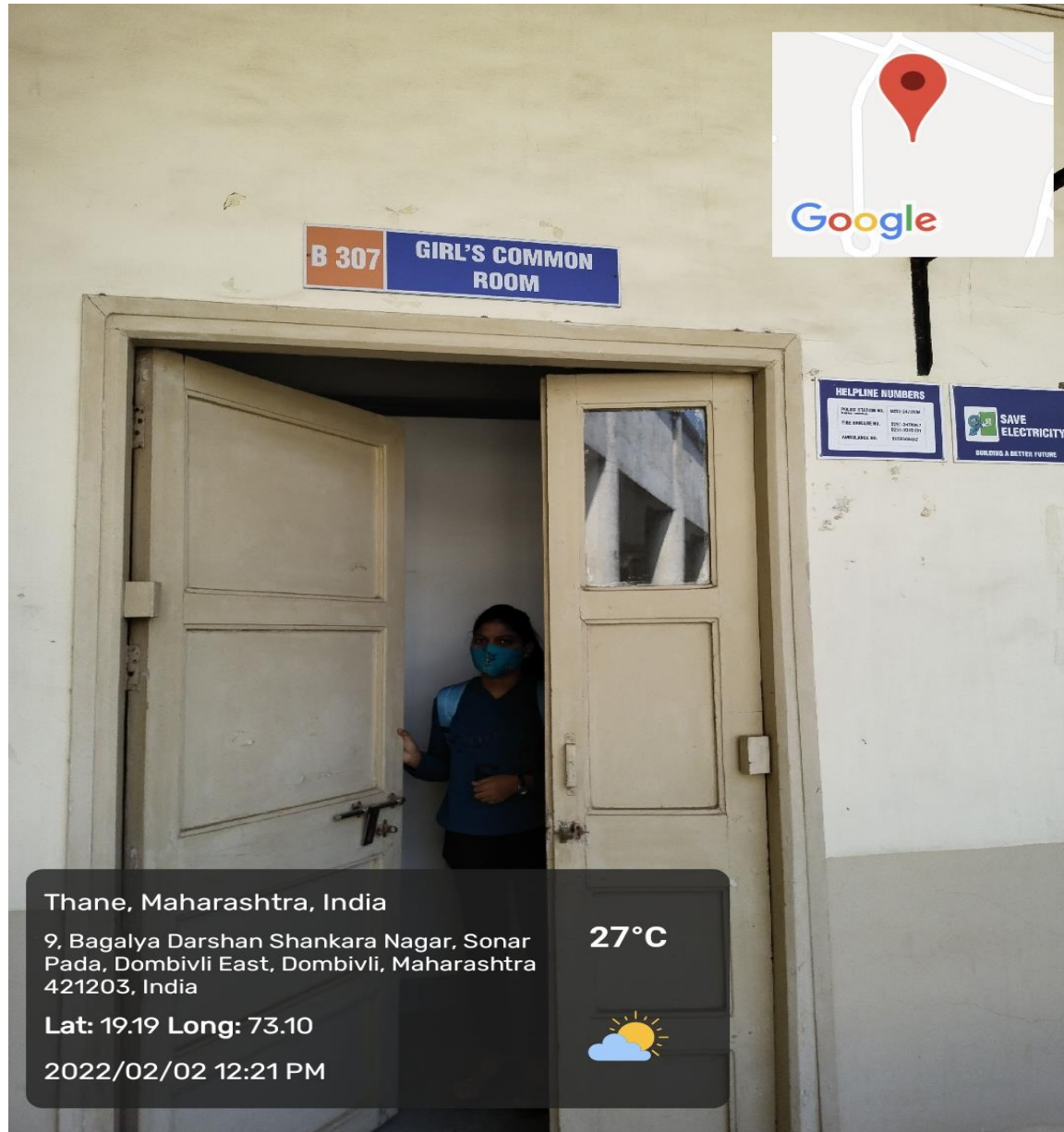




Samarth Samaj's
Shivajirao S Jondhale College of Engineering, Dombivli (E)
(Affiliated to University of Mumbai, Approved by AICTE)

Girl's Common Room:





Samarth Samaj's
Shivajirao S Jondhale College of Engineering, Dombivli (E)
(Affiliated to University of Mumbai, Approved by AICTE)

