



St. Paul College

Behind VTC Ground, Ashelepada,
Near Ganpati Mandir, Ulhasnagar – 421004
(Affiliated to University of Mumbai)
NAAC Accredited

NOTICE

Date: 04-03-2023

Subject: Seminar on Skin Care - an essential on Wednesday 08th March, 2023

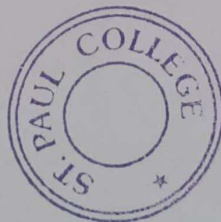
All the students are hereby informed that there will be a “**Seminar on Skin Care – an essential on Wednesday 08th March, 2023**”. The details are as below :

Date: 08th March, 2023

Time: 11:30 AM

Venue: G3

Dr. Amelia Antony
IQAC Coordinator & Vice Principal



Dr. Antony Lawrence
Principal

PRINCIPAL
St. Paul College
(Affiliated to University of Mumbai)
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Post Ulhasnagar - 421 004.

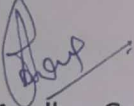
Date: 02nd March, 2023.

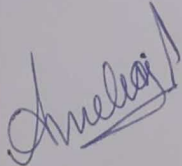
Subject: Proposal for organizing Seminar on Skin Care – an essential.

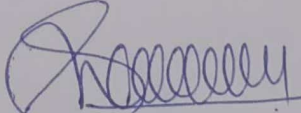
IQAC in association with the Women's Development Cell proposes to hold a "Seminar on Skin Care – an essential" in our college on 08th March, 2023. In today's fast-paced lifestyle, maintaining good skin health is not only a matter of aesthetics but also essential for overall well-being.

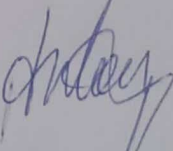
The primary objective of the seminar is to create awareness about the importance of skin care and educate our students on practical tips and routines to maintain healthy skin.

We request you to kindly give approval to conduct this Seminar.


Prof. Aradhna Goyal
Convener


Dr. Amelia Antony
IQAC Coordinator & Vice Principal


Dr. Sharayu Gupte
Vice Principal


Dr. Antony Lawrence
Principal



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Report on Skin Care – an essential

Date: 08/03/2023

Introduction:

The seminar on "Skin Care: An Essential Guide" aimed to provide valuable insights into the importance of proper skincare practices for maintaining healthy and radiant skin. The event covered various aspects, including the significance of skincare routines, common skin issues, and effective solutions.

Key Topics Discussed:

Understanding Skin Types:

The seminar began by highlighting the diversity of skin types and the importance of recognizing individual skin needs.

Participants learned about the various skin types – oily, dry, combination, and sensitive – and how to tailor skincare routines accordingly.

Basic Skincare Routine:

Emphasis was placed on establishing a basic daily skincare routine involving cleansing, toning, moisturizing, and sun protection.

Experts shared tips on choosing suitable products based on skin type and the importance of consistency in maintaining healthy skin.

Nutrition and Skincare:

The seminar explored the connection between nutrition and skin health, emphasizing the role of a balanced diet in promoting a radiant complexion. Attendees received guidance on incorporating skin-friendly foods for overall well-being.

Latest Innovations in Skincare:

Presentations covered recent advancements in skincare technology and products.



Attendees were introduced to innovative ingredients and techniques designed to address specific skincare concerns.

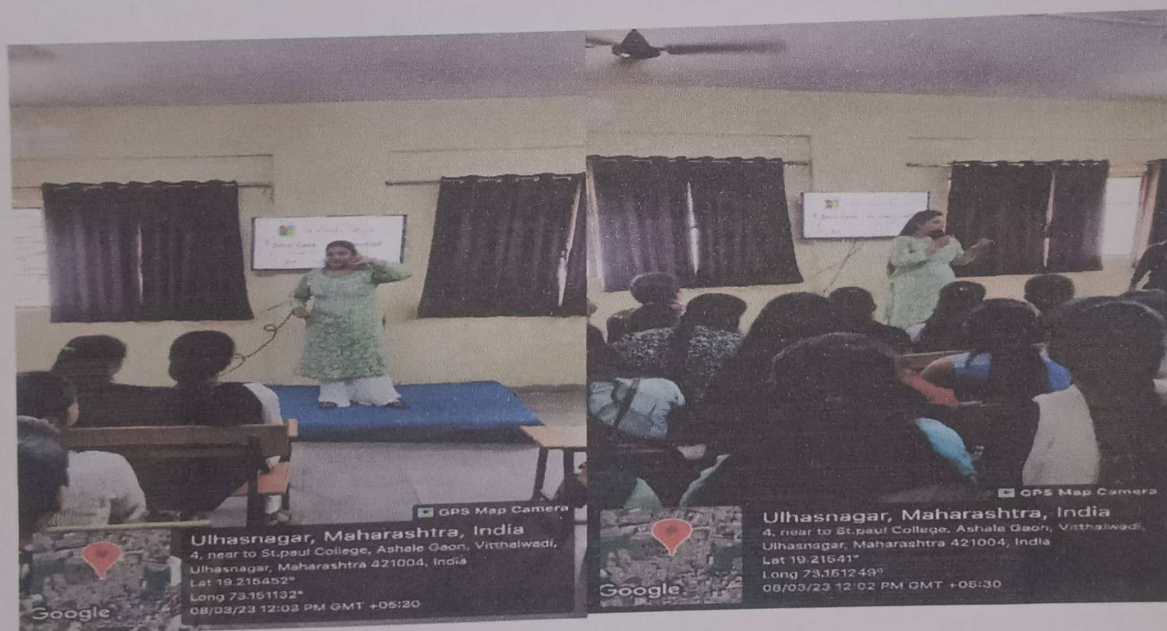
Holistic Approach to Skincare:

