



TULI COLLEGE OF HOTEL MANAGEMENT, NAGPUR

Managed by Sneha Mahila Vikas Sanstha, Reg. No. 1862

Recognised by Govt. of Maharashtra & Approved by A.I.C.T.E., New Delhi

Affiliated to Rashtra Sant Tukdoji Maharaj Nagpur University

GENDER SENSITIZATION

TULI COLLEGE OF HOTEL MANAGEMENT NAGPUR ,had celebrated **International Women's Day** on 8th March 2023 .Dr Sushma Nitaware was the speaker who explained about the hygiene and personal grooming of women on importance of womens day was explained . .International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements ,various activities were organised such as Entrepreneurship awareness, Basic Grooming ,Self Care ,Demonstration of cake making was organised .

Personal Grooming Tips for Women were explained

- Healthy and Glowing Skin. Let's face it – we all feel confident with that naturally glowing skin.
- Apply Make-Up Reasonably. ...
- Dress Wisely. ...
- Smell Nice. ...
- Keep Your Nails Short and Clean. ...
- Get Rid Of Unwanted Hair. ...
- Maintain Your Hairstyle. ...
- Wear Clean and Comfortable Footwear.



Sushma Nitaware
DIRECTOR
Tuli College of Hotel Management
Nagpur



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Some good examples of self-care were explained to them such as

- Exercising regularly.
- Eating healthy foods.
- Fostering and maintaining healthy relationships.
- Getting good-quality sleep.

Healthy Eating and Diet Tips for Women

Women have unique nutritional needs. By eating well at every stage of life, you can control cravings, manage your weight, boost your energy, and look and feel your best.

Trying to balance the demands of family and work or school—and also cope with media pressure to look and eat a certain way—can make it difficult for any woman to maintain a healthy diet. But the right food can not only improve your mood, boost your energy, and help you maintain a healthy weight, it can also support you through the different stages in a woman's life.



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**Tuli College of Hotel Management
Nagpur**

 0712-6642310 | 0712-6642311
 0712-6644315

 Tuli Edu City, Near Koradi Octrol Naka,
Bokhara Road, Nagpur- 441123 (India)

 tulihmct@gmail.com
 www.eduattuli.com



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SPORTS WEEK

Tuli College of Hotel Management had organised Sports week from 3rd Jan. The program started with at 11:00 am. All the students and teachers were very energetic that day; enthusiasm could be easily seen in their eyes. Our chief guest was Dr. Urvashi Yashroy who inaugurated our sports program. Various sports programs were organized by the Sports Department on this day in which students participated according to their interests. All the games were organized in our playground.

After this many other sports were played which included football, kho-kho, volleyball, Tug of war, Badminton, chess, carrom etc. After all the games were over, there was a prize distribution ceremony in which all the members of the match-winning team were given prizes at the hands of our chief guest. And in the end, our chief guest also gave a motivational speech, in which she advised everyone to participate in the field of sports and also told many benefits of doing sports activities.

Both girls and boys participated in the sports. But girls were more enthusiastic in all the activities




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Garba Evening

Tuli College of Hotel Management had organised Garba Evening on 17th Oct 2023 for students. Students celebrated the festival of Navratri and worshipped Goddess Durga with full zeal. They dressed up in traditional attires and danced to the tunes of Garba songs on 17th October.

What is Garba in Navratri?

The name is derived from the Sanskrit term Garbha . Many traditional garbas are performed around a centrally lit lamp or a picture or statue of the Goddess Shakti. Traditionally, it is performed during the nine-day Indian festival Navarātrī .

Students fuelled the festive spirits through dance, prayers, colours, fashion and faith



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Human Trafficking, Cybercrime, Safety and Security



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