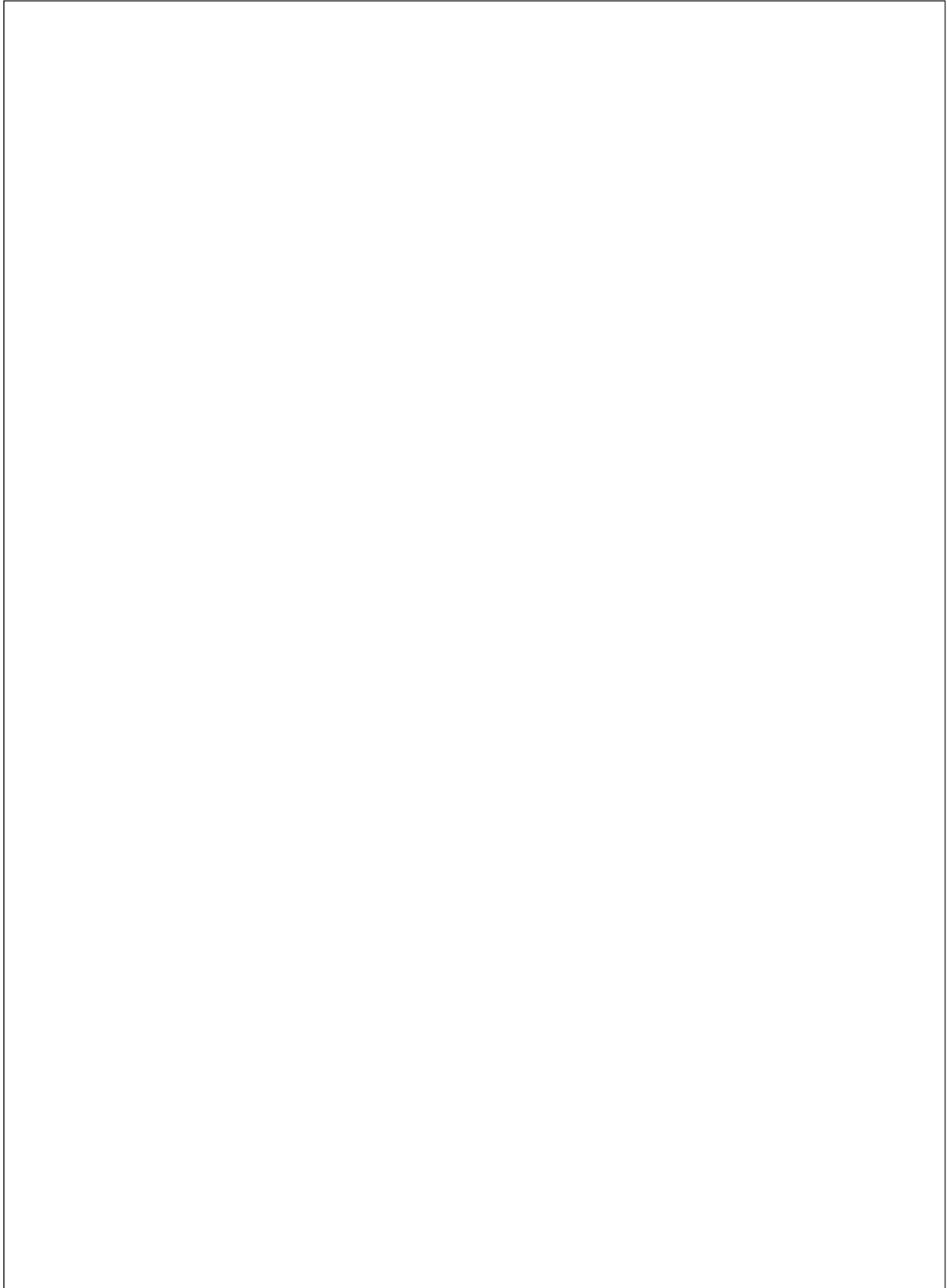
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**Notice:**



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Near Shedung Toll Plaza, Old Mumbai-Pune Highway, Panvel, Dist. Raigad, Maharashtra -  
410221 Tel: 02143-

239091, 8655678500/501 | Website: swippanvel.com | Email: swc.mumbai@gmail.com

Date: 09/08/2018

## NOTICE

All the students are hereby informed that one day seminar on "Health & Hygiene" is being organized by St. Wilfred Institute of Pharmacy Panvel on 11<sup>th</sup> August 2018. The Activity will be held as per the following schedule.

**Date:** 11<sup>th</sup> August 2018

**Activity Name:** One day seminar

**Venue:** Seminar Hall of St. Wilfred's institute of pharmacy

**Time:** 10:00am onwards

The students are required to be present at the venue on time. For further query you may contact to faculty co-ordinator.

**Principal**

**PRINCIPAL**  
ST WILFRED'S INSTITUTE OF PHARMACY  
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410221 Tel: 02143-

239091, 8655678500/501 | Website: swippanvel.com | Email: swc.mumbai@gmail.com

Date: 12/02/2019

## NOTICE

All the students are hereby informed that one day seminar on "Health & Hygiene" is being organized by St. Wilfred Institute of Pharmacy Panvel on 16th February 2019. The Activity will be held as per the following schedule.

**Date:** 16th February 2019

**Activity Name:** One day seminar

**Venue:** Seminar Hall of St. Wilfred's Institute of Pharmacy

**Time:** 10:00am onwards

The students are required to be present at the venue on time. For further query you may contact to faculty co-ordinator.

**Principal**

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**AREporton Seminar**  
**"Health And Hygiene One Day Seminar"**

**NAME OF ACTIVITY: AREporton Seminar "Health And Hygiene One Day Seminar"**

**DATE & DURATION: 16<sup>th</sup> February 2019, 10:00am Onwards**

**TYPE OF ACTIVITY: Seminar**

**ORGANIZER(S): Department of St. Wilfred's Institute of Pharmacy, Panvel.**

**SPEAKER: Ms. Nisha Mane**

**FLYER/POSTER:**

ST. WILFRED'S INSTITUTE OF PHARMACY  
AFFILIATED TO MUMBAI UNIVERSITY  
YEAR- 2018-19

**HEALTH & HYGIENE SEMINAR**

**SPEAKER**  
**MS. NISHA MANE**

Our Health & Hygiene Seminar explores the latest trends in public health. Join us to understand how simple changes in daily routines can lead to a healthier lifestyle.

**DATE: 16th Feb 2019**

[www.swippanvel.com](http://www.swippanvel.com)  
VENUE: SEMINAR HALL, ST. WILFRED INSTITUTE OF PHARMACY

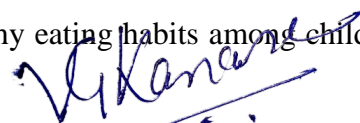
PRINCIPAL DR. UMA PATIL

## ABSTRACT OF THE SEMINAR:

Department of St. Wilfred's Institute of Pharmacy, Panvel. an organized an One day seminar on topic Health and Hygiene by Ms. Nisha Mane Khamkar M. Sc. (Nursing) from The Oxford College of Nursing, Bangalore (Registration No.: 4348 in 2012) held on 16th February 2019, 10:00am onwards for all year of batches D. Pharm & B. Pharm students. It was delivered by Ms. Nisha Mane Khamkar.

Dr. Uma Patil, Principal, St. Wilfred's Institute of Pharmacy, Panvel. welcomed the students attending the seminar. The main objective of this seminar is to get students understand the importance of health and hygiene which includes Proper Handwashing Techniques, Nutrition and Healthy Eating Habits, Maintaining a Clean Living Environment.

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- Good nutrition is essential for maintaining optimal health and preventing chronic diseases. This segment will delve into the fundamentals of nutrition and healthy eating habits. Participants will learn about the importance of balanced diets comprising a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. The seminar will address common misconceptions about dieting and emphasize the importance of portion control and mindful eating. Practical tips for meal planning, grocery shopping, and cooking nutritious meals will be shared to empower participants to make informed dietary choices. Additionally, strategies for managing special dietary needs and promoting healthy eating habits among children and families will be discussed.



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**St. Wilfred's Institute of Pharmacy, Panvel.**

- A clean living environment plays a crucial role in preventing the spread of infectious diseases and promoting overall well-being. This segment will highlight the significance of cleanliness in homes, workplaces, and public spaces. Participants will learn practical strategies for maintaining cleanliness, including regular cleaning and disinfection of surfaces, proper waste disposal, and ventilation. The seminar will address common hygiene hazards and provide guidance on creating hygienic environments conducive to health and safety. Topics such as indoor air quality, water sanitation, and pest control will be explored to underscore the holistic approach to maintaining a clean living environment.

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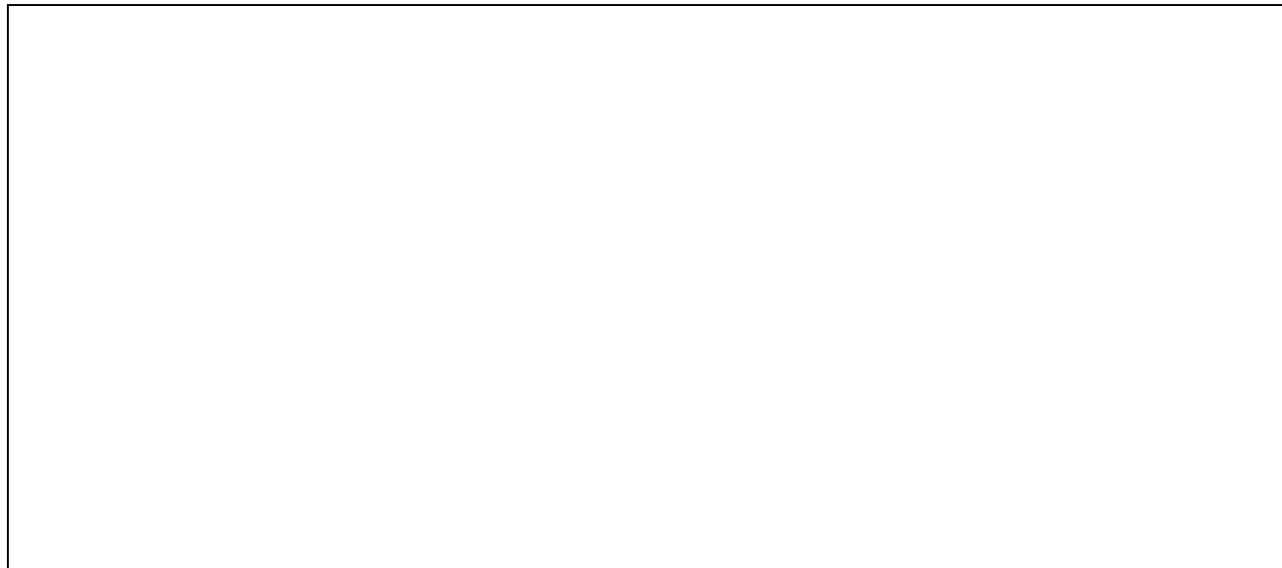
In closing, let us remember that health and hygiene are not merely individual responsibilities but collective endeavors that impact the well-being of entire communities. By mastering proper handwashing techniques, adopting nutritious eating habits, and upholding clean living environments, we not only safeguard our own health but also contribute to the greater good. Let us carry forward the knowledge gained from this seminar and strive to cultivate habits that promote a healthier, happier future for ourselves and those around us. Together, let's embrace the power of prevention and hygiene as cornerstones of a vibrant and resilient society.



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**GLIMPSES:**



*V. Kanase*

**PRINCIPAL**

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**ATTENDANCE SHEET**  
**ACADEMIC YEAR 2018 - 2019**

SR. NO.	CANDIDATE NAME	SIGNATURE
1.	PABAR PRAYAN SURESH	<i>[Signature]</i>
2.	MALKANI RAJEE VASANT	<i>[Signature]</i>
3.	JASHAY SUVARNA NARINIV	<i>[Signature]</i>
4.	WARSE AJHINAKA PRASIN	<i>[Signature]</i>
5.	KASAL ANISHA RAJESH	<i>[Signature]</i>
6.	SHARAT KANIT SUDHAKAR	<i>[Signature]</i>
7.	BOBSE SUYASH SANJAY	<i>[Signature]</i>
8.	WADDE RIYA RAJESH	<i>[Signature]</i>
9.	SANGAVANE SHARVARI CHANDRASHEKHAR	<i>[Signature]</i>
10.	PAULAR DITTA	<i>[Signature]</i>
11.	SHEKHAR DINKAR JAYKARAN	<i>[Signature]</i>
12.	HARLIK SURVA VIKRANT	<i>[Signature]</i>
13.	VINITA ASHOK WAGHARE	<i>[Signature]</i>
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20.	TADAR SURAJ AGASTHAD	<i>[Signature]</i>
21.	SAKRI NIKHIL LATA	<i>[Signature]</i>

*[Signature]*  
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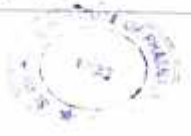


*[Signature]*  
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25.	PATIL MANSI MANISH	<i>Mansi</i>
26.	PANHALKAR GALURI KASHINATH	<i>Galuri</i>
27.	BHARAL PRABHAT PRITAM	<i>Prabhat</i>
28.	SEN SUMAN HEMANT	<i>Suman</i>
29.	CHOUHDHARY ASHOK FAULAL	<i>Ashok</i>
30.	AGARWAL MANSI VINOD	<i>Mansi</i>
31.	RANE SHWETA SAHADEV	<i>Shweta</i>
32.	TIWARI HARSH UMESH	<i>Harsh</i>
33.	DESHMUKH SAURABH KRUSHNA	<i>Saurabh</i>
34.	GHADGE ASHITOSH PRAMOD	<i>Ashitosh</i>
35.	WADKAR PRACHI NARAYAN	<i>Prachi</i>
36.	VIKNESE SETTU	<i>Viknesh</i>
37.	DESHMUKH USHA JALINDAR	<i>Usha</i>
38.	ABHANG KIRAN KAILAS	<i>Kiran</i>
39.	DHANAWADE RUTHIK VUAY	<i>Ruthik</i>
40.	KHAIRE NUPUR RAVINDRA	<i>Nupur</i>
41.	SWAR ROSHNI PUSHPAK	<i>Roshni</i>
42.	KATE PRATHAMESH ABASAHEB	<i>Prathamesh</i>
43.	CHAKKAR PRANJAL VASANT	<i>Pranjali</i>
44.	SALUNKE SNEHAL BABAN	<i>Snehal</i>
45.	SAKSHI DILIP WAIKAR	<i>Sakshi</i>
46.	BHAGAT HITESH NITIN	<i>Hitesh</i>

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22.	PASALKAR AISHWARYA SANJAY	<i>[Signature]</i>
23.	PAYMODE PRATIK VITTHAL	<i>[Signature]</i>
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48.	KADAM RUTUJA SUHAS	<i>[Signature]</i>
49.	DHAMAL MANASI JAGDISH	<i>[Signature]</i>
50.	MUJAWAR KAMRAN MANSUR	<i>[Signature]</i>
51.	TIWARI UDITANSHU VEDANAND	<i>[Signature]</i>
52.	ANSARI NOOR SABA ABUBAKAR	<i>[Signature]</i>
53.	BHAGAT BHAVIKA ASHOK	<i>[Signature]</i>
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64.	PATIL KAUSHAL PARSHURAM	<i>[Signature]</i>
65.	MHATRE DHANASHREE DHARAM	<i>[Signature]</i>
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71.	MUNGALI PRANAY BALIRAM	<i>[Signature]</i>

*[Signature]*  
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*[Signature]*

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**FEEDBACK ANALYSIS:**

SEMINAR FEEDBACK ANALYSIS								
Sr.no	Attributes	Total Feed Back	Total Feed Back- 40					Remark
			>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Do you think seminar was useful for you?	138	Yes	No	Partial	---	---	Remark
			135	0	3	0	0	Objective Achieved (90.00%)
			90.00	0.00	10.00	0.00	0.00	
2	Did you receive all the information you expected by the seminar?	138	Yes	No	Partial	---	---	Remark
			130	0	8	0	0	Objective Achieved (93.33%)
			94.20	0.00	5.79	0.00	0.00	
3	Opinion on Rating the speaker for the seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Achieved - Outstanding & Excellent (100%)
			100	0	0	0.00	0	
4	Audience Query Response by the Speaker	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Not Achieved (100%)
			100	0	0	0	0	
5	Overall experience about the Seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			130	4	4	0	0	Objective Achieved - Outstanding & Excellent (83.99%)
			94.20	2.89	2.89	0	0	
6	Would you like to attend future Seminar conducted by the department?	138	Yes	No	---	---	---	Remark

*V. Kanase*

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St. Wilfred's Institute of Pharmacy, Panvel.

**SAMPLE CERTIFICATE:**

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**Notice:**

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410221 Tel: 02143-

239091, 8655678500/501 | Website: swippanvel.com | Email: swc.mumbai@gmail.com

Date: 26/08/2019

## NOTICE

All the students are hereby informed that one day seminar on "Health & Hygiene" is being organized by St. Wilfred Institute of Pharmacy Panvel on 31<sup>st</sup> August 2019. The Activity will be held as per the following schedule.

**Date:** 31<sup>st</sup> August 2019

**Activity Name:** One day seminar

**Venue:** Zoom Meeting

**Time:** 10:00am onwards

The students are required to be present at the venue on time. For further query you may contact to faculty co-ordinator.

**Principal**

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Near Shedung Toll Plaza, Old Mumbai Pune Highway, Shedung, Panvel-410206.

### A Report on Seminar "Health And Hygiene One Day Seminar"

**NAME OF ACTIVITY:** A Report on Seminar "Health and Hygiene One Day Seminar"

**DATE & DURATION:** 31<sup>st</sup> August 2019, 10:00am Onwards

**TYPE OF ACTIVITY:** Seminar

**ORGANIZER(S):** Department of St. Wilfred's Institute of Pharmacy, Panvel.

**SPEAKER:** Ms. Nisha Mane

**FLYER/POSTER:**

ST. WILFRED'S INSTITUTE OF PHARMACY  
AFFILIATED TO MUMBAI UNIVERSITY  
YEAR- 2019-20

## HEALTH & HYGIENE SEMINAR

**SPEAKER**  
**MS. NISHA MANE**

Curious about how hygiene impacts overall health? This seminar dives into the connection between cleanliness and disease prevention. Don't miss this informative session.

**DATE: 31st Aug 2019**

[www.swippanvel.com](http://www.swippanvel.com)  
VENUE: SEMINAR HALL, ST. WILFRED'S INSTITUTE OF PHARMACY


PRINCIPAL - DR. DEBNANAJI LAHDE

## ABSTRACT OF THE SEMINAR:

Department of St. Wilfred's Institute of Pharmacy, Panvel. an organized an One day seminar on topic Health and Hygiene by Ms. Nisha Mane Khamkar M. Sc. (Nursing) from The Oxford College of Nursing, Bangalore (Registration No.: 4348 in 2012) held on 31st August 2019, 10:00am onwards for all year of batches D. Pharm & B. Pharm students. It was delivered by Ms. Nisha Mane Khamkar.

Dr. Deenanath Jhade, Principal, St. Wilfred's Institute of Pharmacy, Panvel. welcomed the students attending the seminar. The main objective of this seminar is to get students understand the importance of health and hygiene which includes Proper Handwashing Techniques, Nutrition and Healthy Eating Habits, Maintaining a Clean Living Environment.

- Health and hygiene are vital components of overall well-being, encompassing physical, mental, and social aspects of health. This seminar aims to educate participants on essential practices for maintaining optimal health through proper handwashing techniques, nutrition, and fostering clean living environments.
- Hand hygiene is the cornerstone of infection prevention and control. This segment of the seminar will focus on the importance of handwashing and demonstrate proper techniques to ensure effective removal of germs. Participants will learn the WHO-recommended steps for handwashing, including wetting hands, applying soap, lathering thoroughly, scrubbing for at least 20 seconds, rinsing, and drying with a clean towel or air dryer. Emphasis will be placed on key times for handwashing, such as before preparing or consuming food, after using the restroom, and after coughing or sneezing. Practical demonstrations and interactive sessions will reinforce the significance of this simple yet powerful preventive measure.
- Good nutrition is essential for maintaining optimal health and preventing chronic diseases. This segment will delve into the fundamentals of nutrition and healthy eating habits. Participants will learn about the importance of balanced diets comprising a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. The seminar will address common misconceptions about dieting and emphasize the importance of portion control and mindful eating. Practical tips for meal planning, grocery shopping, and cooking nutritious meals will be shared to empower participants to make informed dietary choices. Additionally, strategies for managing special dietary needs and promoting healthy eating habits among children and families will be discussed.
- A clean living environment plays a crucial role in preventing the spread of infectious diseases

  
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**St. Wilfred's Institute of Pharmacy, Panvel.**

and promoting overall well-being. This segment will highlight the significance of cleanliness in homes, workplaces, and public spaces. Participants will learn practical strategies for maintaining cleanliness, including regular cleaning and disinfection of surfaces, proper waste disposal, and ventilation. The seminar will address common hygiene hazards and provide guidance on creating hygienic environments conducive to health and safety. Topics such as indoor air quality, water sanitation, and pest control will be explored to underscore the holistic approach to maintaining a clean living environment.

