

Date: 27/08/2019

## NOTICE

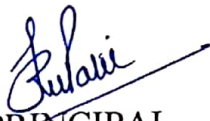
The Women Development Cell, Dr. Ambedkar College, Deekshabhoomi, Nagpur is conducting a Workshop on 'Health and Nutrition' on 29<sup>th</sup> August 2019, for Girl students of Arts, Commerce, Science and Law faculty. Dr. Shruti Badwaik and Dr. Suvarna Joshi will address the students.

**Attendance of 1<sup>st</sup> Semester students of Art, Commerce, Science and Law Faculty is mandatory.**

Date: 29<sup>th</sup> August 2019

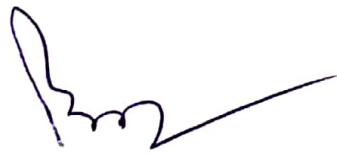
Venue: Seminar Hall (Room No. 1), Administrative Building

Time: 11.00 a.m. to 12.30 p.m.



PRINCIPAL

Shri. R.V. Patil  
**Officiating Principal**  
**Dr. Ambedkar College,**  
**Deekshabhoomi,**  
**Nagpur.**



Cell Co-ordinator

Mrs. Bhumi Mehere



Programme Co-ordinator

Dr. Sandhya P. Kalamdhad

**LECTURER**  
**DR. AMBEDKAR COLLEGE**  
**NAGPUR.**

# **WOMEN DEVELOPMENT CELL**

## **A REPORT**

**ACADEMIC SESSION 2019-2020**

**WORKSHOP ON**

**HEALTH AND NUTRITION**

**29<sup>th</sup> AUGUST 2019**

Women Development Cell organised a workshop on the topic “**HEALTH AND NUTRITION**” on 29<sup>th</sup> Aug 2019. The resource persons of the workshop were Dr. Suvarna Joshi, Obstetricians & Gynaecologist, Orivision Nursing Home, Manish Nagar, Nagpur and Dr. Shruti Goswami-Badwaik, Lifestyle Practitioner, Phoenix Lifestyle Clinic, Manish Nagar, Nagpur. The program inaugurated with garlanding the portraits of Tathagat Gautam Buddha and Dr. Baba Saheb Ambedkar by enlightening the lamp. Dignitaries were welcomed by offering bouquets. Dr. Sandhya Kalamdhad delivered welcome address which was followed by the lectures of the two eminent speakers.

Dr. Suvarna Joshi spoke about menstrual cycle, amenorrhea, PCOS and cervical cancer. She created awareness about health and hygiene. She also focused on significance of exercise in day to day life. She spoke on importance of different vaccines such as Rubella, tetanus etc which must be taken by every women once in her life to avoid infection and also HPV vaccine to prevent cervical cancer.

Dr. Shruti Badwaik spoke about various lifestyle habits which should be adopted by every college students to live a healthy life. She focussed on balanced diet, nutrition, importance of regular exercise in day to day life. She spoke on five heads of lifestyle which are nutrition, stress, sleep, addiction and exercise in absence of which a person may not be able to attain a healthy life. The programme was concluded by offering a memento to Dr. Suvarna Joshi and Dr. Shruti Badwaik by Mrs. B.A.Mehere, Co-ordinator, Women Development cell and Dr. Pradnya Bhelwa, Member, Women Development cell.

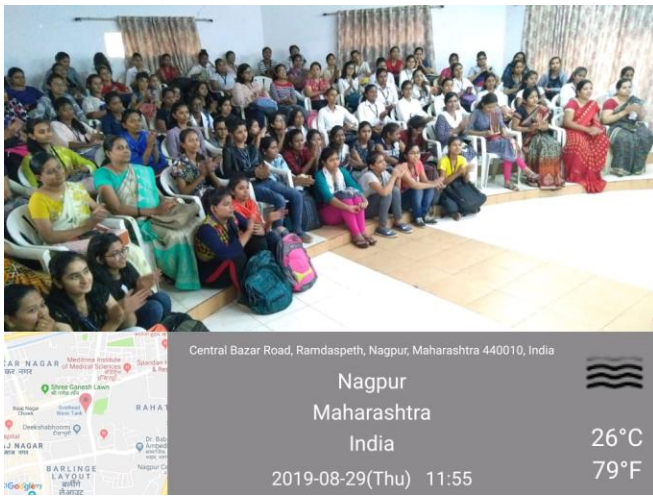
The inaugural function was compeered by Dr.Sandhya Kalamdhad, Programme Co-ordinator and Mrs. B.A.Mehere, Co-ordinator, Women Development cell proposed the vote of thanks. Large number of girl participants and all the women faculty members participated enthusiastically in the workshop.