Boy's Common Room



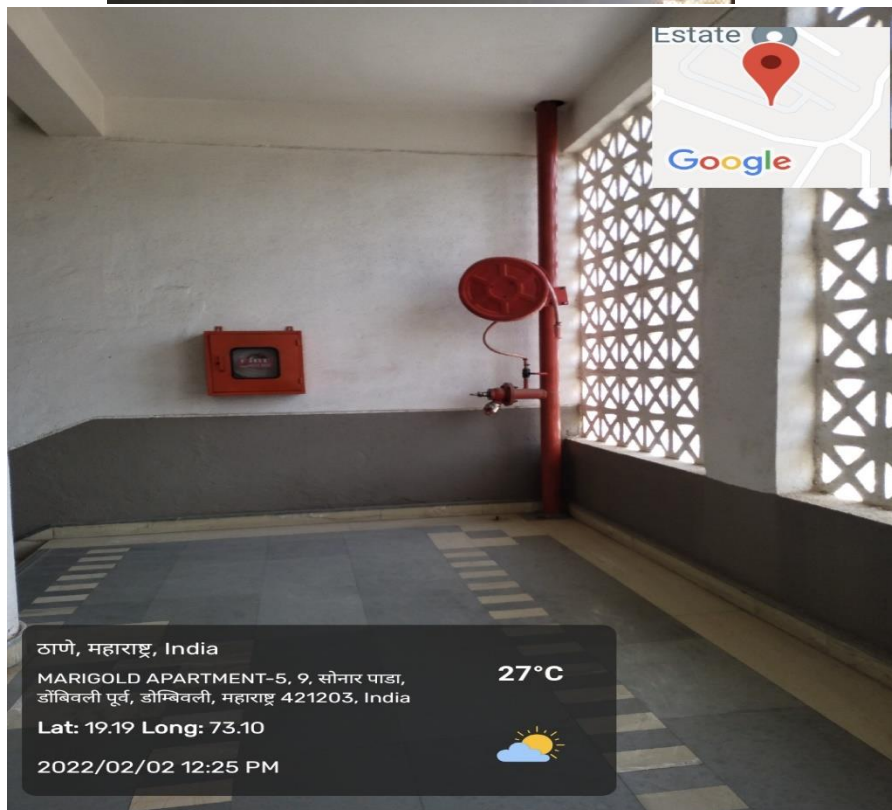
Bus Facility





Samarth Samaj's
Shivajirao S Jondhale College of Engineering, Dombivli (E)
(Affiliated to University of Mumbai, Approved by AICTE)

Fire Fighting System:





Samarth Samaj's
SHIVAJIRAO S. JONDHARE COLLEGE OF ENGINEERING
DOMBIVLI(E)

Department of Artificial Intelligence & Machine Learning

Title: "Tips for Maintaining Healthy and Beautiful Skin and Hair" Organized by AIML Department and Women's Development Cell of SSJCOE.

Event Details

Venue: E Building Seminar Hall, SSJCOE

Time: 3:00 PM onwards

Speakers

The seminar featured two esteemed speakers, renowned for their expertise in Ayurvedic cosmetology and dermatology:

Dr. Akshata Tare, BAMS, MD (Ayurveda), PGDCC Ayurvedic Cosmetologist and Dermatologist

Dr. Kaustubh Tambe, MD (AM), PGDPC, PGDCC Ayurvedic Trichologist, Yoga & Naturopathy Consultant

Introduction

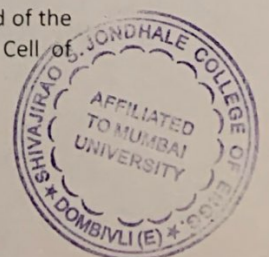
In celebration of International Women's Day on March 9, 2024, the Artificial Intelligence and Machine Learning (AIML) department, in collaboration with the Women's Development Cell of SSJCOE, organized an insightful seminar on "Tips for Maintaining Healthy and Beautiful Skin and Hair." This event aimed to empower women with knowledge and practical tips on skincare and haircare, emphasizing the importance of self-care, holistic health, and boosting confidence through innovative ideas.



