

MAMASAHEB MOHOL COLLEGE

Women study centre Report 2020-21

Mama Saheb Mohol College's Centre for Women's Studies organized a lecture series on 'Pre-Marriage Counselling' from February 10, 2021 to February 16, 2021. The students were introduced to expert guides like Smita Joshi, Dr. Sagar Pathak, Anjali Rasne, Vandana Deshpande etc. using social media and counselling was given to the students using the group discussion method.

The lectures guide students on various topics such as 'Need for Pre-Marriage Counselling', 'Need for Parental Counselling in Changing Times', 'Weed Management in Relationships', 'How to Preserve Sweetness in Relationships', 'Freedom Is Not Arbitrariness' etc. At the same time, Mumbai Cyber Crime Head Branch Senior PI- Kumud Kadam, a key female officer with additional responsibility of the Department of Violence against Women, gave valuable guidance to the students on the online platform on 'Use of Social Media and Cheating of Girls'.

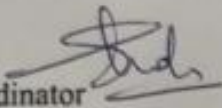
Lecture series on 'Women's Health and Diet' was organized by the Center for Women's Studies from 17th February 2021 to 27th February 2021. In this, lectures of Dr. Medha Joshi Ayurveda College Akurdi, Dr. Tanvi Kurhade, Yoga teacher Swati Taware and Dr. Umesh Atram etc. were conducted online using social media. At the same time, the students were guided using demonstrations and group discussions.

Lectures include 'Women's Health and Diet', 'Essential Juices in Diet', 'Bad Dietary Habits', 'Contraindications to Food and Its Effects on the Body', 'Dietary Carbohydrates, Proteins, Fats' Content ' This was guided by Dr. Medha Joshi ,Dr. Tanvi Kurhade gave invaluable guidance on 'Gynecological Diseases', 'Menstrual Problems', 'Cancer Problems', 'Hormonal Changes', 'Breast Cancer Home Remedies', 'Homeopathy Benefits' and 'Need for Exercise'. Yoga teacher Swati Taware gave guidance on 'Yoga should be done regularly to

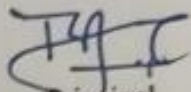
maintain women's health and' Favorable effects and benefits of sun salutation on women's health '.

Women's illnesses are related to mental health 'Mental health and care', Dr. Umesh Atram's YouTube video guided the students on various topics. At the same time, yoga teacher Swati Taware demonstrated to the students the essential yoga from the point of view of maintaining women's health and sun salutation in a scientific manner.

Dr. Balkrishna Zaware, Principal, Mamasahab Mohol College, encouraged the students to organize the entire lecture series. The lecture series was organized by Dr. Rupali Shendkar and Dr. Swati Shinde, the conveners of the Women's Studies Centre. 42 students and all teaching nonteaching staff participated in the entire program.


Coordinator

Dr. Shendkar R.P.


Principal
PRINCIPAL
Mamasahab Mohol College
Paud Road, Pune - 411038.

Pune District Education Association's
Mamasahab Mohol College, Paud Road, Pune- 38
Woman Study centre ANNUAL REPORT-2020-21
Name of the Committee/Department: Women Study Centre

Lecture series on premarital counselling

Sr. No.	Date	Name of the Activity	Description of events	Name of the resource person	Name of the co-ordinator	No of students
1.	10/02/2021	'Need for Pre-Marriage Counselling'	Objective- 1. To help them to express their feelings and attitudes 2. To provide general and specific information, education and guidance about the problems and responsibilities of marriage 3. To provide guidance the girl students about use of social media Practice- Lecture, Group Discussion and Counseling through using social media Outcomes- Create awareness	Mrs. Anjali Rasne	Dr. R.P Shendkar Dr. Shinde Swati	42
2.	11/02/2021	'Weed Management in Relationships'		Mrs. Vandana Sudhir Kulkarni	Dr. R.P Shendkar Dr. Shinde Swati	44
3.	12/2/2021	'How to Preserve Sweetness in Relationships'		Mrs. Smita Joshi	Dr. R.P Shendkar Dr. Shinde Swati	44
4.	13/2/2021	'Use of Social Media and Cheating of Girls'		Sr.PI- Kumud Kadam	Dr. R.P Shendkar Dr. Shinde Swati	55
5.	16/2/2021	'Freedom Is Not Arbitrariness'		Dr. Sagar Pathak Mrs. Smita Joshi	Dr. R.P Shendkar Dr. Shinde Swati	21

			<p>in students regarding problems and responsibilities of marriage To create awareness among the girl students about use of social media</p>			
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Lecture series on Women Health and Nutrition"



Sr. No.	Date	Name of the Activity	Description of events	Name of the resource person	Name of the co-ordinator	No of students
<u>1</u>	<u>17/02/2021</u>	Lecture on Nutrition 'Women's Health and Diet' 'Essential Juices in Diet' 'Bad Dietary Habits', Contraindications to Food and Its Effects on the Body Dietary Carbohydrates, Proteins, Fats' Content' Co-vid Ayur Sanwad	Objective- To focus on women nutrition To focus on women Health To focus on women Health and awareness about Red dot campaign To focus on women Health	Dr. Medha Joshi	<u>Dr.R.P Shendkar</u> <u>Prof. Shinde Swati</u>	<u>32</u>
<u>2.</u>	<u>18/02/2021</u>	'Gynecological Diseases', 'Menstrual Problems', 'Cancer Problems', 'Hormonal Changes', 'Breast Cancer Home Remedies', 'Homeopathy Benefits' 'Need for Exercise'.	Practice- Lecture and Demonstration Outcomes- Awareness and literacy to improve students health Education and literacy to improve students health and nutrition	Dr. Tanvi Kurhade	<u>Dr.R.P Shendkar</u> <u>Prof. Shinde Swati</u>	<u>44</u>

3.	<u>23/02/2021</u>	Women's illnesses mental health 'Mental health and care'	Awareness and literacy to improve students health and raise awareness on ways to dispose sanitary waste Awareness and literacy to improve students health	Dr. Umesh Atram's	<u>Dr.R.P Shendkar</u> <u>Prof. Shinde Swati</u>	<u>27</u>
4	<u>27/02/2021</u>	'Yoga should be done regularly to maintain women's health and' Favorable effects and benefits of sun salutation on women's health '.		Swati Taware	<u>Dr. R.P Shendkar</u> <u>Prof. Shinde Swati</u>	<u>25</u>

Lecture series on Women Health and Nutrition"



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Coordinator
Dr. Shendikar R.P.

Principal
PRINCIPAL
Mamasahab Mohol College
Daud Road, Pune - 411 003.