Experts highlighted the importance of a holistic approach, incorporating lifestyle factors such as stress management, adequate sleep, and hydration for optimal skin health.

The holistic perspective emphasized the interconnectedness of overall well-being and skin condition.

Conclusion:

The seminar on "Skin Care: An Essential Guide" provided a comprehensive overview of skincare practices, addressing both fundamental routines and advanced strategies. Participants left with a deeper understanding of their skin's needs and armed with practical knowledge to enhance their skincare regimens. The event successfully promoted the idea that skincare is not just a cosmetic concern but an essential aspect of overall health and wellness.



Dr. Amelia Antony
IQAC Coordinator & Vice Principal



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Date:- 08th March, 2023



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Is Organising

Skin Care - an essential

By Mrs. Riddhi Kukreja

Attendance Sheet

Sr.No	Roll No	Name	Class	Sign
10	25	Jadhav Nitishg shekar	FyBMS	
2.	01	Girgaot Abhishek	SYBB1	
3.	14	Khalani Parnika	SYBAF	
4.	08	Rajguru Tejaswani	SYBAF	
5.	09	Ayare Paras Narendra	FyBMS	
6.	30	Jatin Sonawane	FY.M.COM	
7.	15	Khalani Pranita	SYBAF	
8.	11	Tak + Parsh	SYBAF	
9.	15	Rohan zunjastorao	FYBSC(T)	
10	5	Ahire pratiksha	FYBMS	
11	14	Joshua vallabhakar	FY:BSC(T)	
12	32	VIJAY VAIK	FY.M.COM	
13	26	Prachi Payagude	FY.M.COM	
14	7	Prem Ahat	FyBMS	
15	12	Zende Gobul	SYBAF	
16	11	JANESH JOSHI	FY.M.COM	
17	10	Dinesh Masane	FY BSC(T)	
18	16	Sujal choudhary	FyBMS	



19	40	Harsh Ashok kukreja	FyBMS	Harsh
20	77	Randey Anilul Sunil	SYBcom	Aniket
21	89	Sonawade Karan	SYBAF	Karan
22	67	Zubana Amit	SYBcom	Jamit
23	37	Rehna kedar	FyBMS	Rehna
24	75	Pooja Amarnath	SYBcom	Pooja
25	03	Gopali Ombevi	SYBAF	Ombevi
26	17	Mohit Jashi	FYBAF	Mohit
27	26	Rashani Jadhav	FyBMS	Rashani
28	83	Pawar Anjun	SYBcom	Anjun
29	11	CHULE VAIBHAV	FYBAF	Chule
30	6	Yash kiran Ahat	FyBMS	Yash
31	05	Jaiswar Archana	SYBAF	Archana
32	4	BHASK SURAJ	SYBAF	Suraj
33	33	Omkar Ankush Kamble	FyBMS	Omkar
34	90	Rane Divya	SYBAF	Divya
35	96	Sanap Sahil	SYBcom	Sahil
36	9	Lawade Rohit	FYBAS	Rohit
37	1	Priyanka ANGRAK	Fy.M.COM	Priyanka
38	7	Pratiksha Ahire	FYBMS	Pratiksha
39	13	KEDAR SAHIL	Fy.M.COM	KP
40	12	Balu Kale	Fy.M.COM	Balu
41	18	Muskan Kond	Fy.M.COM	Muskan
42	24	Premnath Gupta	FyBMS	Premnath
43	8	Rohit Diwakar	Fy.M.COM	Rohit
44	21	Aniket Mandale	Fy.M.COM	Aniket
45	21	Rohit Gaikwad	FyBMS	Rohit
46	85	Jagan Premkumar	SYBcom	Premkumar
47	66	Kori Shashibala	SYBcom	Shashibala
48	26	Pawar Sakshi	FYBAF	Sakshi
49	28	Sanali Saphale	Fy.BAF	Sanali
50	08	Aleha Sardar	Fy.Bms	Aleha
51	95	Salvi Pratik	SYBcom	Pratik
52	19	Apisudh Kade	FYBAF	Apisudh
53	09	Chavan Atul	Fy.BMS	Atul
54				