By focusing on proper handwashing techniques, nutrition, and maintaining clean living environments, this seminar aims to empower participants with the knowledge and skills necessary to promote health and hygiene in their communities. Through education and practical guidance, individuals can take proactive steps towards improving their quality of life and preventing illness and disease.

In closing, let us remember that health and hygiene are not merely individual responsibilities but collective endeavors that impact the well-being of entire communities. By mastering proper handwashing techniques, adopting nutritious eating habits, and upholding clean living environments, we not only safeguard our own health but also contribute to the greater good. Let us carry forward the knowledge gained from this seminar and strive to cultivate habits that promote a healthier, happier future for ourselves and those around us. Together, let's embrace the power of prevention and hygiene as cornerstones of a vibrant and resilient society.



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**GLIMPSES:**



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**ATTENDANCE SHEET:**

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 Near Shedung Toll Plaza, Old Mumbai Pune Highway, Shedung, Panvel-410206

**ATTENDANCE SHEET**  
**ACADEMIC YEAR 2018 - 2019**

SR. NO.	CANDIDATE NAME	SIGNATURE
1.	PARAS PRAVIN SURESH	<i>[Signature]</i>
2.	AKSHAY AMY VASANT	<i>[Signature]</i>
3.	JASHAY SUVARNA HARSHV	<i>[Signature]</i>
4.	WASEK ADHUNAKA PRADIP	<i>[Signature]</i>
5.	ADAL AMISHA RAJESH	<i>[Signature]</i>
6.	KHARAT KIRIT SUJAYKAR	<i>[Signature]</i>
7.	BORSE SUYASH SANJAY	<i>[Signature]</i>
8.	WARDDE RIYA RAJESH	<i>[Signature]</i>
9.	SANGAVANE JHARVARI CHANDRASHEKHAR	<i>[Signature]</i>
10.	PAULAN DITTA	<i>[Signature]</i>
11.	JHARKAR OMKAR ANANDAN	<i>[Signature]</i>
12.	HARSHIK SURVA VIKRANT	<i>[Signature]</i>
13.	VINITA ASHOK VISHWAKAR	<i>[Signature]</i>
14.	ABHINAV MADHURAJ SALGAR	<i>[Signature]</i>
15.	HATTA SARADHE	<i>[Signature]</i>
16.	SINGH ABUNENDRA RANJAN	<i>[Signature]</i>
17.	SHARAD ANKITA DATTATREY	<i>[Signature]</i>
18.	CHIDDHART PATAL PRASHRAN	<i>[Signature]</i>
19.	JAMBHULE SHANISHA LAXMAN	<i>[Signature]</i>
20.	SADHU SURAJ AGASTRAO	<i>[Signature]</i>
21.	SALUNKE NISHU SATYA	<i>[Signature]</i>

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22.	PASALKAR AISHWARYA SANJAY	<i>As</i>
23.	PAYMODE PRATIK VITTHAL	<i>Pratik</i>
24.	KUMBHAR ANUJA SANJAY	<i>Anuja</i>
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*[Signature]*

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**SAMPLE CERTIFICATE:**

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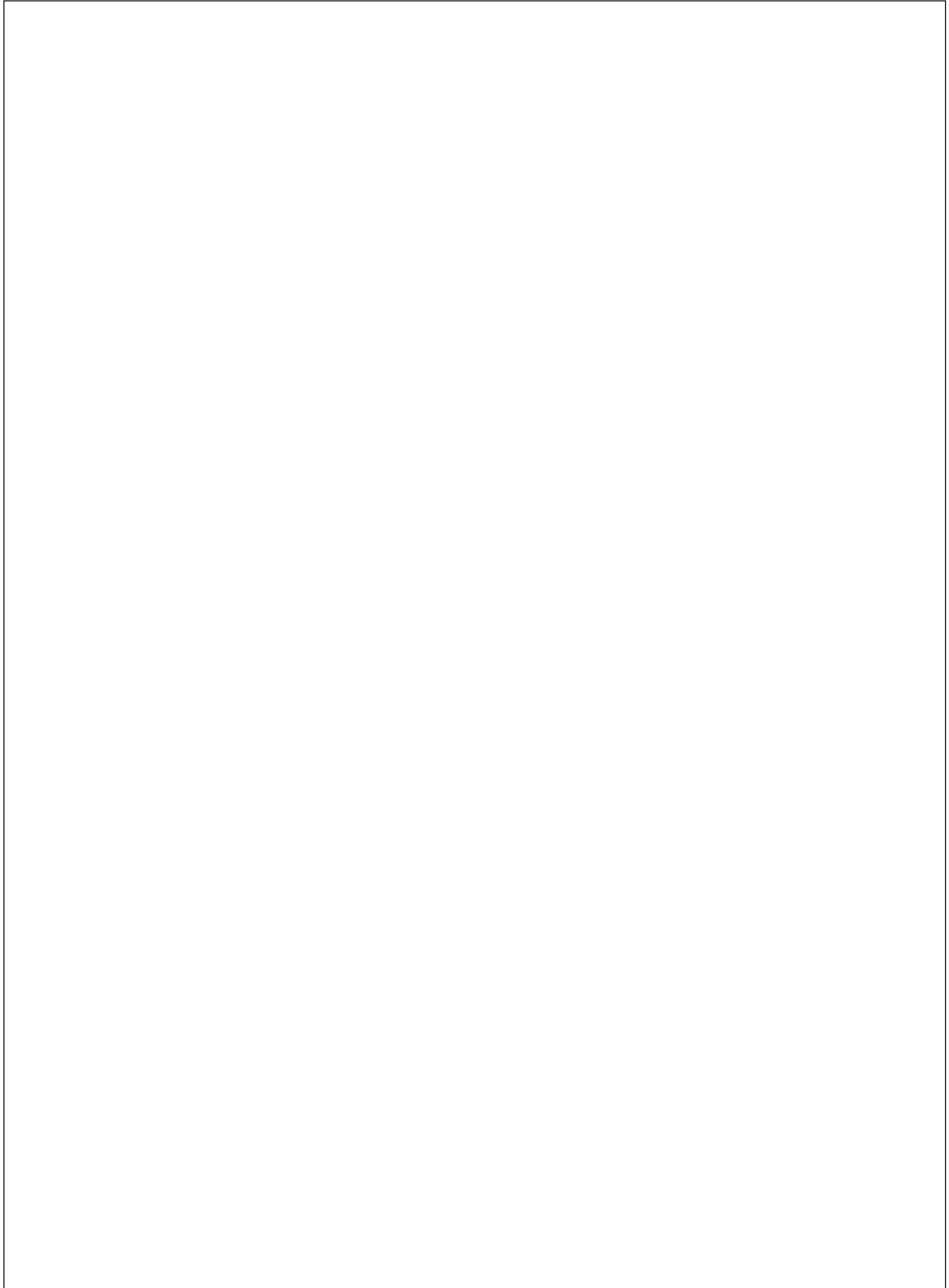


**Notice:**

A handwritten signature in blue ink that reads "V. Kanase". The signature is written in a cursive style with a horizontal line underneath.

**PRINCIPAL**  
ST WIL FRED'S INSTITUTE OF PHARMACY  
OLD MUMBAI PUNE HIGHWAY, NEAR SHEDUNG TOLL PLAZA,  
SHEDUNG, PANVEL- 410 206.





*V. Kanase*

**PRINCIPAL**

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# ST. WILFRED'S INSTITUTE OF PHARMACY

Affiliated to the Mumbai University & Approved by AICTE New Delhi, DTE Maharashtra (DTE)

Near Shedung Toll Plaza, Old Mumbai-Pune Highway, Panvel, Dist. Raigad, Maharashtra -  
410221 Tel: 02143-

239091, 8655678500/501 | Website: [swippanvel.com](http://swippanvel.com) | Email: [swc.mumbai@gmail.com](mailto:swc.mumbai@gmail.com)

Date: 26/08/2019

## NOTICE

All the students are hereby informed that one day seminar on "Health & Hygiene" is being organized by St. Wilfred Institute of Pharmacy Panvel on 31<sup>st</sup> August 2019. The Activity will be held as per the following schedule.

**Date:** 31<sup>st</sup> August 2019

**Activity Name:** One day seminar

**Venue:** Seminar Hall of St. Wilfred's institute of pharmacy

**Time:** 10:00am onwards

The students are required to be present at the venue on time. For further query you may contact to faculty co-ordinator.

**Principal**

**PRINCIPAL**  
ST WILFRED'S INSTITUTE OF PHARMACY  
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SHEDUNG, PANVEL - 410 206.



## ST. WILFRED'S INSTITUTE OF PHARMACY, Panvel.

Affiliated to Mumbai University, Approved by AICTE - New Delhi, DTE Code-3485  
Near Shedung Toll Plaza, Old Mumbai Pune Highway, Shedung, Panvel-410206.

### A Report on Seminar "Health And Hygiene One Day Seminar"

**NAME OF ACTIVITY:** A Report on Seminar "Health And Hygiene One Day Seminar"

**DATE & DURATION:** 28<sup>th</sup> March 2020, 10:00am Onwards

**TYPE OF ACTIVITY:** Seminar

**ORGANIZER(S):** Department of St. Wilfred's Institute of Pharmacy, Panvel.

**SPEAKER:** Ms. Nisha Mane

**MODE:** Online

**FLYER/POSTER:**

ST. WILFRED'S INSTITUTE OF PHARMACY  
AFFILIATED TO MUMBAI UNIVERSITY  
YEAR- 2019-20

## HEALTH & HYGIENE SEMINAR

Online

**SPEAKER**  
**MS. NISHA MANE**

Get expert advice on maintaining a clean and healthy environment. Our Health & Hygiene Seminar covers techniques to keep your home and workplace safe from germs.

**DATE : 28th March 2020**

[www.swippanvel.com](http://www.swippanvel.com)  
VENUE: ZOOM MEET

PRINCIPAL - DR. DEENANATH JAHDE  
PRINCIPAL

## ABSTRACT OF THE SEMINAR:

Department of St. Wilfred's Institute of Pharmacy, Panvel. organized an One day seminar on topic Health and Hygiene by Ms. Nisha Mane Khamkar M. Sc. (Nursing) from The Oxford College of Nursing, Bangalore (Registration No.: 4348 in 2012) held on 28th March 2020, 10:00am onwards for all year of batches D. Pharm & B. Pharm students. It was delivered by Ms. Nisha Mane Khamkar.

Dr. Deenanath Jhade, Principal, St. Wilfred's Institute of Pharmacy, Panvel. welcomed the students attending the seminar. The main objective of this seminar is to get students understand the importance of health and hygiene which includes Proper Handwashing Techniques, Nutrition and Healthy Eating Habits, Maintaining a Clean Living Environment.

- Health and hygiene are fundamental aspects of overall well-being, encompassing physical, mental, and social dimensions of health. This seminar aims to enlighten participants on crucial practices for maintaining optimal health through proper handwashing techniques, nutrition, and fostering clean living environments.
- Hand hygiene stands as the cornerstone of infection prevention and control. This part of the seminar will underscore the significance of handwashing and demonstrate correct techniques for effective germ removal. Participants will be educated on the WHO-recommended steps for handwashing, including wetting hands, applying soap, thorough lathering for at least 20 seconds, rinsing, and drying with a clean towel or air dryer. The focus will be on pivotal moments for handwashing, such as before food preparation or consumption, after restroom use, and post-coughing or sneezing. Interactive sessions and practical demonstrations will reinforce the importance of this simple yet powerful preventive measure.
- Nutrition holds a pivotal role in sustaining optimal health and averting chronic diseases. This segment will delve into the basics of nutrition and fostering healthy eating habits. Attendees will gain insights into the significance of balanced diets comprising diverse fruits, vegetables, whole grains, lean proteins, and healthy fats. The seminar will debunk common dieting myths and underscore the significance of portion control and mindful eating. Practical guidance on meal planning, grocery shopping, and cooking nutritious meals will empower participants to make informed dietary choices. Additionally, strategies for managing specific dietary requirements and promoting healthy eating habits among children and families will be discussed.
- A clean living environment plays a crucial role in curbing the spread of infectious diseases and fostering overall well-being. This portion will highlight the importance of cleanliness in households, workplaces, and public spaces. Participants will receive practical advice on maintaining cleanliness, encompassing regular cleaning and disinfection of surfaces, appropriate waste disposal, and ventilation. Common hygiene risks will be addressed, alongside guidance on establishing hygienic environments conducive to health and

safety. Topics such as indoor air quality, water sanitation, and pest control will be explored to emphasize the holistic approach to maintaining a clean living environment.

Through emphasizing proper handwashing techniques, nutrition, and the maintenance of clean living environments, this seminar aims to equip participants with the knowledge and skills to promote health and hygiene within their communities. Through education and practical guidance, individuals can take proactive steps towards enhancing their quality of life and averting illness and disease.

In conclusion, let us acknowledge that health and hygiene are not merely individual responsibilities but collective endeavors that impact the well-being of entire communities. By mastering proper handwashing techniques, embracing nutritious eating habits, and upholding clean living environments, we not only safeguard our own health but also contribute to the greater good. Let us carry forward the insights gained from this seminar and endeavor to cultivate habits that foster a healthier, happier future for ourselves and those around us. Together, let's embrace the power of prevention and hygiene as cornerstones of a vibrant and resilient society.

### GLIMPSES:



*V. Kanase*

**PRINCIPAL**

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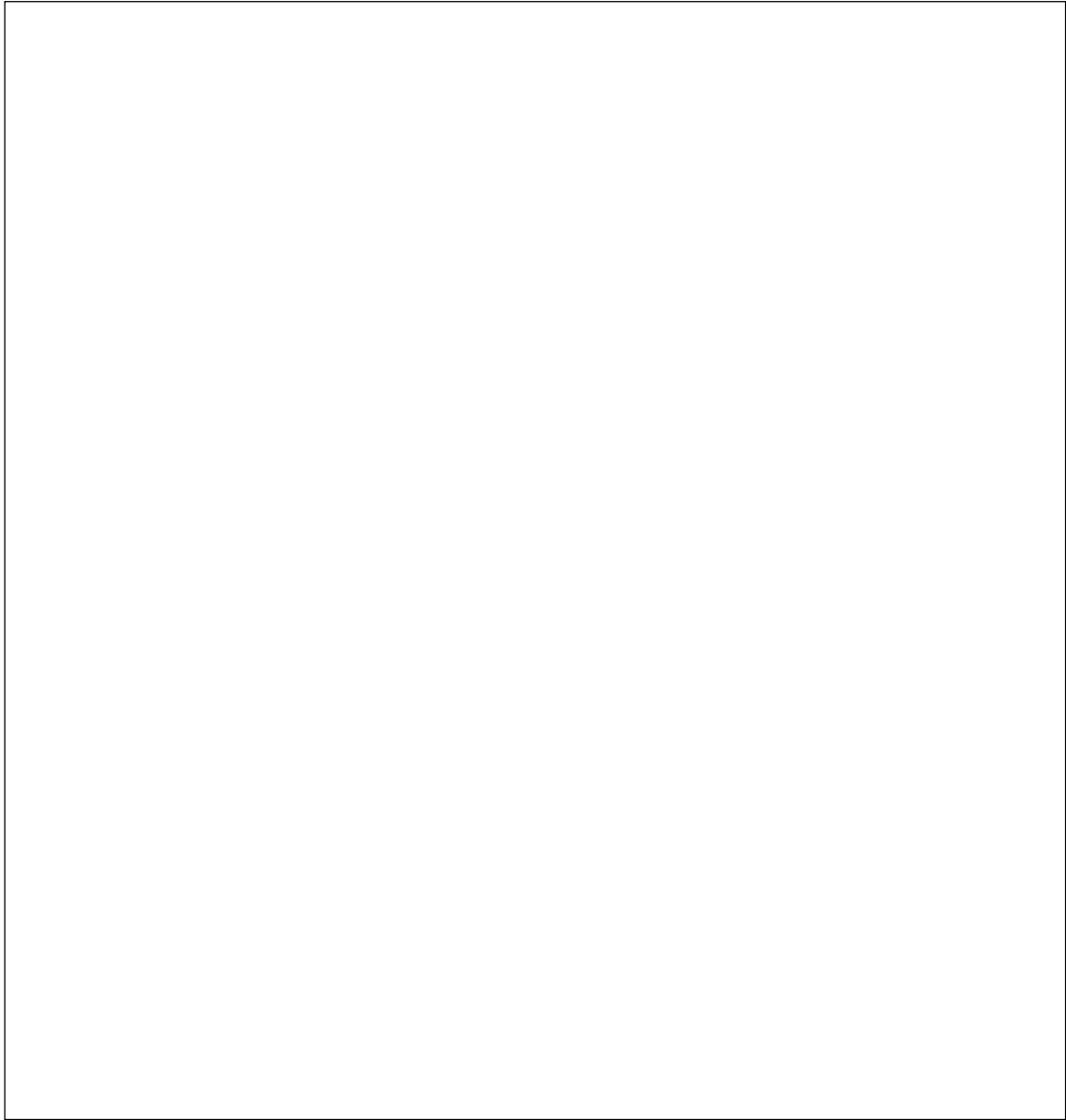
**ATTENDANCE SHEET:**

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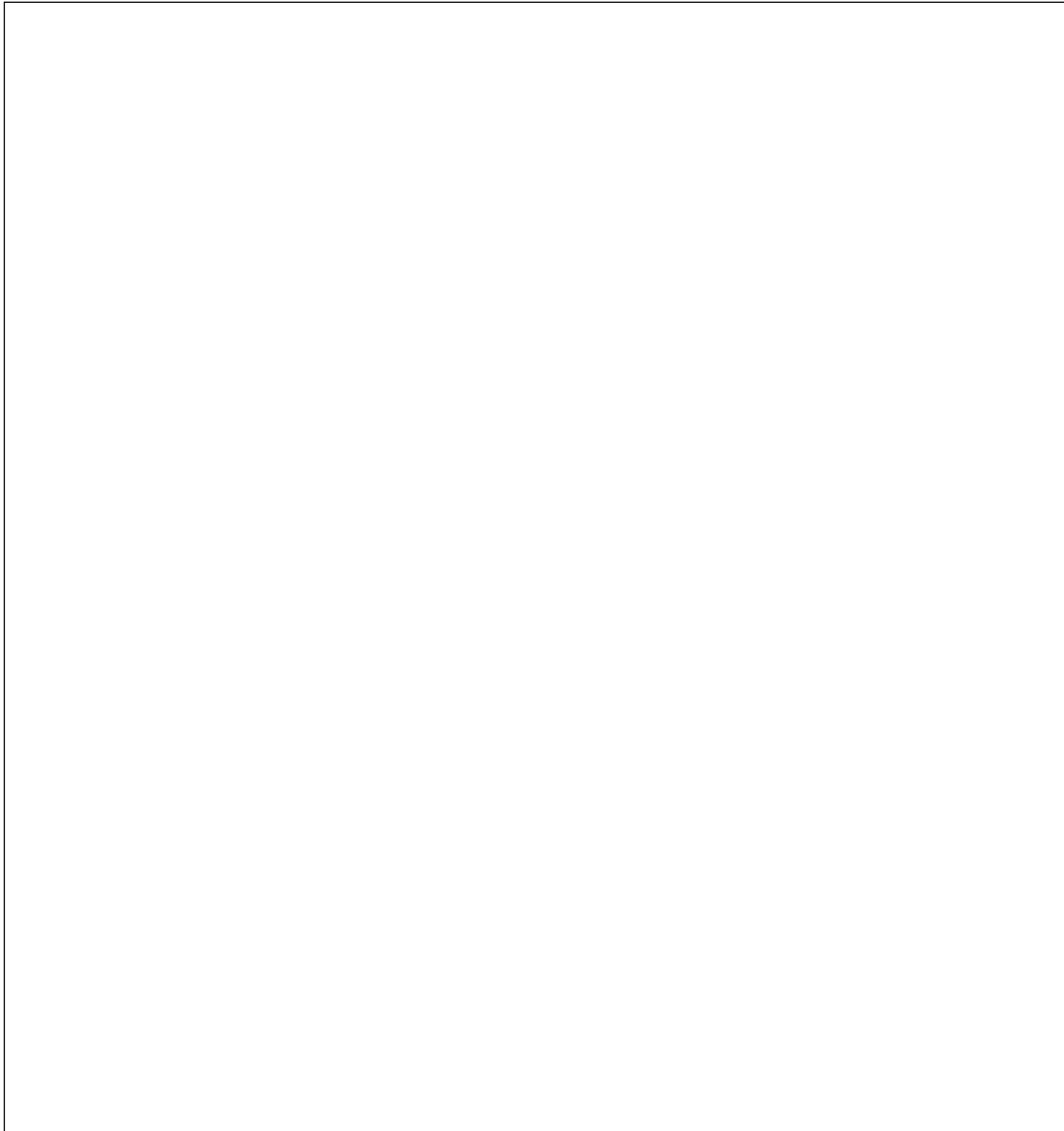
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**FEEDBACK ANALYSIS:**

SEMINAR FEEDBACK ANALYSIS								
Sr.no	Attributes	Total Feed Back	Total Feed Back- 40					Remark
			>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Do you think seminar was useful for you?	138	Yes	No	Partial	---	---	Remark
			135	0	3	0	0	Objective Achieved (90.00%)
			90.00	0.00	10.00	0.00	0.00	
2	Did you receive all the information you expected by the seminar?	138	Yes	No	Partial	---	---	Remark
			130	0	8	0	0	Objective Achieved (93.33%)
			94.20	0.00	5.79	0.00	0.00	
3	Opinion on Rating the speaker for the seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Achieved - Outstanding & Excellent (100%)
			100	0	0	0.00	0	
4	Audience Query Response by the Speaker	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Not Achieved (100%)
			100	0	0	0	0	
5	Overall experience about the Seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			130	4	4	0	0	Objective Achieved - Outstanding & Excellent (83.99%)
			94.20	2.89	2.89	0	0	
6	Would you like to attend future Seminar conducted by the department?	138	Yes	No	---	---	---	Remark

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St. Wilfred's Institute of Pharmacy, Panvel.