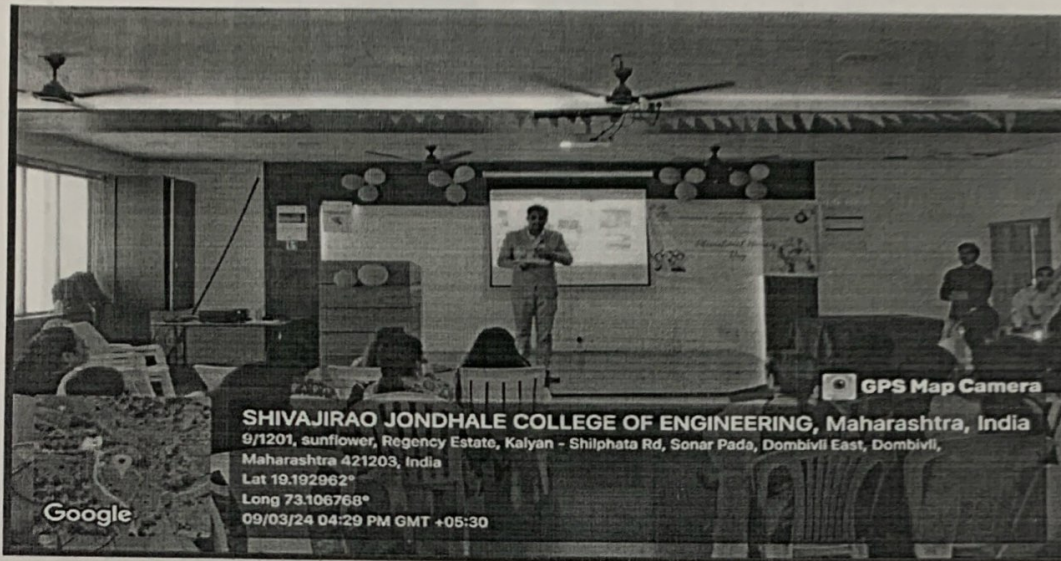
Seminar Overview

Opening Remarks

The event commenced with a warm welcome from the Principal of SSJCOE Dr. P.r. Rodge, Head of the AIML department Dr. Renuka Deshpande, Prof. Minakshi Narvelkar Women's Development Cell of



SSJCOE , who highlighted the significance of International Women's Day and the role of such workshops in promoting women's health and well-being. The opening remarks emphasized how taking care of one's physical appearance can enhance self-esteem and confidence, leading to greater empowerment in both personal and professional spheres.



Speaker Sessions

Dr. Akshata Tare: Holistic Approaches to Skincare

Dr. Akshata Tare began her session by discussing the fundamentals of Ayurvedic skincare. She emphasized the importance of understanding one's skin type and the use of natural ingredients. Her tips included:

- ◆ Regular cleansing, toning, and moisturizing with herbal products
- ◆ Importance of a balanced diet and hydration
- ◆ Simple home remedies for common skin issues like acne and dryness
- ◆ The role of stress management in maintaining healthy skin

Dr. Tare also shared innovative ideas for incorporating Ayurveda into daily skincare routines, such as DIY facial masks and natural exfoliants. She highlighted how these practices not only improve skin health but also boost confidence, making women feel more empowered.

Dr. Kaustubh Tambe: Comprehensive Haircare Regimen

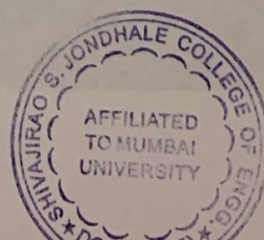
Dr. Kaustubh Tambe focused on Ayurvedic hair care practices. He shared insights on:

- Identifying hair types and conditions such as dandruff and hair fall
- Use of Ayurvedic herbs and oils for scalp nourishment and hair growth
- Benefits of yoga and meditation in reducing hair loss
- DIY hair masks and treatments to enhance hair health and shine

Dr. Tambe introduced innovative haircare techniques that are both natural and effective, encouraging women to take charge of their hair health. He emphasized that maintaining beautiful hair can significantly boost self-confidence and contribute to a sense of empowerment.

Interactive Session

Post presentations, an interactive Q&A session was held, where attendees could seek personalized advice from the experts. Questions ranged from dealing with specific skin conditions to dietary recommendations for better hair health. The interactive nature of this session fostered a sense of community and support among the participants, further enhancing their confidence.





Conclusion

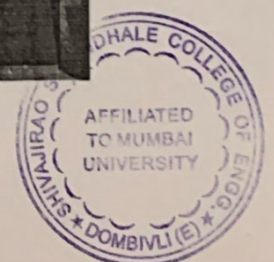
The seminar was a resounding success, with enthusiastic participation from students and faculty members. The practical and accessible tips shared by Dr. Akshata Tare and Dr. Kaustubh Tambe empowered the attendees with knowledge to better care for their skin and hair. The event underscored the importance of self-care in women's empowerment, encouraging them to prioritize their health and well-being. By incorporating innovative ideas into their daily routines, women can boost their confidence and feel more empowered.

Acknowledgments

The AIML department and the Women's Development Cell express their gratitude to the speakers for their invaluable contributions and to all the participants for their active engagement. Special thanks to the organizing team for their efforts in making this event a success.

Photographs and Feedback

Attached are photographs from the event and a summary of the feedback received from participants, highlighting the positive impact and appreciation for the seminar.



Participant Feedback:

- ✓ "The tips were very practical and easy to incorporate into my daily routine."
- ✓ "I learned so much about natural skincare and haircare. The speakers were very knowledgeable."
- ✓ "This seminar was a great way to celebrate Women's Day, focusing on health and self-care."
- ✓ The success of this event reaffirms our commitment to organizing more such workshops in the future, promoting women's health, empowerment, and confidence within our community.



Renuka
Dr. Renuka Deshpande
HOD, AIML Department