**SAMPLE CERTIFICATE:**

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**Notice:**

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**Reporton Seminar**  
**"Health And Hygiene One Day Seminar"**

**NAME OF ACTIVITY: Reporton Seminar "Health And Hygiene One Day Seminar"**

**DATE & DURATION: 24th October 2020, 10:00am Onwards**

**TYPE OF ACTIVITY: Seminar**

**ORGANIZER(S): Department of St. Wilfred's Institute of Pharmacy, Panvel.**

**SPEAKER: Ms. Nisha Mane**

**MODE: Zoom Meeting**

**FLYER/POSTER:**

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St. Wilfred's Institute of Pharmacy, Panvel.

## ABSTRACT OF THE SEMINAR:

Department of St. Wilfred's Institute of Pharmacy, Panvel. an organized an One day seminar on topic Health and Hygiene by Ms. Nisha Mane Khamkar M. Sc. (Nursing) from The Oxford College of Nursing, Bangalore (Registration No.: 4348 in 2012) held on 24th October 2020, 10:00am onwards for all year of batches D. Pharm & B. Pharm students. It was delivered by Ms. Nisha Mane Khamkar.

Dr. Deenanath Jhade, Principal, St. Wilfred's Institute of Pharmacy, Panvel. welcomed the students attending the seminar. The main objective of this seminar is to get students understand the importance of health and hygiene which includes Proper Handwashing Techniques, Nutrition and Healthy Eating Habits, Maintaining a Clean Living Environment.

- Health and hygiene are vital components of overall well-being, encompassing physical, mental, and social aspects of health. This seminar aims to educate participants on essential practices for maintaining optimal health through proper handwashing techniques, nutrition, and fostering clean living environments.
- Hand hygiene is the cornerstone of infection prevention and control. This segment of the seminar will focus on the importance of handwashing and demonstrate proper techniques to ensure effective removal of germs. Participants will learn the WHO-recommended steps for handwashing, including wetting hands, applying soap, lathering thoroughly, scrubbing for at least 20 seconds, rinsing, and drying with a clean towel or air dryer. Emphasis will be placed on key times for handwashing, such as before preparing or consuming food, after using the restroom, and after coughing or sneezing. Practical demonstrations and interactive sessions will reinforce the significance of this simple yet powerful preventive measure.
- Good nutrition is essential for maintaining optimal health and preventing chronic diseases. This segment will delve into the fundamentals of nutrition and healthy eating habits. Participants will learn about the importance of balanced diets comprising a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. The seminar will address common misconceptions about dieting and emphasize the importance of portion control and mindful eating. Practical tips for meal planning, grocery shopping, and cooking nutritious meals will be shared to empower participants to make informed dietary choices. Additionally, strategies for managing special dietary needs and promoting healthy eating habits among children and families will be discussed.
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**St. Wilfred's Institute of Pharmacy, Panvel.**

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**GLIMPSES:**



*V. Kanase*

**PRINCIPAL**

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St. Wilfred's Institute of Pharmacy, Panvel.

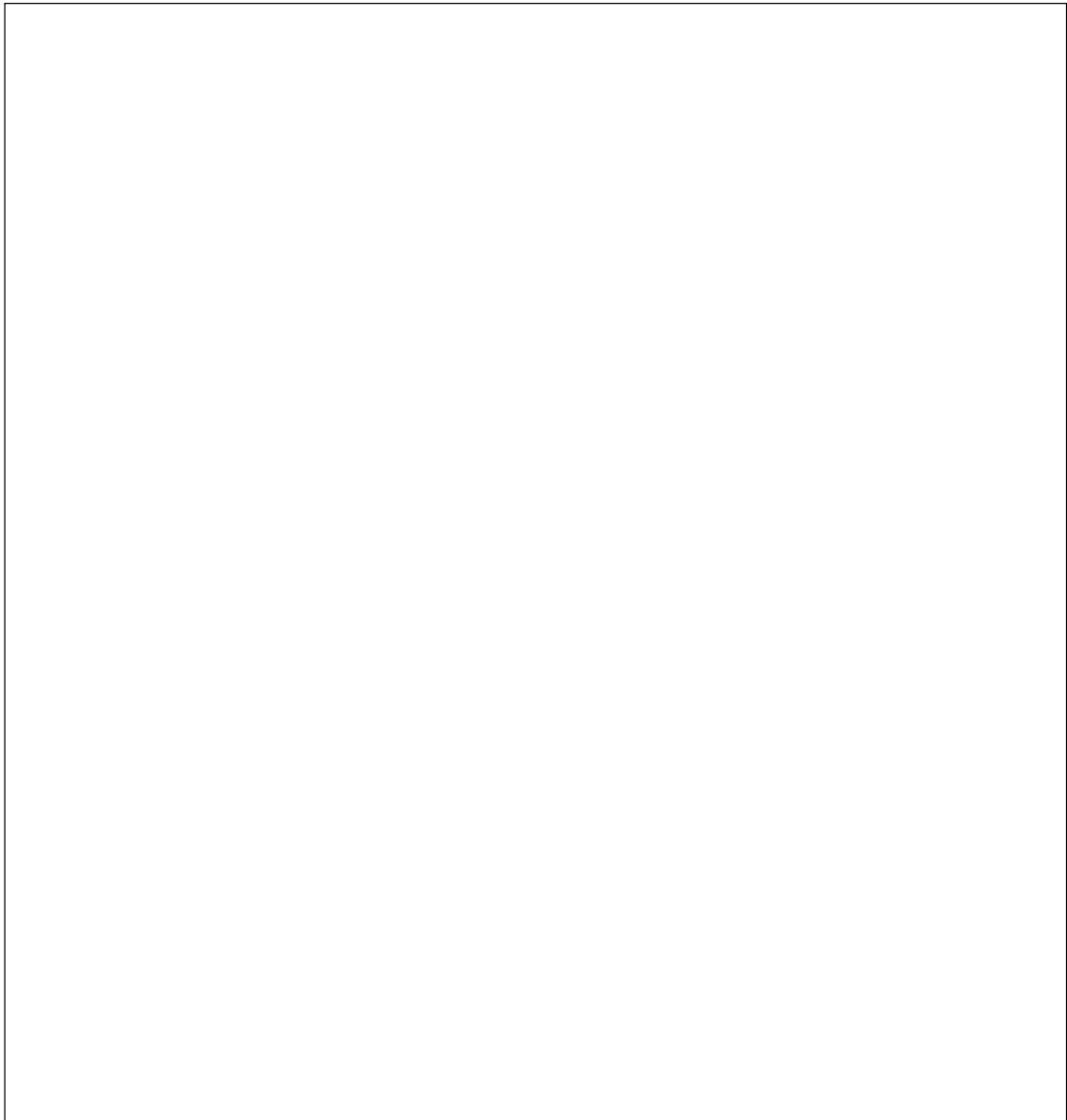
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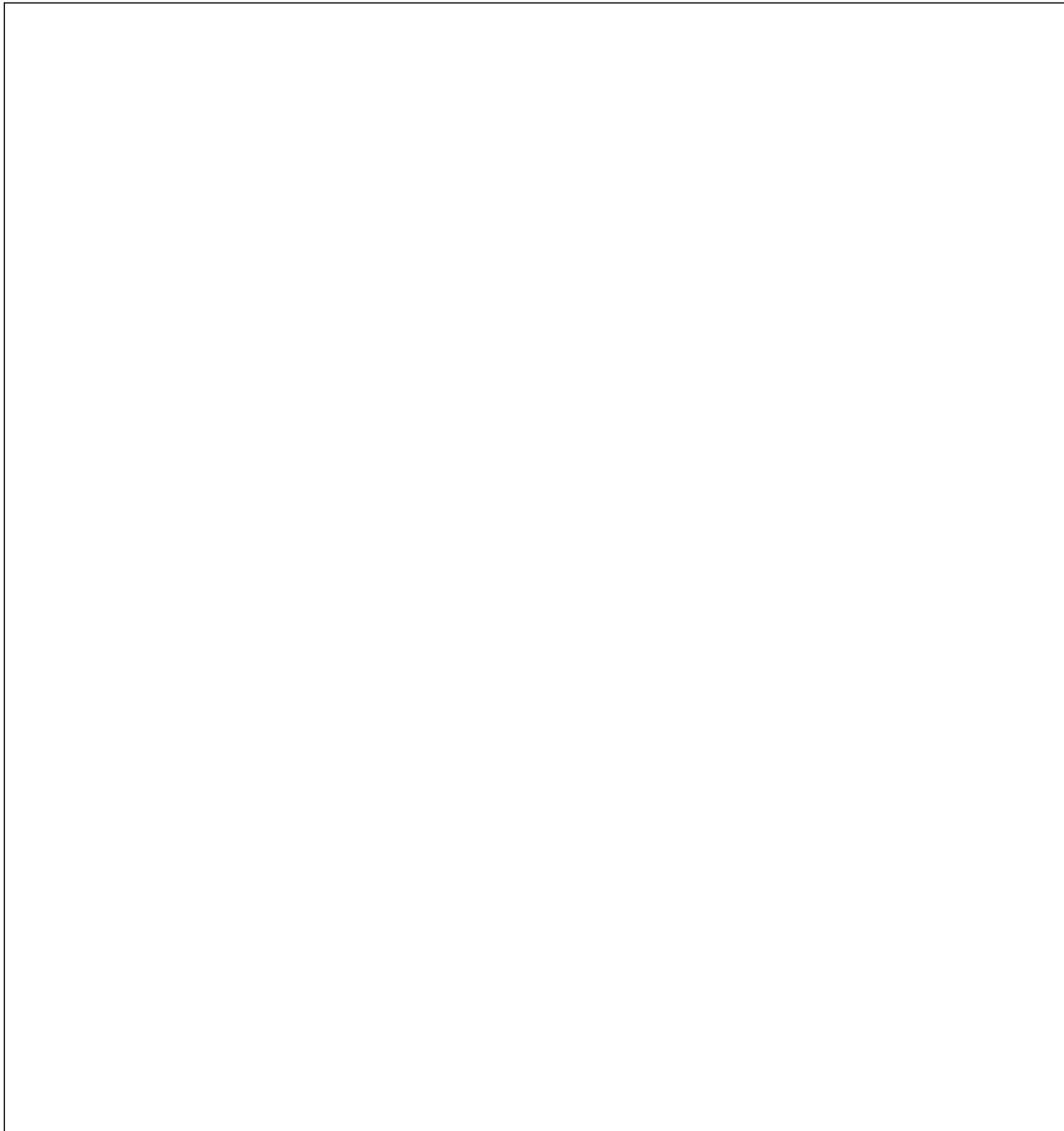


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SHEDUNG, PANVEL- 410 206.

**FEEDBACK ANALYSIS:**

SEMINAR FEEDBACK ANALYSIS								
Sr.no	Attributes	Total Feed Back	Total Feed Back- 40					Remark
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1	Do you think seminar was useful for you?	138	Yes	No	Partial	---	---	Remark
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			90.00	0.00	10.00	0.00	0.00	
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			94.20	2.89	2.89	0	0	
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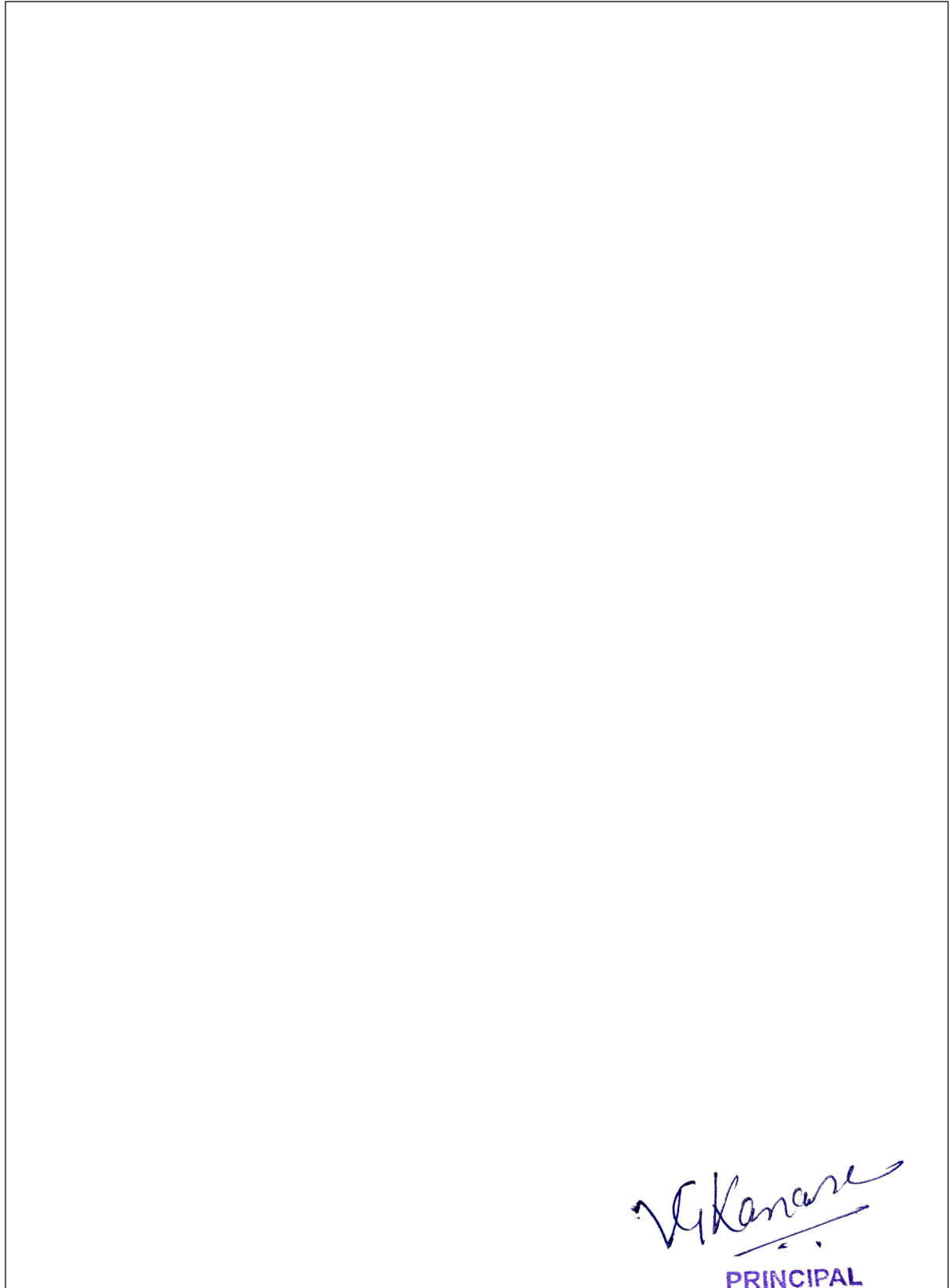
**SAMPLE CERTIFICATE:**



**PRINCIPAL**

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**Notice:**



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410221 Tel: 02143-

239091, 8655678500/501 | Website: [swippanvel.com](http://swippanvel.com) | Email: [swc.mumbai@gmail.com](mailto:swc.mumbai@gmail.com)

Date: 22/10/2020

## NOTICE

All the students are hereby informed that one day seminar on "Health & Hygiene" is being organized by St. Wilfred Institute of Pharmacy Panvel on 24th October 2020. The Activity will be held as per the following schedule.

**Date:** 24th October 2020

**Activity Name:** One day seminar

**Venue:** Zoom Meeting Online

**Time:** 10:00am onwards

The students are required to be present at the venue on time. For further query you may contact to faculty co-ordinator.

**Principal**

**PRINCIPAL**  
ST WILFRED'S INSTITUTE OF PHARMACY  
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St. Wilfred's Institute of Pharmacy, Panvel.



## ST. WILFRED'S INSTITUTE OF PHARMACY, Panvel.

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Near Shedung Toll Plaza, Old Mumbai Pune Highway, Shedung, Panvel-410206.

### Reporton Seminar "Health And Hygiene One Day Seminar"

**NAME OF ACTIVITY:** Reporton Seminar "Health And Hygiene One Day Seminar"

**DATE & DURATION:** 27th February 2021, 10:00am Onwards

**TYPE OF ACTIVITY:** Seminar

**ORGANIZER(S):** Department of St. Wilfred's Institute of Pharmacy, Panvel.

**SPEAKER:** Ms. Nisha Mane

**MODE:** Zoom Meeting Online

**FLYER/POSTER:**

ST. WILFRED'S INSTITUTE OF PHARMACY  
AFFILIATED TO MUMBAI UNIVERSITY  
YEAR- 2020-2021

## HEALTH & HYGIENE SEMINAR

Online

**SPEAKER**  
**MS. NISHA MANE**

Discover how health and hygiene are key to a long and fulfilling life. This Online Webinar offers insights into building healthy habits that last a lifetime.

Health is wealth

DATE: 27th Feb 2021

www.swippanvel.com  
VENUE: ZOOM MEET

PRINCIPAL - DR. DEENABEN KANASE

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## ABSTRACT OF THE SEMINAR:

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**St. Wilfred's Institute of Pharmacy, Panvel.**

- A clean living environment plays a crucial role in preventing the spread of infectious diseases and promoting overall well-being. This segment will highlight the significance of cleanliness in homes, workplaces, and public spaces. Participants will learn practical strategies for maintaining cleanliness, including regular cleaning and disinfection of surfaces, proper waste disposal, and ventilation. The seminar will address common hygiene hazards and provide guidance on creating hygienic environments conducive to health and safety. Topics such as indoor air quality, water sanitation, and pest control will be explored to underscore the holistic approach to maintaining a clean living environment.

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**GLIMPSES:**



*V. Kanase*

**PRINCIPAL**

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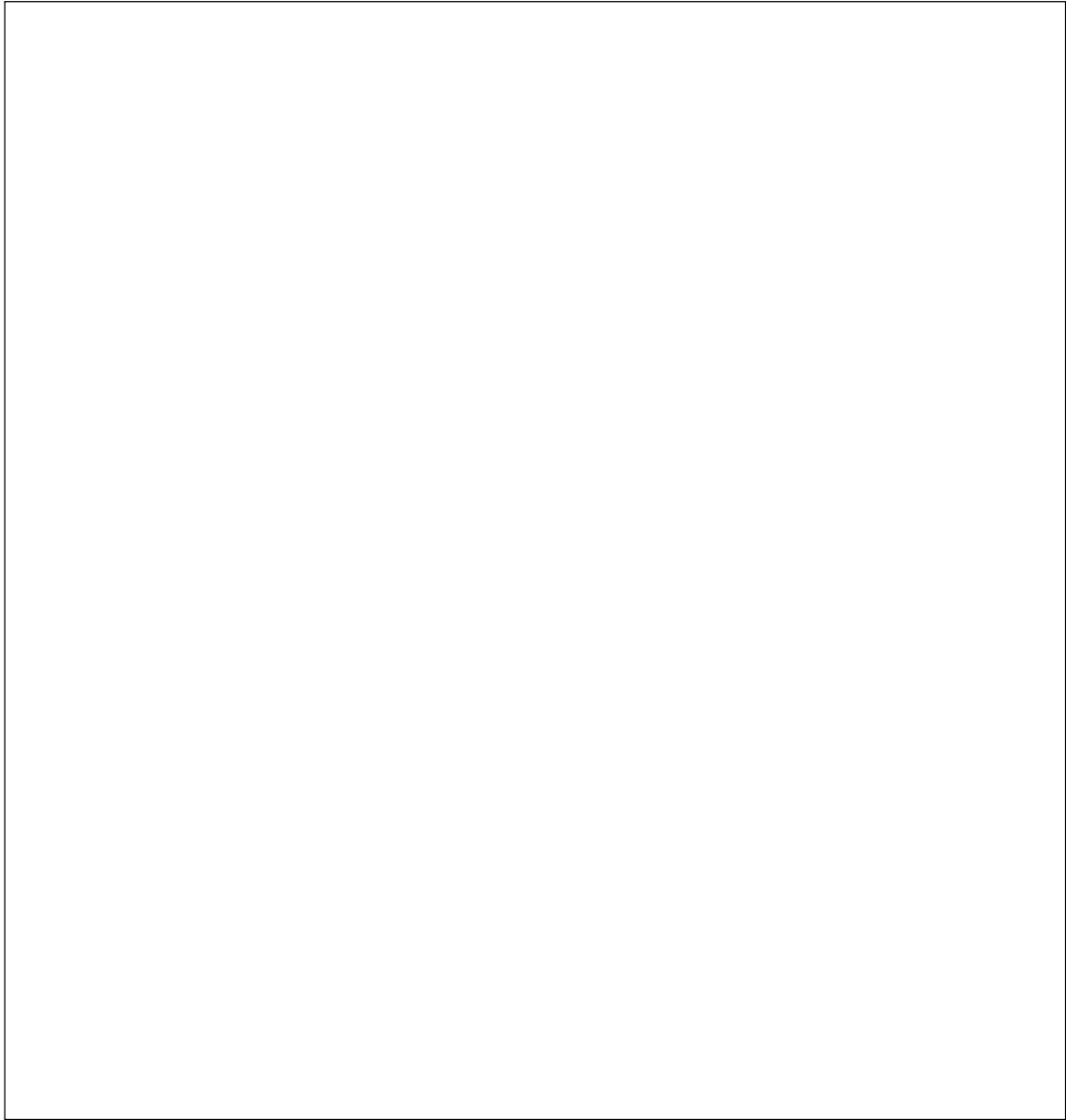
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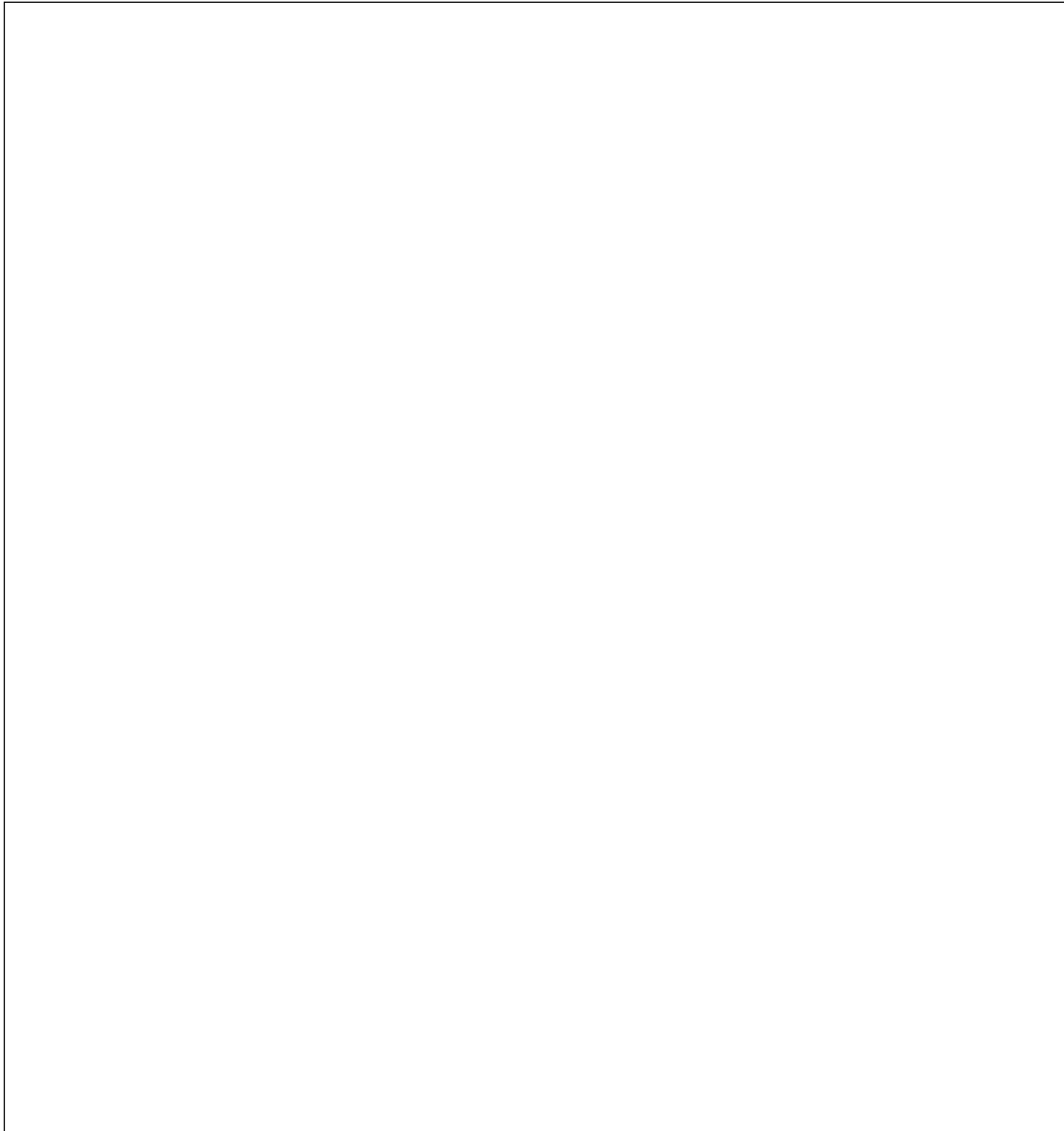
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*V. Kanase*

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*V. Kanase*

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**FEEDBACK ANALYSIS:**

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			135	0	3	0	0	Objective Achieved (90.00%)
			90.00	0.00	10.00	0.00	0.00	
2	Did you receive all the information you expected by the seminar?	138	Yes	No	Partial	---	---	Remark
			130	0	8	0	0	Objective Achieved (93.33%)
			94.20	0.00	5.79	0.00	0.00	
3	Opinion on Rating the speaker for the seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Achieved - Outstanding & Excellent (100%)
			100	0	0	0.00	0	
4	Audience Query Response by the Speaker	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Not Achieved (100%)
			100	0	0	0	0	
5	Overall experience about the Seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			130	4	4	0	0	Objective Achieved - Outstanding & Excellent (83.99%)
			94.20	2.89	2.89	0	0	
6	Would you like to attend future Seminar conducted by the department?	138	Yes	No	---	---	---	Remark

*V. Kanase*

**PRINCIPAL**

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 SHEDUNG, PANVEL- 410 206.

St. Wilfred's Institute of Pharmacy, Panvel.

**SAMPLE CERTIFICATE:**

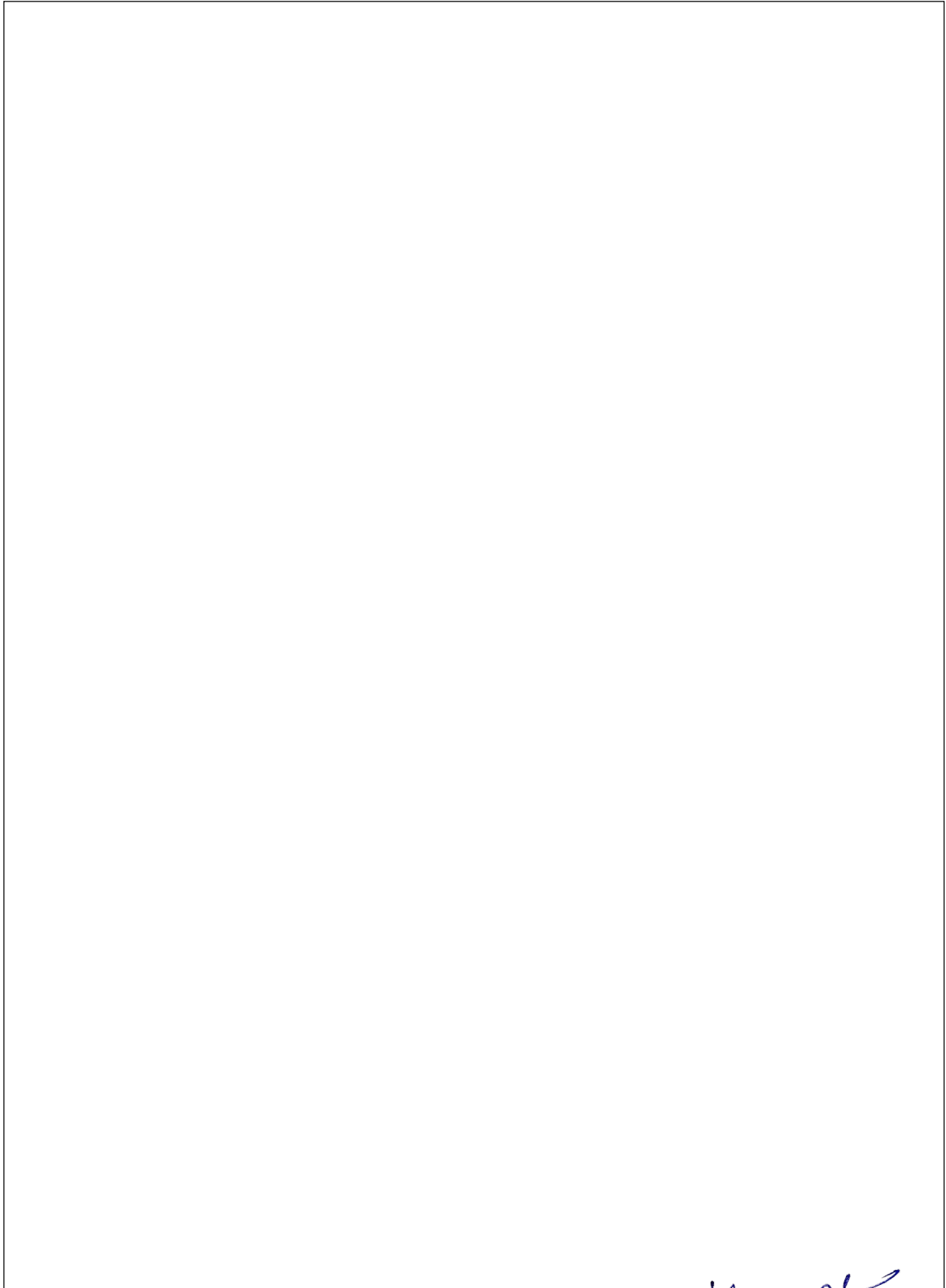
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**Notice:**



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SHEDUNG, PANVEL- 410 206.



# ST. WILFRED'S INSTITUTE OF PHARMACY

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Near Shedung Toll Plaza, Old Mumbai-Pune Highway, Panvel, Dist. Raigad, Maharashtra -  
410221 Tel: 02143-

239091, 8655678500/501 | Website: [swippanvel.com](http://swippanvel.com) | Email: [swc.mumbai@gmail.com](mailto:swc.mumbai@gmail.com)

Date: 25/02/2021

## NOTICE

All the students are hereby informed that one day seminar on "Health & Hygiene" is being organized by St. Wilfred Institute of Pharmacy Panvel on 27<sup>th</sup> February 2021. The Activity will be held as per the following schedule.

**Date:** 27<sup>th</sup> February 2021

**Activity Name:** One day seminar

**Venue:** Zoom Meeting, Online

**Time:** 10:00am onwards

The students are required to be present at the venue on time. For further query you may contact to faculty co-ordinator.

**Principal**

**PRINCIPAL**  
ST WILFRED'S INSTITUTE OF PHARMACY  
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SHEDUNG, PANVEL - 410 206.



## ST. WILFRED'S INSTITUTE OF PHARMACY, Panvel.

Affiliated to Mumbai University, Approved by AICTE - New Delhi, DTE Code-3485  
Near Shedung Toll Plaza, Old Mumbai Pune Highway, Shedung, Panvel-410206.

### A Report on Seminar "Health And Hygiene One Day Seminar"

**NAME OF ACTIVITY:** A Report on Seminar "Health And Hygiene One Day Seminar"

**DATE & DURATION:** 20th November 2021, 10:00am Onwards

**TYPE OF ACTIVITY:** Seminar

**ORGANIZER(S):** Department of St. Wilfred's Institute of Pharmacy, Panvel.

**SPEAKER:** Ms. Nisha Mane

**FLYER/POSTER:**

**ST. WILFRED'S INSTITUTE OF PHARMACY**  
AFFILIATED TO MUMBAI UNIVERSITY  
YEAR- 2021-2022

## HEALTH & HYGIENE SEMINAR

**SPEAKER**  
**MS. NISHA MANE**

Looking to boost your immunity?  
The Health & Hygiene Seminar covers ways to strengthen your immune system through proper hygiene and a healthy lifestyle.

**DATE:** 20<sup>th</sup> NOV 2021

[www.swippanvel.com](http://www.swippanvel.com)  
VENUE: SEMINAR HALL, ST. WILFRED INSTITUTE OF PHARMACY

PRINCIPAL - DR. DEEPAK K. JHADE

## ABSTRACT OF THE SEMINAR:

Department of St. Wilfred's Institute of Pharmacy, Panvel. an organized an One day seminar on topic Health and Hygiene by Ms. Nisha Mane Khamkar M. Sc. (Nursing) from The Oxford College of Nursing, Bangalore (Registration No.: 4348 in 2012) held on 20th November 2021, 10:00am onwards for all year of batches D. Pharm & B. Pharm students. It was delivered by Ms. Nisha Mane Khamkar.

Dr. Deenanath Jhade, Principal, St. Wilfred's Institute of Pharmacy, Panvel. welcomed the students attending the seminar. Objective: The primary goal of this seminar is to educate students about the significance of health and hygiene, focusing on Proper Handwashing Techniques, Nutrition, and Healthy Eating Habits, as well as Maintaining a Clean Living Environment.

1. Health and hygiene are integral aspects of overall well-being, encompassing physical, mental, and social dimensions. This seminar seeks to equip participants with essential practices for sustaining optimal health through proper handwashing techniques, nutrition, and fostering clean living environments.

2. Hand hygiene serves as the foundation of infection prevention and control. This seminar segment will emphasize the criticality of handwashing and illustrate correct techniques for effective germ elimination. Participants will be acquainted with WHO-recommended handwashing steps, including wetting hands, applying soap, thorough lathering for at least 20 seconds, rinsing, and drying with a clean towel or air dryer. Practical demonstrations and interactive sessions will underscore the importance of this simple yet potent preventive measure.

3. Good nutrition is paramount for maintaining optimal health and warding off chronic diseases. This seminar section will delve into the fundamentals of nutrition and cultivating healthy eating habits. Attendees will learn about the significance of balanced diets comprising diverse fruits, vegetables, whole grains, lean proteins, and healthy fats. The seminar will dispel common dieting myths and stress the importance of portion control and mindful eating. Practical guidance on meal planning, grocery shopping, and preparing nutritious meals will empower participants to make informed dietary choices. Additionally, strategies for addressing special dietary needs and encouraging healthy

**St. Wilfred's Institute of Pharmacy, Panvel.**

eating habits among children and families will be discussed.

4. A clean living environment plays a pivotal role in curbing the transmission of infectious diseases and enhancing overall well-being. This seminar portion will underscore the importance of cleanliness in households, workplaces, and public spaces. Participants will receive practical advice on maintaining cleanliness, including regular cleaning and disinfection of surfaces, appropriate waste disposal, and ventilation. The seminar will address common hygiene hazards and offer guidance on fostering hygienic environments conducive to health and safety. Topics such as indoor air quality, water sanitation, and pest control will be explored to highlight the holistic approach to maintaining a clean living environment.

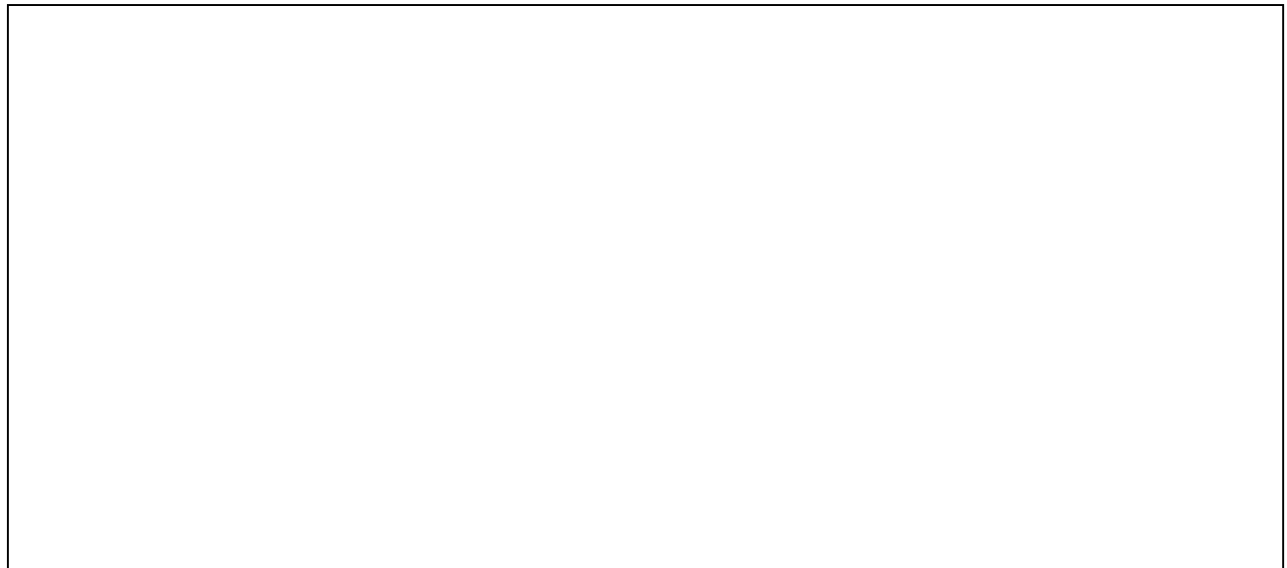
**Conclusion:** By emphasizing proper handwashing techniques, nutrition, and the maintenance of clean living environments, this seminar aims to empower participants with the knowledge and skills necessary to promote health and hygiene within their communities. Through education and practical guidance, individuals can take proactive steps towards enhancing their quality of life and preventing illness and disease. Let us remember that health and hygiene are collective endeavors that impact the well-being of entire communities. Together, let's embrace the power of prevention and hygiene as cornerstones of a vibrant and resilient society.



**PRINCIPAL**  
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SHEDUNG, PANVEL- 410 206.



**GLIMPSES:**



*V. Kanase*

**PRINCIPAL**

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SHEDUNG, PANVEL- 410 206.

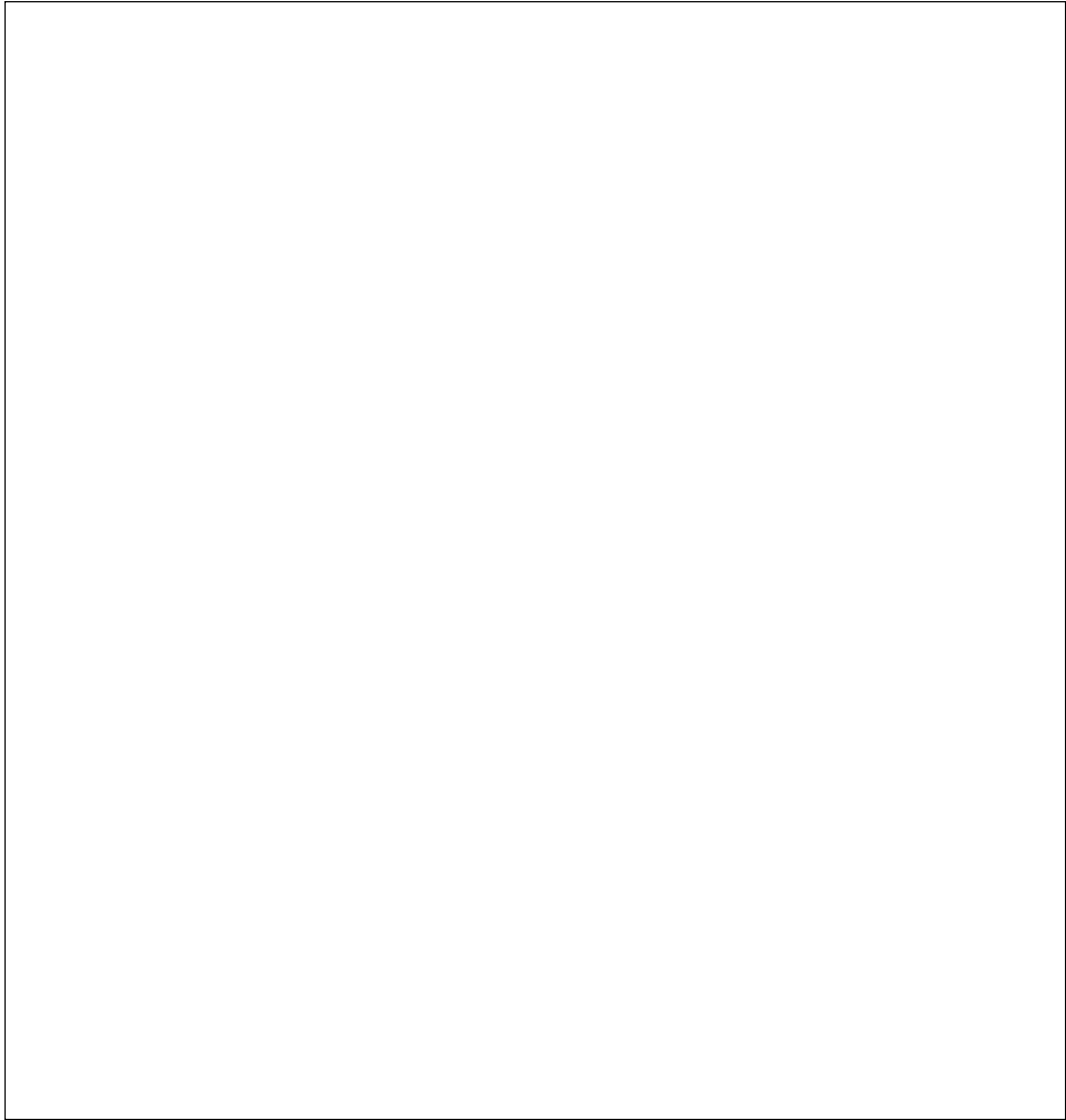
**ATTENDANCE SHEET:**

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**PRINCIPAL**

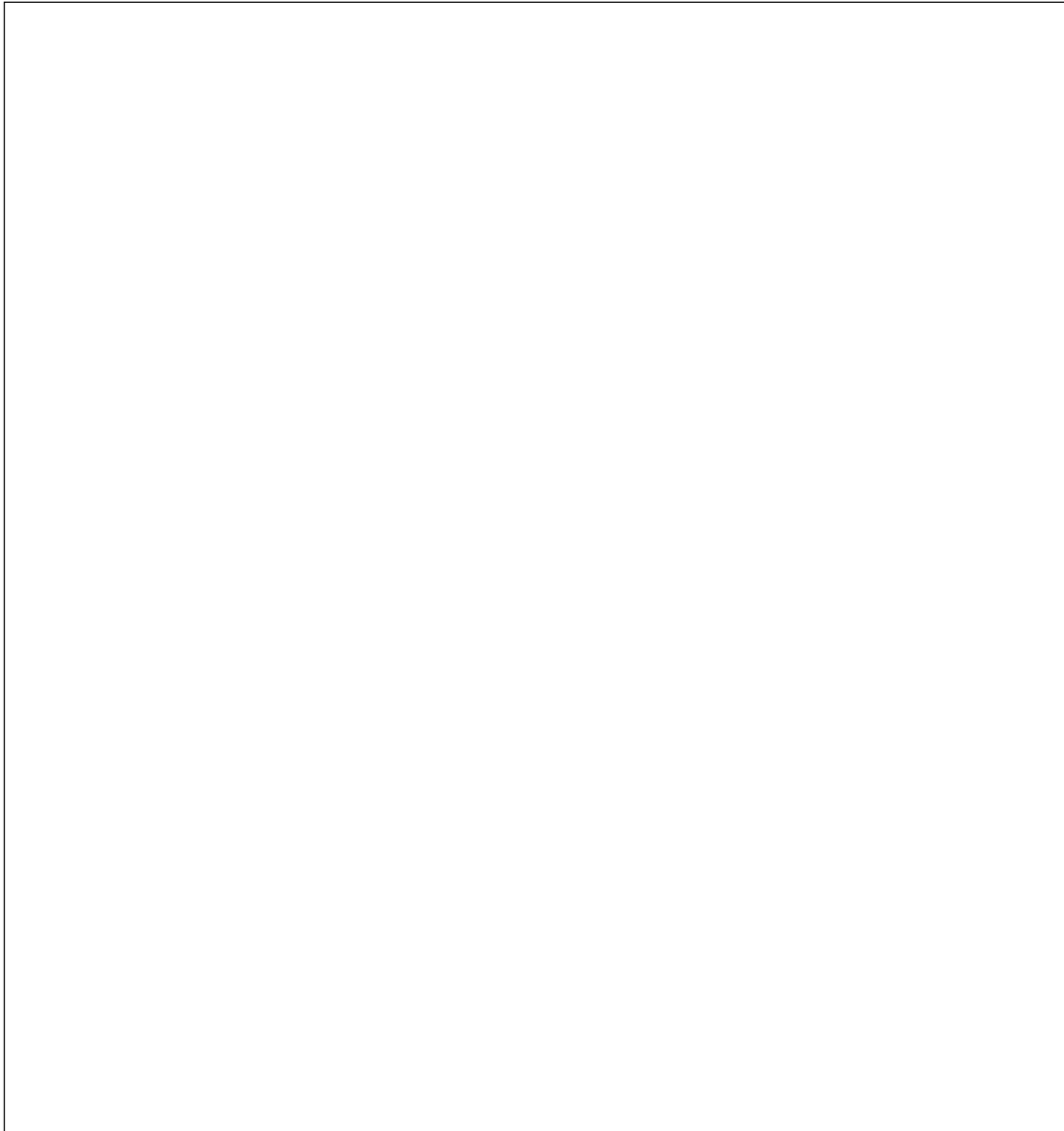
ST WIL FRED'S INSTITUTE OF PHARMACY  
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SHEDUNG, PANVEL- 410 206.



*V. Kanase*

**PRINCIPAL**

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SHEDUNG, PANVEL- 410 206.



*V. Kanase*

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*V. Kanase*

**PRINCIPAL**

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SHEDUNG, PANVEL- 410 206.

**FEEDBACK ANALYSIS:**

SEMINAR FEEDBACK ANALYSIS								
Sr.no	Attributes	Total Feed Back	Total Feed Back- 40					Remark
			>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Do you think seminar was useful for you?	138	Yes	No	Partial	---	---	Remark
			135	0	3	0	0	Objective Achieved (90.00%)
			90.00	0.00	10.00	0.00	0.00	
2	Did you receive all the information you expected by the seminar?	138	Yes	No	Partial	---	---	Remark
			130	0	8	0	0	Objective Achieved (93.33%)
			94.20	0.00	5.79	0.00	0.00	
3	Opinion on Rating the speaker for the seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Achieved - Outstanding & Excellent (100%)
			100	0	0	0.00	0	
4	Audience Query Response by the Speaker	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Not Achieved (100%)
			100	0	0	0	0	
5	Overall experience about the Seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			130	4	4	0	0	Objective Achieved - Outstanding & Excellent (83.99%)
			94.20	2.89	2.89	0	0	
6	Would you like to attend future Seminar conducted by the department?	138	Yes	No	---	---	---	Remark

*V. Kanase*

**PRINCIPAL**

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 SHEDUNG, PANVEL- 410 206.

St. Wilfred's Institute of Pharmacy, Panvel.

**SAMPLE CERTIFICATE:**

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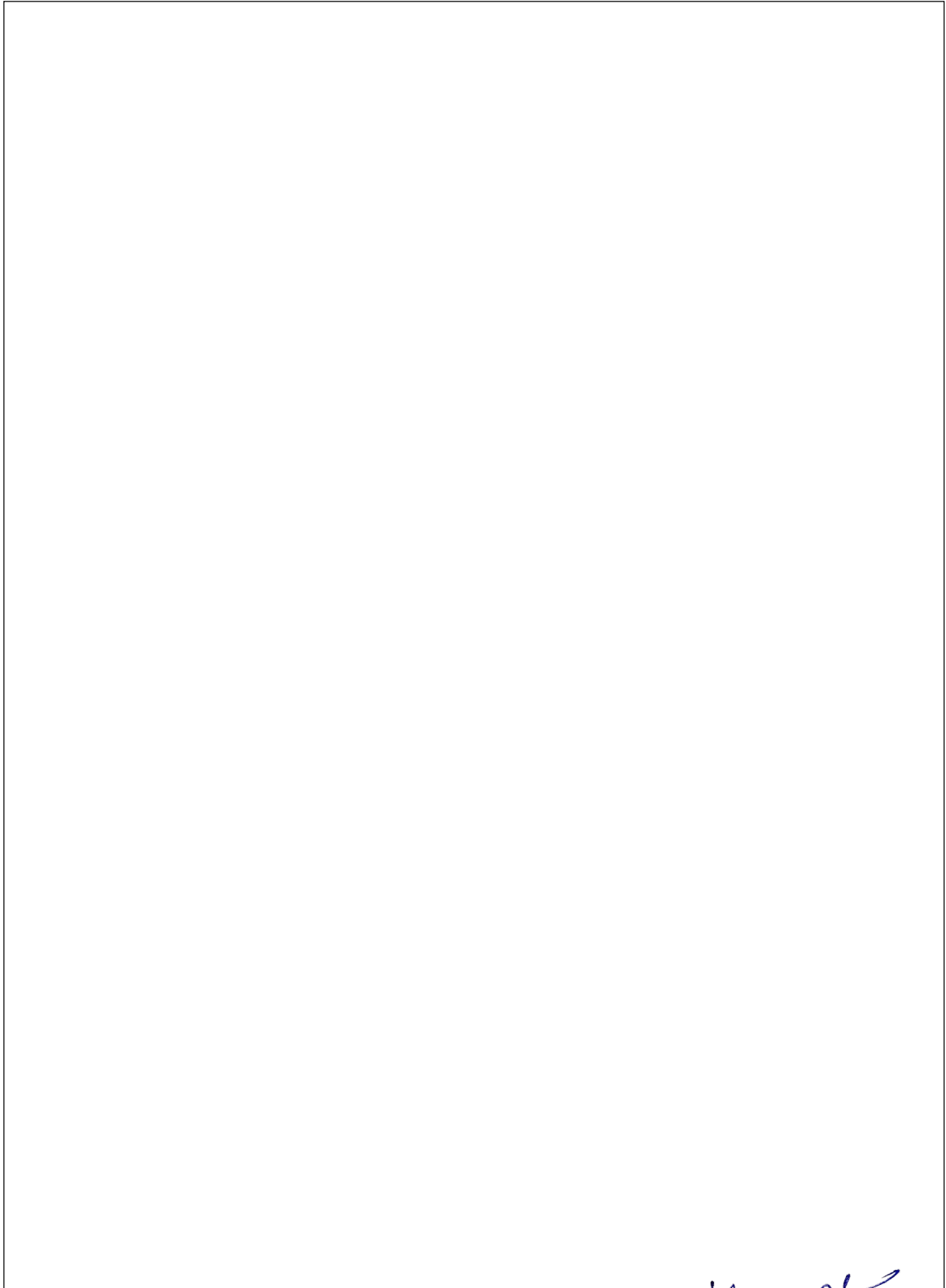


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**Notice:**



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# ST. WILFRED'S INSTITUTE OF PHARMACY

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410221 Tel: 02143-

239091, 8655678500/501 | Website: [swippanvel.com](http://swippanvel.com) | Email: [swc.mumbai@gmail.com](mailto:swc.mumbai@gmail.com)

Date: 17/11/2021

## NOTICE

All the students are hereby informed that one day seminar on "Health & Hygiene" is being organized by St. Wilfred Institute of Pharmacy Panvel on 20<sup>th</sup> November 2021. The Activity will be held as per the following schedule.

**Date:** 20<sup>th</sup> November 2021

**Activity Name:** One day seminar

**Venue:** Seminar Hall of St. Wilfred's institute of pharmacy

**Time:** 10:00am onwards

The students are required to be present at the venue on time. For further query you may contact to faculty co-ordinator.

**Principal**

**PRINCIPAL**  
ST WILFRED'S INSTITUTE OF PHARMACY  
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St. Wilfred's Institute of Pharmacy, Panvel.



## ST. WILFRED'S INSTITUTE OF PHARMACY, Panvel.

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Near Shedung Toll Plaza, Old Mumbai Pune Highway, Shedung, Panvel-410206.

### A Report on Seminar "Health And Hygiene One Day Seminar"

**NAME OF ACTIVITY:** A Report on Seminar "Health And Hygiene One Day Seminar"

**DATE & DURATION:** 23rd April 2022, 10:00am Onwards

**TYPE OF ACTIVITY:** Seminar

**ORGANIZER(S):** Department of St. Wilfred's Institute of Pharmacy, Panvel.

**SPEAKER:** Ms. Nisha Mane

**FLYER/POSTER:**

ST. WILFRED'S INSTITUTE OF PHARMACY  
AFFILIATED TO MUMBAI UNIVERSITY  
YEAR- 2021-2022

## HEALTH & HYGIENE SEMINAR

**Health is wealth**

**SPEAKER**  
**MS. NISHA MANE**

Learn the do's and don'ts of personal hygiene. Our seminar provides a detailed look at common mistakes and how to avoid them for better health outcomes.

**DATE : 23rd Apr 2022**

[www.swippanvel.com](http://www.swippanvel.com)  
VENUE: SEMINAR HALL, ST. WILFRED INSTITUTE OF PHARMACY

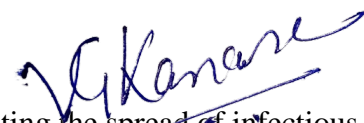
PRINCIPAL  
*Dr. Veena Mahesh Jadhav*

## ABSTRACT OF THE SEMINAR:

Department of St. Wilfred's Institute of Pharmacy, Panvel. organized a One day seminar on topic Health and Hygiene by Ms. Nisha Mane Khamkar M. Sc. (Nursing) from The Oxford College of Nursing, Bangalore (Registration No.: 4348 in 2012) held on 23rd April 2022, 10:00am onwards for all year of batches D. Pharm & B. Pharm students. It was delivered by Ms. Nisha Mane Khamkar.

Dr. Deenanath Jhade, Principal, St. Wilfred's Institute of Pharmacy, Panvel. welcomed the students attending the seminar. The main objective of this seminar is to get students understand the importance of health and hygiene which includes Proper Handwashing Techniques, Nutrition and Healthy Eating Habits, Maintaining a Clean Living Environment.

- Health and hygiene are vital components of overall well-being, encompassing physical, mental, and social aspects of health. This seminar aims to educate participants on essential practices for maintaining optimal health through proper handwashing techniques, nutrition, and fostering clean living environments.
- Hand hygiene is the cornerstone of infection prevention and control. This segment of the seminar will focus on the importance of handwashing and demonstrate proper techniques to ensure effective removal of germs. Participants will learn the WHO-recommended steps for handwashing, including wetting hands, applying soap, lathering thoroughly, scrubbing for at least 20 seconds, rinsing, and drying with a clean towel or air dryer. Emphasis will be placed on key times for handwashing, such as before preparing or consuming food, after using the restroom, and after coughing or sneezing. Practical demonstrations and interactive sessions will reinforce the significance of this simple yet powerful preventive measure.
- Good nutrition is essential for maintaining optimal health and preventing chronic diseases. This segment will delve into the fundamentals of nutrition and healthy eating habits. Participants will learn about the importance of balanced diets comprising a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. The seminar will address common misconceptions about dieting and emphasize the importance of portion control and mindful eating. Practical tips for meal planning, grocery shopping, and cooking nutritious meals will be shared to empower participants to make informed dietary choices. Additionally, strategies for managing special dietary needs and promoting healthy eating habits among children and families will be discussed.
- A clean living environment plays a crucial role in preventing the spread of infectious diseases



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**St. Wilfred's Institute of Pharmacy, Panvel.**

and promoting overall well-being. This segment will highlight the significance of cleanliness in homes, workplaces, and public spaces. Participants will learn practical strategies for maintaining cleanliness, including regular cleaning and disinfection of surfaces, proper waste disposal, and ventilation. The seminar will address common hygiene hazards and provide guidance on creating hygienic environments conducive to health and safety. Topics such as indoor air quality, water sanitation, and pest control will be explored to underscore the holistic approach to maintaining a clean living environment.

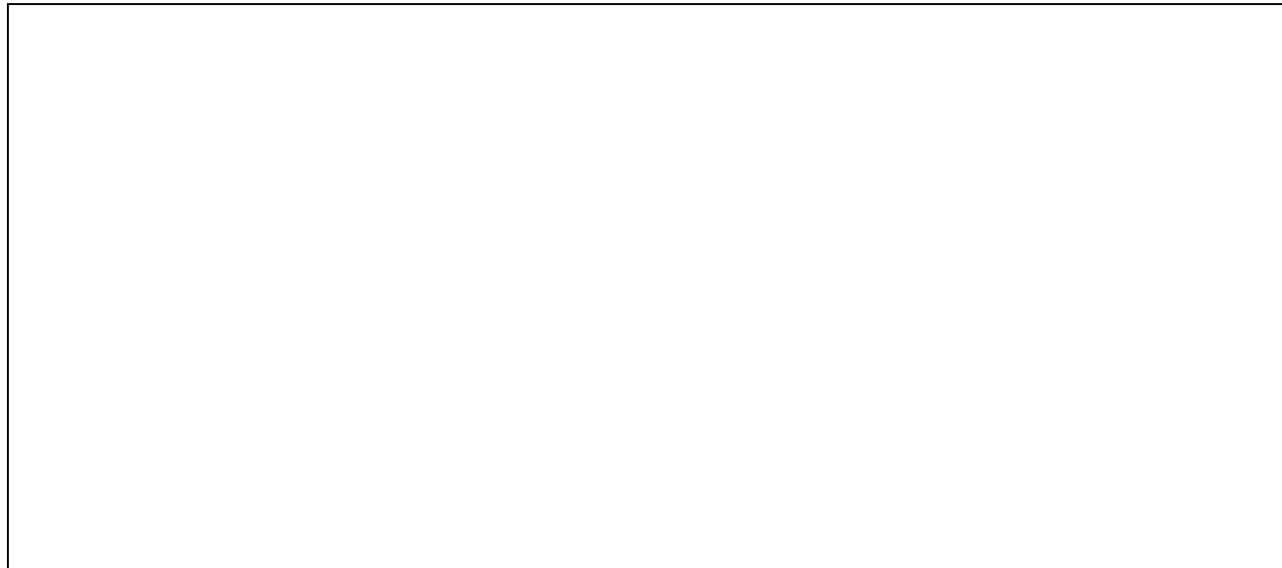
By focusing on proper handwashing techniques, nutrition, and maintaining clean living environments, this seminar aims to empower participants with the knowledge and skills necessary to promote health and hygiene in their communities. Through education and practical guidance, individuals can take proactive steps towards improving their quality of life and preventing illness and disease.

In closing, let us remember that health and hygiene are not merely individual responsibilities but collective endeavors that impact the well-being of entire communities. By mastering proper handwashing techniques, adopting nutritious eating habits, and upholding clean living environments, we not only safeguard our own health but also contribute to the greater good. Let us carry forward the knowledge gained from this seminar and strive to cultivate habits that promote a healthier, happier future for ourselves and those around us. Together, let's embrace the power of prevention and hygiene as cornerstones of a vibrant and resilient society.



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**GLIMPSES:**



*V. Kanase*

**PRINCIPAL**

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St. Wilfred's Institute of Pharmacy, Panvel.

**ATTENDANCE SHEET:**

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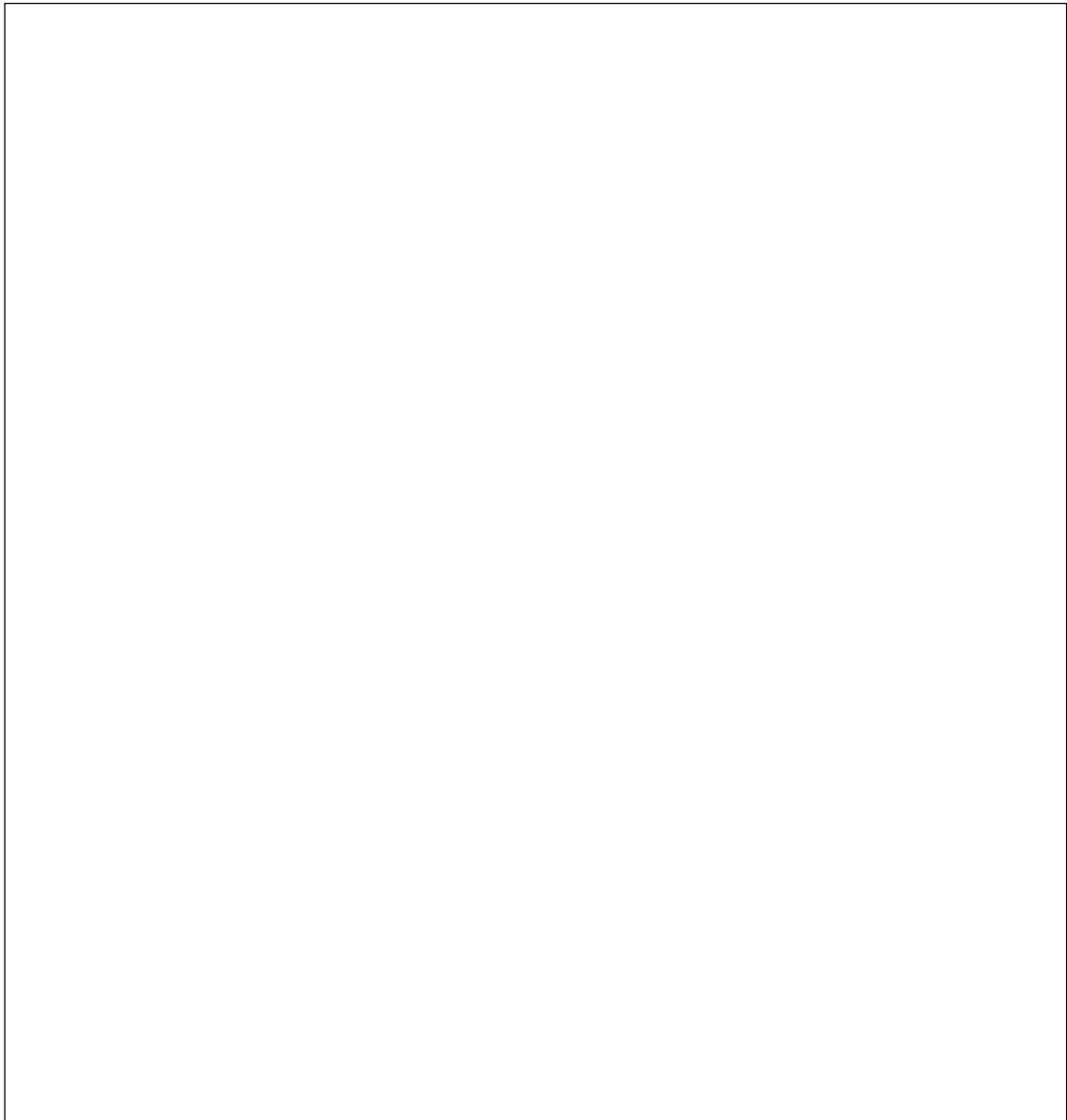


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St. Wilfred's Institute of Pharmacy, Panvel.



*V. Kanase*

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SHEDUNG, PANVEL- 410 206.



*V. Kanase*

**PRINCIPAL**

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OLD MUMBAI PUNE HIGHWAY, NEAR SHEDUNG TOLL PLAZA,  
SHEDUNG, PANVEL- 410 206.

**FEEDBACK ANALYSIS:**

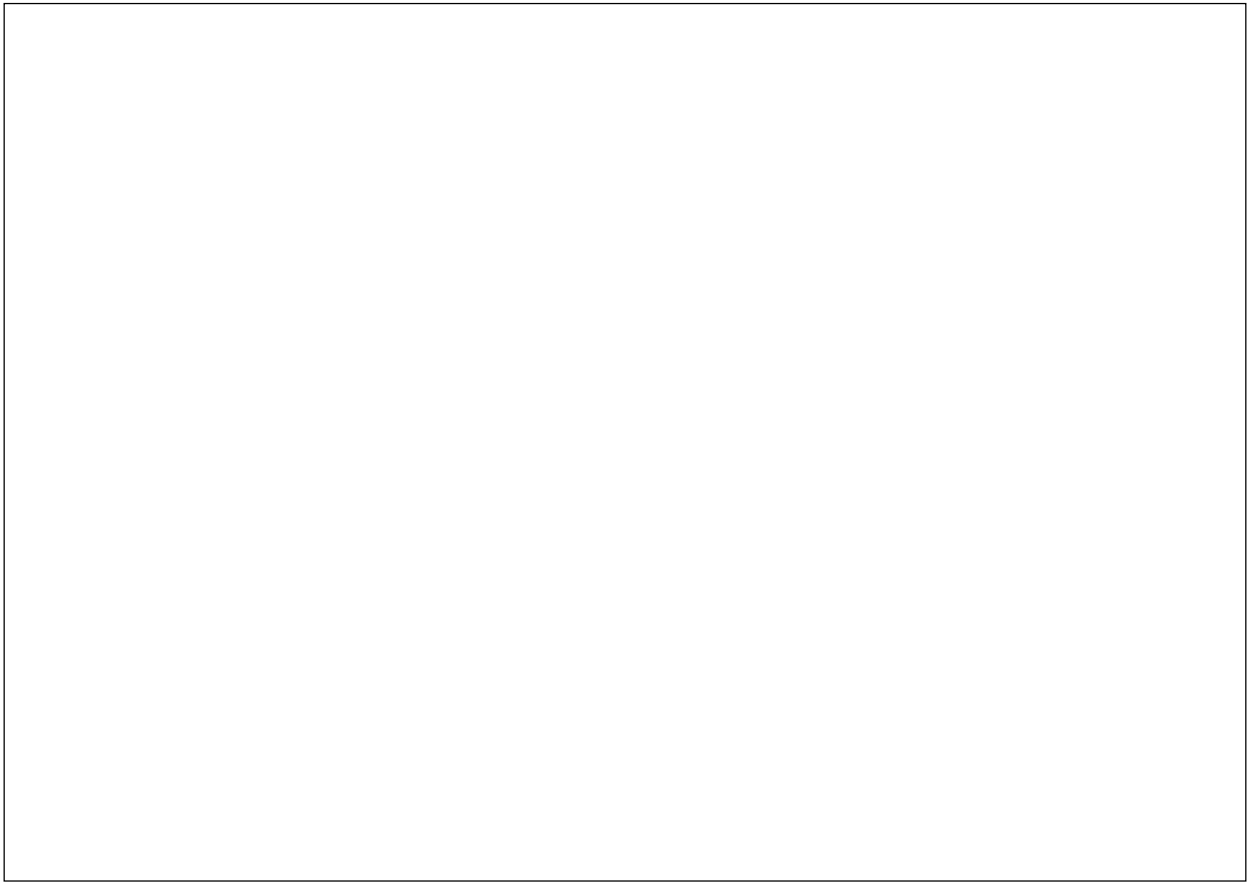
SEMINAR FEEDBACK ANALYSIS								
Sr.no	Attributes	Total Feed Back	Total Feed Back- 40					Remark
			>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Do you think seminar was useful for you?	138	Yes	No	Partial	---	---	Remark
			135	0	3	0	0	Objective Achieved (90.00%)
			90.00	0.00	10.00	0.00	0.00	
2	Did you receive all the information you expected by the seminar?	138	Yes	No	Partial	---	---	Remark
			130	0	8	0	0	Objective Achieved (93.33%)
			94.20	0.00	5.79	0.00	0.00	
3	Opinion on Rating the speaker for the seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Achieved - Outstanding & Excellent (100%)
			100	0	0	0.00	0	
4	Audience Query Response by the Speaker	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Not Achieved (100%)
			100	0	0	0	0	
5	Overall experience about the Seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			130	4	4	0	0	Objective Achieved - Outstanding & Excellent (83.99%)
			94.20	2.89	2.89	0	0	
6	Would you like to attend future Seminar conducted by the department?	138	Yes	No	---	---	---	Remark

**SAMPLE CERTIFICATE:**

*V. Kanase*

**PRINCIPAL**

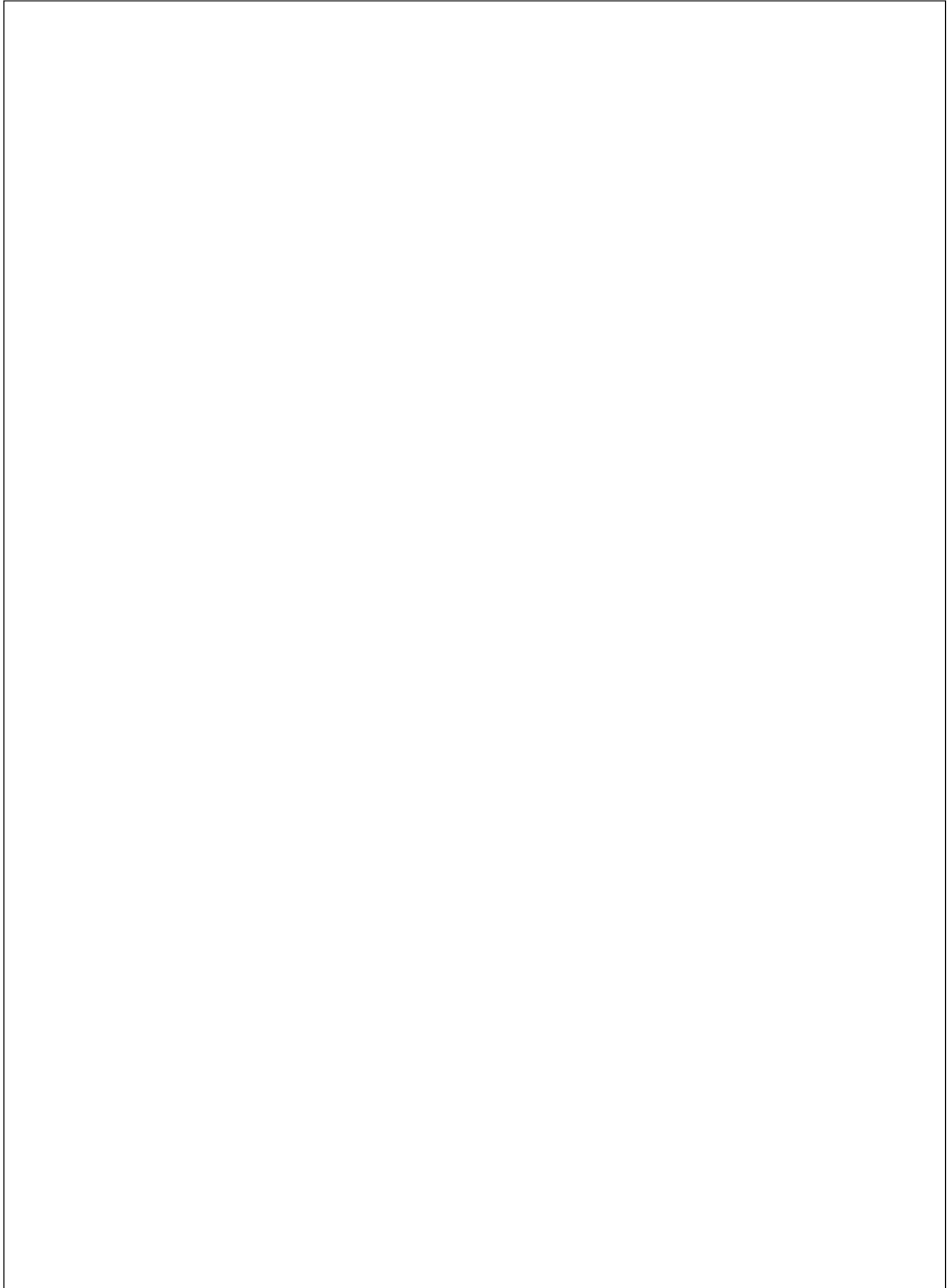
ST WIL FRED'S INSTITUTE OF PHARMACY  
 OLD MUMBAI PUNE HIGHWAY, NEAR SHEDUNG TOLL PLAZA,  
 SHEDUNG, PANVEL- 410 206.



**Notice:**

A handwritten signature in blue ink that reads "V. Kanase". The signature is written in a cursive style with a horizontal line underneath.

**PRINCIPAL**  
ST WIL FRED'S INSTITUTE OF PHARMACY  
OLD MUMBAI PUNE HIGHWAY, NEAR SHEDUNG TOLL PLAZA,  
SHEDUNG, PANVEL- 410 206.



*V. Kanase*

**PRINCIPAL**

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SHEDUNG, PANVEL- 410 206.



# ST. WILFRED'S INSTITUTE OF PHARMACY

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410221 Tel: 02143-

239091, 8655678500/501 | Website: [swippanvel.com](http://swippanvel.com) | Email: [swc.mumbai@gmail.com](mailto:swc.mumbai@gmail.com)

Date: 20/04/2022

## NOTICE

All the students are hereby informed that one day seminar on "Health & Hygiene" is being organized by St. Wilfred Institute of Pharmacy Panvel on 23<sup>rd</sup> April 2022. The Activity will be held as per the following schedule.

**Date:** 23<sup>rd</sup> April 2022

**Activity Name:** One day seminar

**Venue:** Seminar Hall of St. Wilfred's institute of pharmacy

**Time:** 10:00am onwards

The students are required to be present at the venue on time. For further query you may contact to faculty co-ordinator.

**Principal**

**PRINCIPAL**  
ST WILFRED'S INSTITUTE OF PHARMACY  
OLD MUMBAI PUNE HIGHWAY, NEAR SHEDUNG TOLL PLAZA,  
SHEDUNG, PANVEL - 410 206.





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Near Shedung Toll Plaza, Old Mumbai Pune Highway, Shedung, Panvel-410206.

**A Report on Seminar**  
**"Health And Hygiene One Day Seminar"**

**NAME OF ACTIVITY: A Report on Seminar "Health And Hygiene One Day Seminar"**

**DATE & DURATION: 24<sup>th</sup> September 2022, 10:00am Onwards**

**TYPE OF ACTIVITY: Seminar**

**ORGANIZER(S): Department of St. Wilfred's Institute of Pharmacy, Panvel.**

**SPEAKER: Ms. Nisha Mane**

**FLYER/POSTER:**

ST. WILFRED'S INSTITUTE OF PHARMACY  
AFFILIATED TO MUMBAI UNIVERSITY  
YEAR - 2018-19

**HEALTH & HYGIENE SEMINAR**

Health is wealth

GOOD HEALTH

**SPEAKER**  
**MS. NISHA MANE**

Our Health & Hygiene Seminar explores the latest trends in public health. Join us to understand how simple changes in daily routines can lead to a healthier lifestyle.

**DATE: 11<sup>th</sup> August 2018**

[www.swippanvel.com](http://www.swippanvel.com)  
VENUE: SEMINAR HALL, ST. WILFRED INSTITUTE OF PHARMACY

PRINCIPAL - DR. UMA PATIL

## ABSTRACT OF THE SEMINAR:

Department of St. Wilfred's Institute of Pharmacy, Panvel. an organized an One day seminar on topic Health and Hygiene by Ms. Nisha Mane Khamkar M. Sc. (Nursing) from The Oxford College of Nursing, Bangalore (Registration No.: 4348 in 2012) held on 24th September 2022, 10:00am onwards for all year of batches D. Pharm & B. Pharm students. It was delivered by Ms. Nisha Mane Khamkar.


Dr. Deenanath Jhade, Principal, St. Wilfred's Institute of Pharmacy, Panvel. welcomed the students attending the seminar. The primary objective of this seminar is to emphasize the importance of health and hygiene, encompassing Proper Handwashing Techniques, Nutrition, and Healthy Eating Habits, and Maintaining a Clean Living Environment.

1. Health and hygiene are integral to overall well-being, spanning physical, mental, and social aspects. This seminar seeks to educate participants on key practices essential for maintaining optimal health, including proper handwashing techniques, nutrition, and promoting clean living environments.

2. Hand hygiene serves as a fundamental aspect of infection prevention and control. During this seminar segment, the focus will be on elucidating the significance of handwashing and demonstrating correct techniques for effective germ removal. Participants will be acquainted with the WHO-recommended steps for handwashing, underlining pivotal moments such as before food handling, restroom use, and post-coughing or sneezing. Practical demonstrations and interactive sessions will reinforce the importance of this basic yet powerful preventive measure.

3. Nutrition plays a pivotal role in sustaining optimal health and thwarting chronic diseases. This section will delve into the fundamentals of nutrition and fostering healthy eating habits. Attendees will gain insights into the importance of balanced diets comprising a variety of food groups. The seminar will dispel common misconceptions about dieting, emphasize portion control and mindful eating, and provide practical tips for meal planning, grocery shopping, and cooking nutritious meals. Additionally, strategies for managing special dietary needs and promoting healthy eating habits among children and families will be discussed.

4. A clean living environment is crucial for preventing the transmission of infectious diseases and promoting overall well-being. This seminar segment will underscore the significance of cleanliness

  
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OLD MUMBAI PUNE HIGHWAY, NEAR SHEDUNG TOLL PLAZA,  
SHEDUNG, PANVEL- 410 206.

**St. Wilfred's Institute of Pharmacy, Panvel.**

in various settings, including homes, workplaces, and public spaces. Participants will learn practical strategies for maintaining cleanliness, encompassing regular cleaning and disinfection of surfaces, appropriate waste disposal, and ventilation. The seminar will address common hygiene hazards and provide guidance on creating hygienic environments conducive to health and safety, including topics such as indoor air quality, water sanitation, and pest control.

By focusing on proper handwashing techniques, nutrition, and maintaining clean living environments, this seminar aims to empower participants with the knowledge and skills necessary to promote health and hygiene in their communities. Through education and practical guidance, individuals can take proactive steps towards improving their quality of life and preventing illness and disease.

In conclusion, let us recognize that health and hygiene are collective responsibilities that impact the well-being of entire communities. By mastering proper handwashing techniques, adopting nutritious eating habits, and upholding clean living environments, we not only safeguard our own health but also contribute to the well-being of society as a whole. Let us apply the knowledge gained from this seminar to cultivate habits that foster a healthier, happier future for ourselves and those around us. Together, let's embrace the power of prevention and hygiene as cornerstones of a vibrant and resilient society.



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**GLIMPSES:**



*V. Kanase*

**PRINCIPAL**

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SHEDUNG, PANVEL- 410 206.

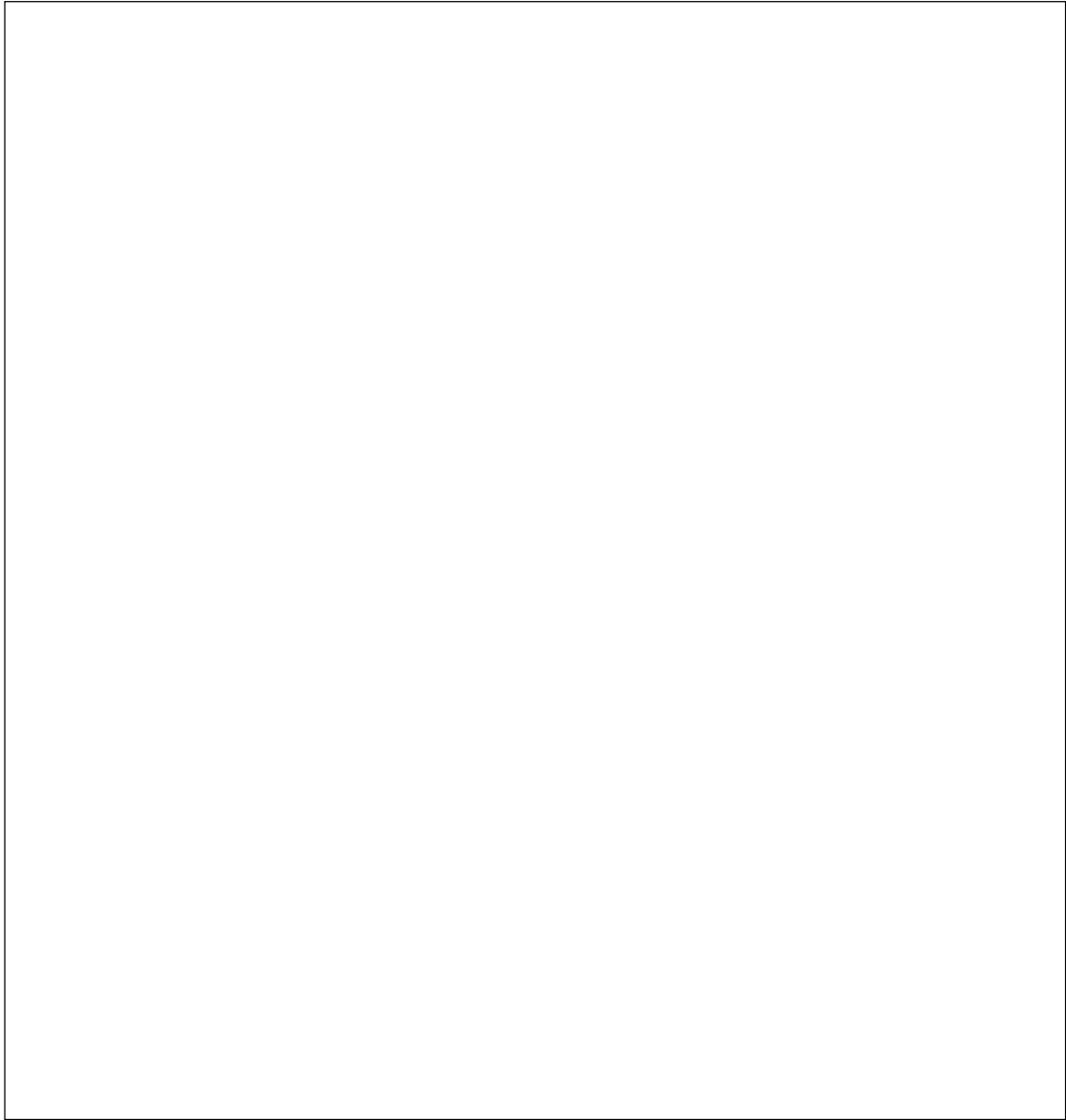
**ATTENDANCE SHEET:**

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**PRINCIPAL**

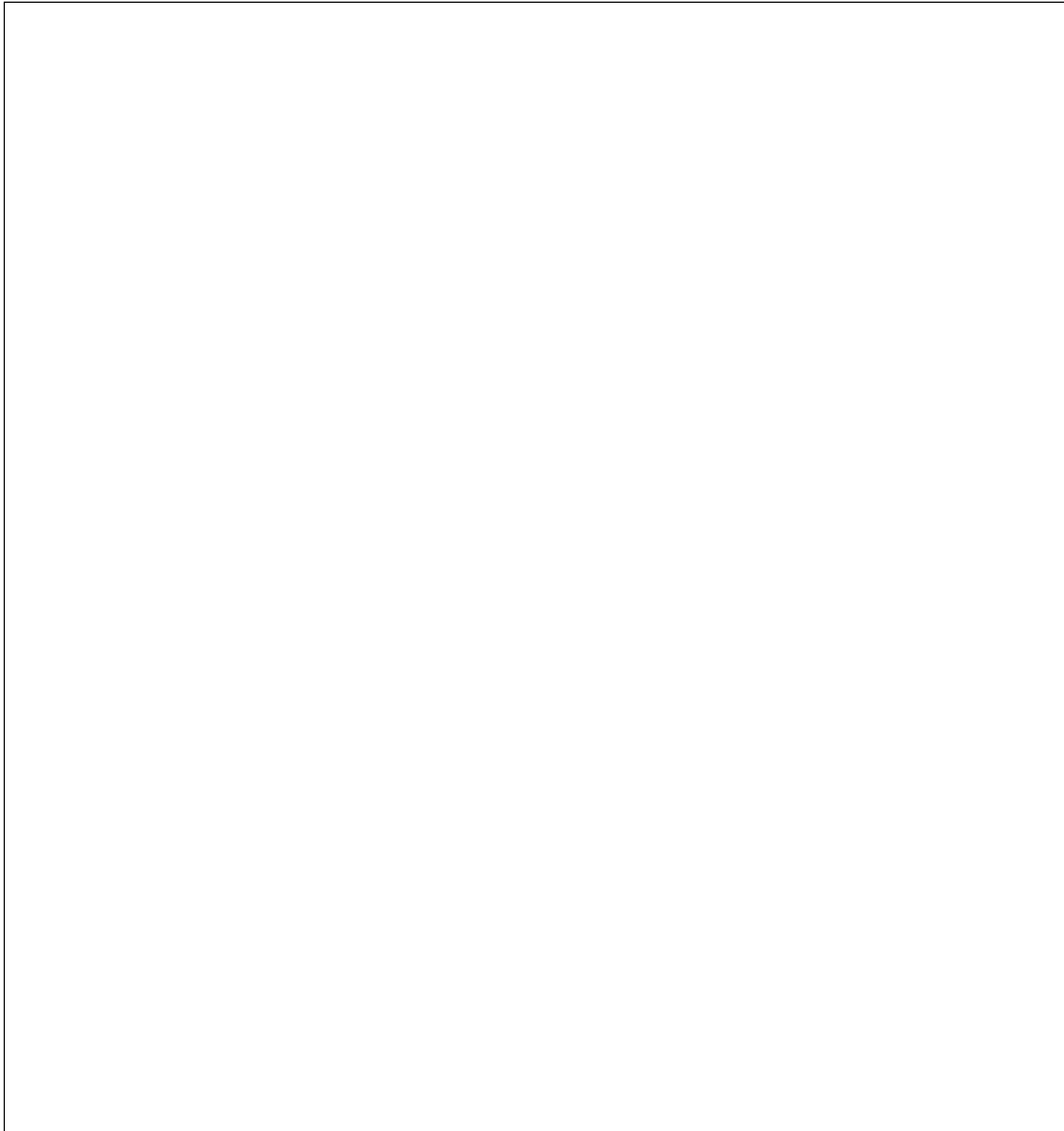
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**FEEDBACK ANALYSIS:**

SEMINAR FEEDBACK ANALYSIS								
Sr.no	Attributes	Total Feed Back	Total Feed Back- 40					Remark
			>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Do you think seminar was useful for you?	138	Yes	No	Partial	---	---	Remark
			135	0	3	0	0	Objective Achieved (90.00%)
			90.00	0.00	10.00	0.00	0.00	
2	Did you receive all the information you expected by the seminar?	138	Yes	No	Partial	---	---	Remark
			130	0	8	0	0	Objective Achieved (93.33%)
			94.20	0.00	5.79	0.00	0.00	
3	Opinion on Rating the speaker for the seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Achieved - Outstanding & Excellent (100%)
			100	0	0	0.00	0	
4	Audience Query Response by the Speaker	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Not Achieved (100%)
			100	0	0	0	0	
5	Overall experience about the Seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			130	4	4	0	0	Objective Achieved - Outstanding & Excellent (83.99%)
			94.20	2.89	2.89	0	0	
6	Would you like to attend future Seminar conducted by the department?	138	Yes	No	---	---	---	Remark

*V. Kanase*

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St. Wilfred's Institute of Pharmacy, Panvel.

**SAMPLE CERTIFICATE:**

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**Notice:**

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Near Shedung Toll Plaza, Old Mumbai-Pune Highway, Panvel, Dist. Raigad, Maharashtra -  
410221 Tel: 02143-

239091, 8655678500/501 | Website: swippanvel.com | Email: swc.mumbai@gmail.com

Date: 20/09/2022

## NOTICE

All the students are hereby informed that one day seminar on "Health & Hygiene" is being organized by St. Wilfred Institute of Pharmacy Panvel on 24<sup>th</sup> September 2022. The Activity will be held as per the following schedule.

**Date:** 24<sup>th</sup> September 2022

**Activity Name:** One day seminar

**Venue:** Seminar Hall of St. Wilfred's institute of pharmacy

**Time:** 10:00am onwards

The students are required to be present at the venue on time. For further query you may contact to faculty co-ordinator.

**Principal**

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Panvel.**

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Near Shedung Toll Plaza, Old Mumbai Pune Highway, Shedung, Panvel-410206.

**A Report on Seminar**  
**"Health And Hygiene One Day Seminar"**

**NAME OF ACTIVITY: A Report on Seminar "Health And Hygiene One Day Seminar"**

**DATE & DURATION: 18th March 2023, 10:00am Onwards**

**TYPE OF ACTIVITY: Seminar**

**ORGANIZER(S): Department of St. Wilfred's Institute of Pharmacy, Panvel.**

**SPEAKER: Ms. Nisha Mane**

**FLYER/POSTER:**

**ST. WILFRED'S INSTITUTE OF PHARMACY**  
AFFILIATED TO MUMBAI UNIVERSITY  
YEAR- 2022-2023

**HEALTH & HYGIENE SEMINAR**

**SPEAKER**  
**MS. NISHA MANE**  
Learn the do's and don'ts of personal hygiene. Our seminar provides a detailed look at common mistakes and how to avoid them for better health outcomes.

**DATE : 18th March 2023**

**www.swippanvel.com**  
VENUE: SEMINAR HALL, ST. WILFRED INSTITUTE OF PHARMACY

PRINCIPAL - DR. DEENANATH LAHDE

## ABSTRACT OF THE SEMINAR:

Department of St. Wilfred's Institute of Pharmacy, Panvel. an organized an One day seminar on topic Health and Hygiene by Ms. Nisha Mane Khamkar M. Sc. (Nursing) from The Oxford College of Nursing, Bangalore (Registration No.: 4348 in 2012) held on 18th March 2023, 10:00am onwards for all year of batches D. Pharm & B. Pharm students. It was delivered by Ms. Nisha Mane Khamkar.

Dr. Deenanath Jhade, Principal, St. Wilfred's Institute of Pharmacy, Panvel. welcomed the students attending the seminar. The primary objective of this seminar is to emphasize the importance of health and hygiene, encompassing Proper Handwashing Techniques, Nutrition, and Healthy Eating Habits, and Maintaining a Clean Living Environment.

1. Health and hygiene are integral to overall well-being, spanning physical, mental, and social aspects. This seminar seeks to educate participants on key practices essential for maintaining optimal health, including proper handwashing techniques, nutrition, and promoting clean living environments.

2. Hand hygiene serves as a fundamental aspect of infection prevention and control. During this seminar segment, the focus will be on elucidating the significance of handwashing and demonstrating correct techniques for effective germ removal. Participants will be acquainted with the WHO-recommended steps for handwashing, underlining pivotal moments such as before food handling, restroom use, and post-coughing or sneezing. Practical demonstrations and interactive sessions will reinforce the importance of this basic yet powerful preventive measure.

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4. A clean living environment is crucial for preventing the transmission of infectious diseases and promoting overall well-being. This seminar segment will underscore the significance of cleanliness in various settings, including homes, workplaces, and public spaces. Participants will learn practical

**St. Wilfred's Institute of Pharmacy, Panvel.**

strategies for maintaining cleanliness, encompassing regular cleaning and disinfection of surfaces, appropriate waste disposal, and ventilation. The seminar will address common hygiene hazards and provide guidance on creating hygienic environments conducive to health and safety, including topics such as indoor air quality, water sanitation, and pest control.

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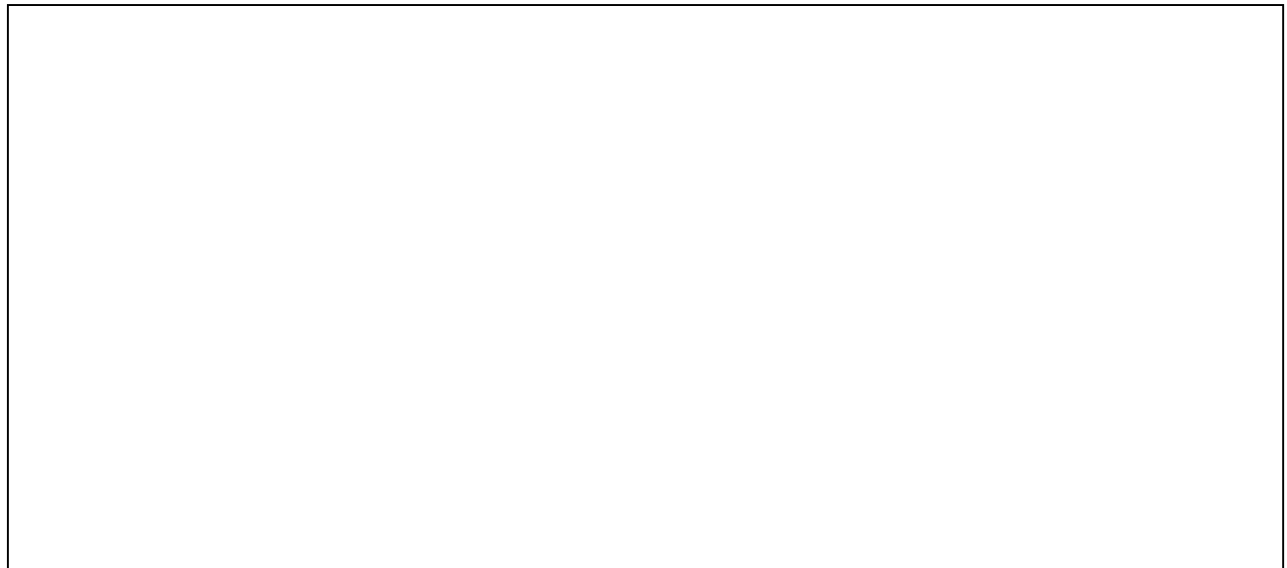
In conclusion, let us recognize that health and hygiene are collective responsibilities that impact the well-being of entire communities. By mastering proper handwashing techniques, adopting nutritious eating habits, and upholding clean living environments, we not only safeguard our own health but also contribute to the well-being of society as a whole. Let us apply the knowledge gained from this seminar to cultivate habits that foster a healthier, happier future for ourselves and those around us. Together, let's embrace the power of prevention and hygiene as cornerstones of a vibrant and resilient society.



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SHEDUNG, PANVEL- 410 206.



**GLIMPSES:**



*V. Kanase*

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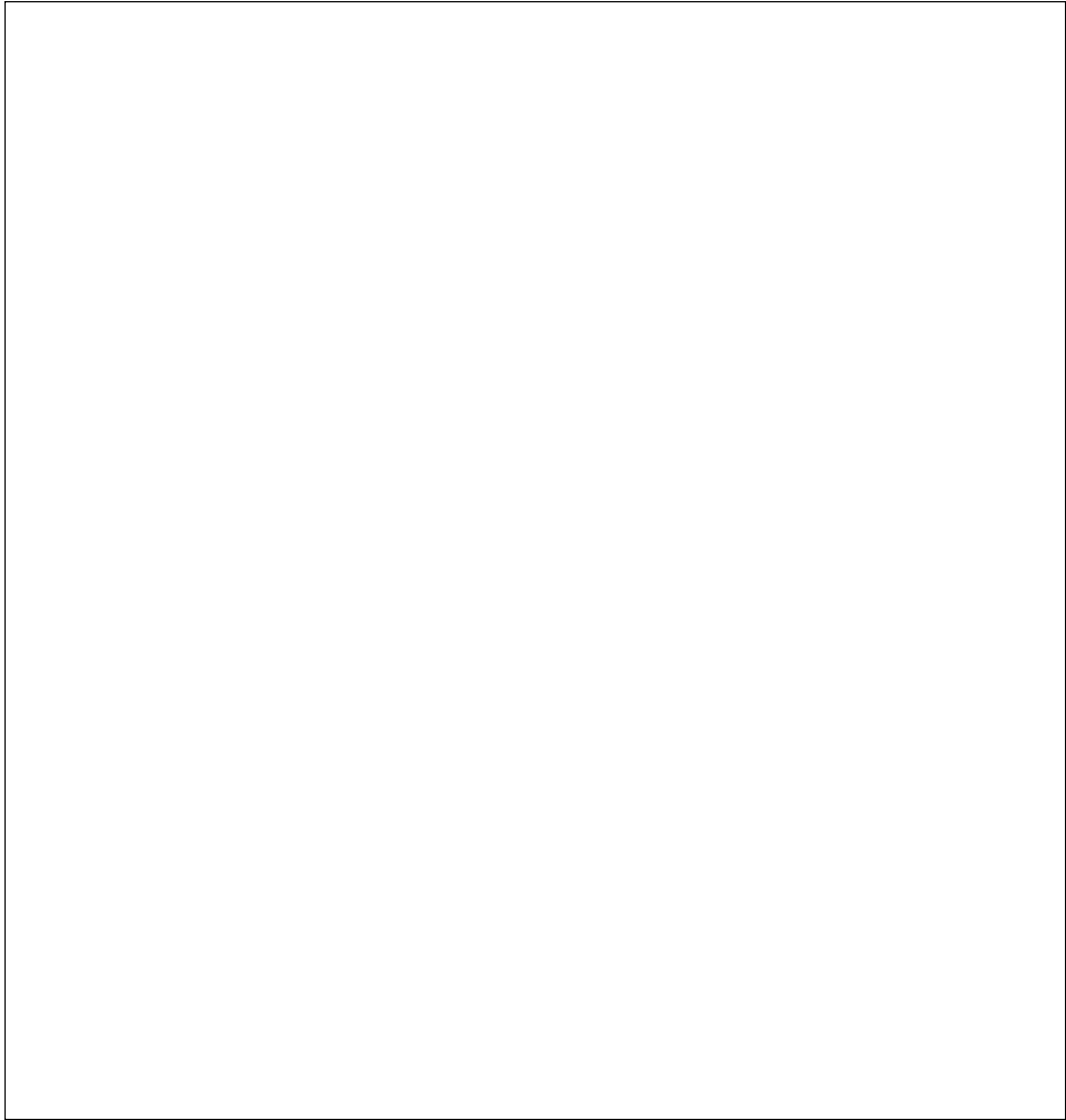
**ATTENDANCE SHEET:**

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**PRINCIPAL**

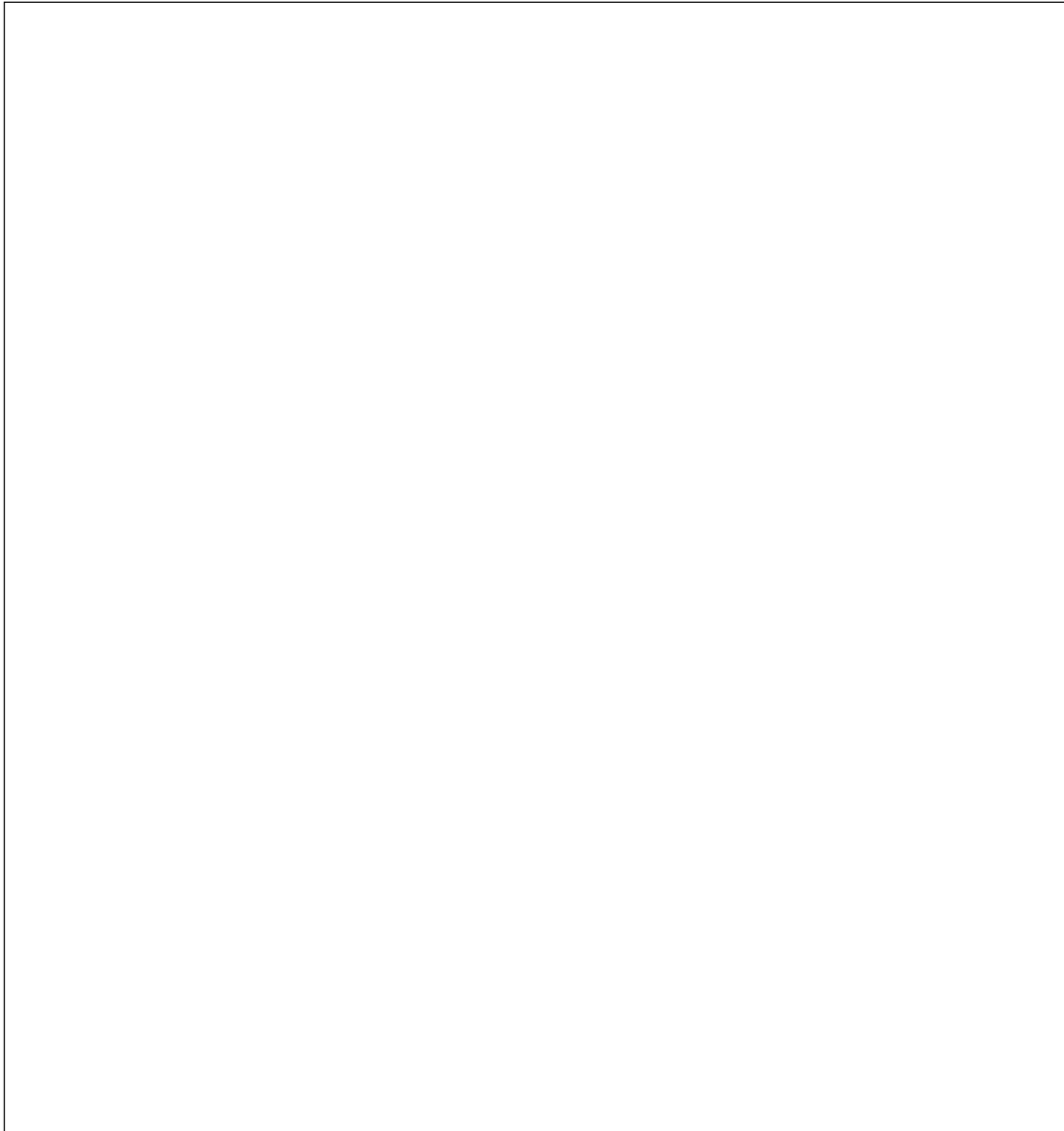
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**FEEDBACK ANALYSIS:**

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Sr.no	Attributes	Total Feed Back	Total Feed Back- 40					Remark
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			100	0	0	0.00	0	
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*V. Kanase*

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St. Wilfred's Institute of Pharmacy, Panvel.

**SAMPLE CERTIFICATE:**

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**PRINCIPAL**

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**Notice:**

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*V. Kanase*

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# ST. WILFRED'S INSTITUTE OF PHARMACY

Affiliated to the Mumbai University & Approved by AICTE New Delhi, DTE Maharashtra (DTE)

Near Shedung Toll Plaza, Old Mumbai-Pune Highway, Panvel, Dist. Raigad, Maharashtra -  
410221 Tel: 02143-

239091, 8655678500/501 | Website: swippanvel.com | Email: swc.mumbai@gmail.com

Date: 16/03/2023

## NOTICE

All the students are hereby informed that one day seminar on "Health & Hygiene" is being organized by St. Wilfred Institute of Pharmacy Panvel on 18<sup>th</sup> March 2023. The Activity will be held as per the following schedule.

**Date:** 18<sup>th</sup> March 2023

**Activity Name:** One day seminar

**Venue:** Seminar Hall of St. Wilfred's institute of pharmacy

**Time:** 10:00am onwards

The students are required to be present at the venue on time. For further query you may contact to faculty co-ordinator.

**Principal**

**PRINCIPAL**  
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Near Shedung Toll Plaza, Old Mumbai Pune Highway, Shedung, Panvel-410206.

### AReporton Seminar "Health And Hygiene One Day Seminar"

**NAME OF ACTIVITY:** AReporton Seminar "Health And Hygiene One Day Seminar"

**DATE & DURATION:** 18th August 2023, 10:00am Onwards

**TYPE OF ACTIVITY:** Seminar

**ORGANIZER(S):** Department of St. Wilfred's Institute of Pharmacy, Panvel.

**SPEAKER:** Ms. Nisha Mane

**FLYER/POSTER:**

ST. WILFRED'S INSTITUTE OF PHARMACY  
AFFILIATED TO MUMBAI UNIVERSITY  
YEAR- 2023-2024

## HEALTH & HYGIENE SEMINAR

**SPEAKER**  
**MS. NISHA MANE**

The Health & Hygiene Seminar is your guide to a cleaner, healthier life. From daily routines to public health measures, we cover everything you need to know to stay safe and healthy.

**Health is wealth**

**DATE : 18th Aug 2023**

[www.swippanvel.com](http://www.swippanvel.com)  
VENUE: SEMINAR HALL, ST. WILFRED INSTITUTE OF PHARMACY

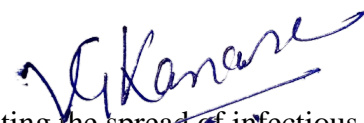
PRINCIPAL - DR. BEENAM JHADE

## ABSTRACT OF THE SEMINAR:

Department of St. Wilfred's Institute of Pharmacy, Panvel. organized a One day seminar on topic Health and Hygiene by Ms. Nisha Mane Khamkar M. Sc. (Nursing) from The Oxford College of Nursing, Bangalore (Registration No.: 4348 in 2012) held on 18th August 2023, 10:00am onwards for all year of batches D. Pharm & B. Pharm students. It was delivered by Ms. Nisha Mane Khamkar.

Dr. Deenanath Jhade, Principal, St. Wilfred's Institute of Pharmacy, Panvel. welcomed the students attending the seminar. The main objective of this seminar is to get students understand the importance of health and hygiene which includes Proper Handwashing Techniques, Nutrition and Healthy Eating Habits, Maintaining a Clean Living Environment.

- Health and hygiene are vital components of overall well-being, encompassing physical, mental, and social aspects of health. This seminar aims to educate participants on essential practices for maintaining optimal health through proper handwashing techniques, nutrition, and fostering clean living environments.
- Hand hygiene is the cornerstone of infection prevention and control. This segment of the seminar will focus on the importance of handwashing and demonstrate proper techniques to ensure effective removal of germs. Participants will learn the WHO-recommended steps for handwashing, including wetting hands, applying soap, lathering thoroughly, scrubbing for at least 20 seconds, rinsing, and drying with a clean towel or air dryer. Emphasis will be placed on key times for handwashing, such as before preparing or consuming food, after using the restroom, and after coughing or sneezing. Practical demonstrations and interactive sessions will reinforce the significance of this simple yet powerful preventive measure.
- Good nutrition is essential for maintaining optimal health and preventing chronic diseases. This segment will delve into the fundamentals of nutrition and healthy eating habits. Participants will learn about the importance of balanced diets comprising a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats. The seminar will address common misconceptions about dieting and emphasize the importance of portion control and mindful eating. Practical tips for meal planning, grocery shopping, and cooking nutritious meals will be shared to empower participants to make informed dietary choices. Additionally, strategies for managing special dietary needs and promoting healthy eating habits among children and families will be discussed.
- A clean living environment plays a crucial role in preventing the spread of infectious diseases



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**St. Wilfred's Institute of Pharmacy, Panvel.**

and promoting overall well-being. This segment will highlight the significance of cleanliness in homes, workplaces, and public spaces. Participants will learn practical strategies for maintaining cleanliness, including regular cleaning and disinfection of surfaces, proper waste disposal, and ventilation. The seminar will address common hygiene hazards and provide guidance on creating hygienic environments conducive to health and safety. Topics such as indoor air quality, water sanitation, and pest control will be explored to underscore the holistic approach to maintaining a clean living environment.

By focusing on proper handwashing techniques, nutrition, and maintaining clean living environments, this seminar aims to empower participants with the knowledge and skills necessary to promote health and hygiene in their communities. Through education and practical guidance, individuals can take proactive steps towards improving their quality of life and preventing illness and disease.

In closing, let us remember that health and hygiene are not merely individual responsibilities but collective endeavors that impact the well-being of entire communities. By mastering proper handwashing techniques, adopting nutritious eating habits, and upholding clean living environments, we not only safeguard our own health but also contribute to the greater good. Let us carry forward the knowledge gained from this seminar and strive to cultivate habits that promote a healthier, happier future for ourselves and those around us. Together, let's embrace the power of prevention and hygiene as cornerstones of a vibrant and resilient society.



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**GLIMPSES:**



*V. Kanase*

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**ATTENDANCE SHEET:**


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 Near Shedung Toll Plaza, Old Mumbai Pune Highway, Shedung, Panvel-410206

**ATTENDANCE SHEET**  
**ACADEMIC YEAR 2018 - 2019**

SR. NO.	CANDIDATE NAME	SIGNATURE
1.	PARAS PRAVIN SURESH	<i>[Signature]</i>
2.	AKSHAY AMY VASANT	<i>[Signature]</i>
3.	JASHAY SUVARNA HARSHV	<i>[Signature]</i>
4.	WASEK ADHUNAKA PRADIP	<i>[Signature]</i>
5.	ADAL AMISHA RAJESH	<i>[Signature]</i>
6.	KHARAT KIRIT SUJAYKAR	<i>[Signature]</i>
7.	BORSE SUYASH SANJAY	<i>[Signature]</i>
8.	WARDDE RIYA RAJESH	<i>[Signature]</i>
9.	SANGAVANE JHARVARI CHANDRASHEKHAR	<i>[Signature]</i>
10.	PAULAN DEEPA	<i>[Signature]</i>
11.	JHARKAR OMNAR ANANDAN	<i>[Signature]</i>
12.	HARSHU SURVA VIKRANT	<i>[Signature]</i>
13.	VINITA ASHOK VISHWANARE	<i>[Signature]</i>
14.	ASHUTT MADHURAR SALGAR	<i>[Signature]</i>
15.	HATTA SARADHE	<i>[Signature]</i>
16.	SINGH ABUNENDRA RANJAN	<i>[Signature]</i>
17.	SHARAD ANKITA DATTATREY	<i>[Signature]</i>
18.	CHIDDHART PATAL PRASHRAN	<i>[Signature]</i>
19.	JAMBHULE SHANISHA LAXMAN	<i>[Signature]</i>
20.	SADHU SURAJ AGASTRAO	<i>[Signature]</i>
21.	SALAL NISHI JAYA	<i>[Signature]</i>



**PRINCIPAL**  
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*[Signature]*  
**PRINCIPAL**  
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22.	PASALKAR AISHWARYA SANJAY	<i>As</i>
23.	PAYMODE PRATIK VITTHAL	<i>Pratik</i>
24.	KUMBHAR ANUJA SANJAY	<i>Anuja</i>
25.	PATIL MANSI MANISH	<i>Mansi</i>
26.	PANHALKAR GAURI KASHINATH	<i>Gauri</i>
27.	BHARAL PRABHAT PRITAM	<i>Prabhat</i>
28.	SEN SUMAN HEMANT	<i>Suman</i>
29.	CHODHARY ASHOK FAULAL	<i>Ashok</i>
30.	AGARWAL MANSI VINOD	<i>Mansi</i>
31.	RANE SHWETA SAHADEV	<i>Shweta</i>
32.	TIWARI HARSH UMESH	<i>Harsh</i>
33.	DESHMUKH SAURABH KRUSHNA	<i>Saurabh</i>
34.	GHADGE ASHITOSH PRAMOD	<i>Ashitosh</i>
35.	WADKAR PRACHI NARAYAN	<i>Prachi</i>
36.	VIKRESH SETTU	<i>Vikresh</i>
37.	DESHMUKH USHA JALINDAR	<i>Usha</i>
38.	ABHANG KIRAN KAILAS	<i>Kiran</i>
39.	DHANAWADE RUTHIK VIJAY	<i>Ruthik</i>
40.	KHAIRE NUPUR RAVINDRA	<i>Nupur</i>
41.	SWAR ROSHNI PUSHPAK	<i>Roshni</i>
42.	KATE PRATHAMESH ABASAHEB	<i>Kate</i>
43.	CHAKKAR PRANJAL VASANT	<i>Pranjali</i>
44.	SALUNKE SNEHAL BABAN	<i>Snehal</i>
45.	SAKSHI DILIP WAIKAR	<i>Sakshi</i>
46.	BHAGAT HITESH NITIN	<i>Hitesh</i>

  
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*V. Kanase*

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22.	PASALKAR AISHWARYA SANJAY	<i>As</i>
23.	PAYMODE PRATIK VITTHAL	<i>Pratik</i>


  
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47.	GAMBRE PRATHAMESH NITIN	<i>[Signature]</i>
48.	KADAM RUTUJA SUHAS	<i>[Signature]</i>
49.	DHAMAL MANASI JAGDISH	<i>[Signature]</i>
50.	MUJAWAR KAMRAN MANSUR	<i>[Signature]</i>
51.	TIWARI UDITANSHU VEDANAND	<i>[Signature]</i>
52.	ANSARI NOOR SABA ABUBAKAR	<i>[Signature]</i>
53.	BHAGAT BHAVIKA ASHOK	<i>[Signature]</i>
54.	PARINGE SNEHAL DILIP	<i>[Signature]</i>
55.	PANDEY ABHAS ABHAY	<i>[Signature]</i>
56.	PATIL CHITRANG RAMESH	<i>[Signature]</i>
57.	THALE DARSHAN SUNIL	<i>[Signature]</i>
58.	JADHAV PRAJAKTA PANDURANG	<i>[Signature]</i>
59.	MOTE SANKET POPAT	<i>[Signature]</i>
60.	KHULE TANMAY GURUNATH	<i>[Signature]</i>
61.	BHANDARE FIZA MOINUDDIN	<i>[Signature]</i>
62.	AKSHAY NILESH VICHARE	<i>[Signature]</i>
63.	RANANAVARE PRATIK PRADIP	<i>[Signature]</i>
64.	PATIL KAUSHAL PARSHURAM	<i>[Signature]</i>
65.	MHATRE DHANASHREE DHARAM	<i>[Signature]</i>
66.	SUKRE GAURAV MACHINDRA	<i>[Signature]</i>
67.	PATIL SIDDHESH MADHUKAR	<i>[Signature]</i>
68.	GHATGE ANKIT BHIMRAO	<i>[Signature]</i>
69.	RAKSHE OMKAR MANOJ	<i>[Signature]</i>
70.	PATIL HARSHAD VISHWANATH	<i>[Signature]</i>
71.	MUNGJI PRANAY BALIRAM	<i>[Signature]</i>

*[Signature]*  
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*[Signature]*

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**FEEDBACK ANALYSIS:**

SEMINAR FEEDBACK ANALYSIS								
Sr.no	Attributes	Total Feed Back	Total Feed Back- 40					Remark
			>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Do you think seminar was useful for you?	138	Yes	No	Partial	---	---	Remark
			135	0	3	0	0	Objective Achieved (90.00%)
			90.00	0.00	10.00	0.00	0.00	
2	Did you receive all the information you expected by the seminar?	138	Yes	No	Partial	---	---	Remark
			130	0	8	0	0	Objective Achieved (93.33%)
			94.20	0.00	5.79	0.00	0.00	
3	Opinion on Rating the speaker for the seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Achieved - Outstanding & Excellent (100%)
			100	0	0	0.00	0	
4	Audience Query Response by the Speaker	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			138	0	0	0	0	Objective Not Achieved (100%)
			100	0	0	0	0	
5	Overall experience about the Seminar	138	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			130	4	4	0	0	Objective Achieved - Outstanding & Excellent (83.99%)
			94.20	2.89	2.89	0	0	
6	Would you like to attend future Seminar conducted by the department?	138	Yes	No	---	---	---	Remark

**SAMPLE CERTIFICATE:**

*V. Kanase*

**PRINCIPAL**

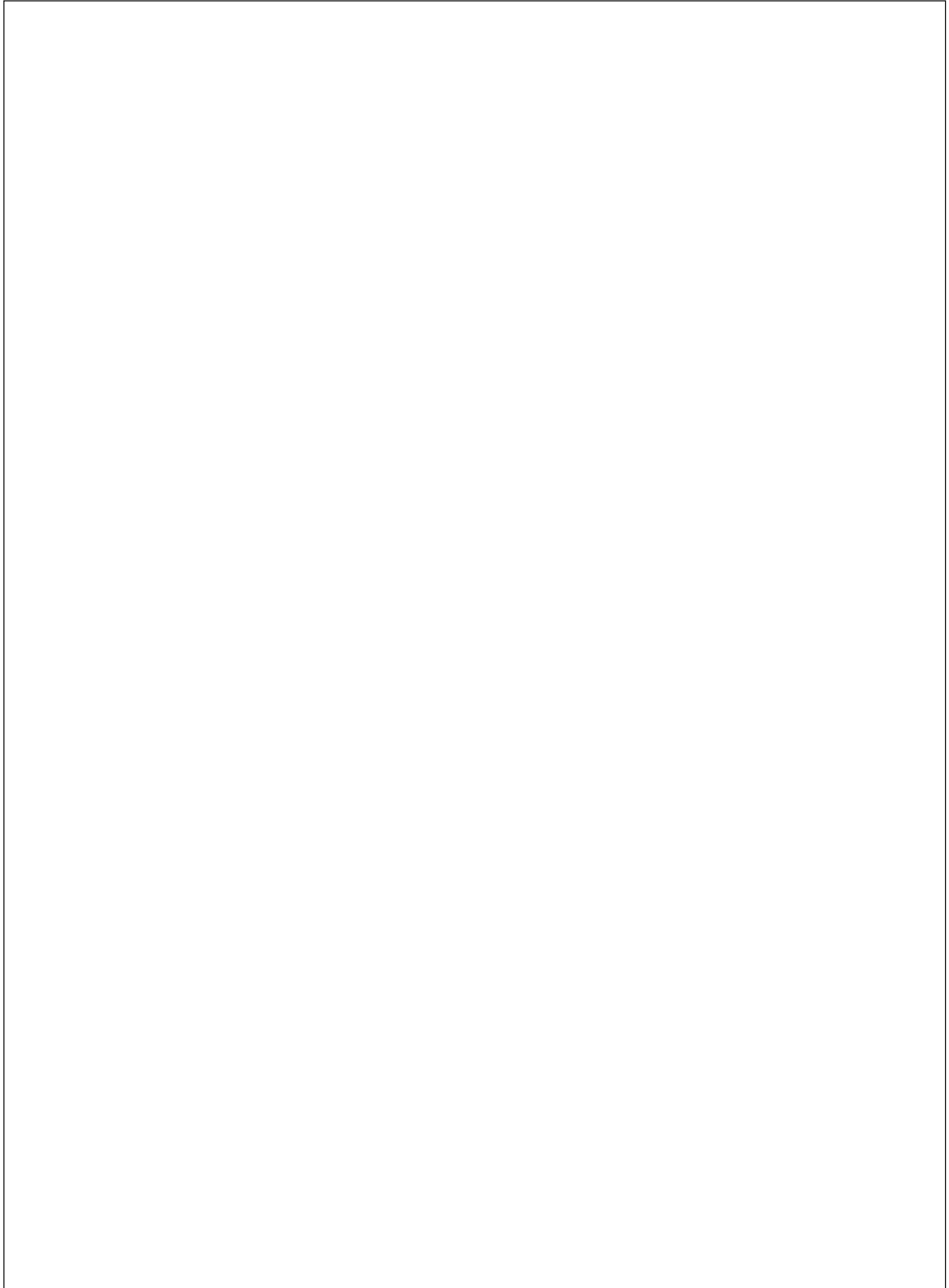
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**Notice:**



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*V. Kanase*

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# ST. WILFRED'S INSTITUTE OF PHARMACY

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410221 Tel: 02143-

239091, 8655678500/501 | Website: swippanvel.com | Email: swc.mumbai@gmail.com

Date: 16/08/2023

## NOTICE

All the students are hereby informed that one day seminar on "Health & Hygiene" is being organized by St. Wilfred Institute of Pharmacy Panvel on 18<sup>th</sup> August 2023. The Activity will be held as per the following schedule.

**Date:** 18<sup>th</sup> August 2023

**Activity Name:** One day seminar

**Venue:** Seminar Hall of St. Wilfred's institute of pharmacy

**Time:** 10:00am onwards

The students are required to be present at the venue on time. For further query you may contact to faculty co-ordinator.

**Principal**

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