Dr.Sandhya Kalamdhad, Programme Co-ordinator,compering the programme



Dr. Suvarna Joshi, Obstetricians & Gynaecologist delivering lecture on Health , Hygiene & Nutrition



Audience enthusiastically participating in the programme



Dr. Shruti Badwaik, delivering lecture on Lifestyle Management for college students

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

WOMEN DEVELOPMENT CELL

Academic Session - 2019-2020

PROGRAMME FEEDBACK FORM

NAME OF THE PROGRAMME: WORKSHOP ON HEALTH & NUTRITION

NAME OF THE GUEST/ RESOURCE PERSONS: DR. SUWARNA JOSHI & DR. SHRUTI BADWAIK

NAME OF THE PROGRAMME CO – ORDINATORS: Dr. SANDHYA P. KALAMDHAD & MRS. BHUMI MEHERE

DAY & DATE: 29-08-2019, Thursday

TIME: 11.00 a.m. to 1.00 p.m.

VENUE: SEMINAR HALL, DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

Please fill the following short Questionnaire

NAME OF THE STUDENT: Prajakta Landge.

CLASS: BSC 1<sup>st</sup> yr (B-T).

a) Whether the lectures were clear and easy to understand?

~~a. YES / STRONGLY AGREE / DISAGREE~~

b) Whether the lecture/ programme had relevance to the topic concerned?

a.  YES/ NO

c) Did the speakers encourage interactions and was it helpful?

a.  YES/ NO

d) Whether satisfied with the contents of the lecture?



a. Very  Useful / Partially Useful / Not at all

e) Whether this workshop was really helpful to maintain good health?

a. Yes  completely / Partially / Not at all

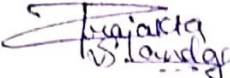
f) Would you like to have more such programmes like this in future?

a.  YES /  NO

g) Please give suggestions if any, for the improvement of the programme.

Let them speak in Hindi which is easy  
to understand for such students who  
are from Hindi medium or medium.

DATE: 29/8/19.

  
SIGNATURE

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

WOMEN DEVELOPMENT CELL

Academic Session - 2019-2020

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Please fill the following short Questionnaire

NAME OF THE STUDENT: Poyal Bhimrao Raut  
CLASS: B.Sc 1<sup>st</sup> year

a) Whether the lectures were clear and easy to understand?

a.  YES / STRONGLY AGREE / DISAGREE

b) Whether the lecture/ programme had relevance to the topic concerned?

a.  YES/ NO

c) Did the speakers encourage interactions and was it helpful?

a.  YES/ NO

d) Whether satisfied with the contents of the lecture?

Yes

a.  Very Useful / Partially Useful / Not at all

e) Whether this workshop was really helpful to maintain good health?

a.  Yes completely / Partially / Not at all

f) Would you like to have more such programmes like this in future?

a.  YES/ NO

g) Please give suggestions if any, for the improvement of the programme.

The program was good to know about  
our good health situation & it is very good.

DATE: 29/08/2019

  
SIGNATURE

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

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Please fill the following short Questionnaire

NAME OF THE STUDENT: Tejaswini R. Parvatkar.  
CLASS: B.com 1<sup>st</sup> year.

a) Whether the lectures were clear and easy to understand?

✓  
a. YES / STRONGLY AGREE / DISAGREE

b) Whether the lecture/ programme had relevance to the topic concerned?

✓  
a. YES/ NO

c) Did the speakers encourage interactions and was it helpful?

✓  
a. YES/ NO

d) Whether satisfied with the contents of the lecture?



a. Very <sup>✓</sup>Useful / Partially Useful / Not at all

e) Whether this workshop was really helpful to maintain good health?

a. Yes <sup>✓</sup>completely / Partially / Not at all

f) Would you like to have more such programmes like this in future?

a. <sup>✓</sup>YES/ NO

g) Please give suggestions if any, for the improvement of the programme.

Yes, your successfull programme, and  
I am happy. (Women Deirpment  
cell) All the Dis. good health.

DATE: 29/08/2019

J.R. Parvathas  
SIGNATURE

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

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Please fill the following short Questionnaire

NAME OF THE STUDENT: *Kashish . M. Goyal .*

CLASS: *B. com. 1<sup>st</sup>*

a) Whether the lectures were clear and easy to understand?

a.  YES / STRONGLY AGREE / DISAGREE

b) Whether the lecture/ programme had relevance to the topic concerned?

a.  YES/ NO

c) Did the speakers encourage interactions and was it helpful?

a.  YES/ NO

d) Whether satisfied with the contents of the lecture?

a. Very Useful / Partially Useful / Not at all

e) Whether this workshop was really helpful to maintain good health?

a. Yes completely / Partially / Not at all

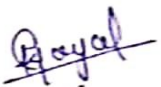
f) Would you like to have more such programmes like this in future?

a. YES/NO

g) Please give suggestions if any, for the improvement of the programme.

Today's lecture is very useful. I think all students know very many things on healthy life. co-ordinator gives information which is very useful.

DATE: 28/8/19

  
SIGNATURE

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

WOMEN DEVELOPMENT CELL

Academic Session - 2019-2020

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Please fill the following short Questionnaire

NAME OF THE STUDENT: Anupama S. Lohakare

CLASS: BALLB (5yrs) III Sem

a) Whether the lectures were clear and easy to understand?

a. YES /  STRONGLY AGREE / DISAGREE

b) Whether the lecture/ programme had relevance to the topic concerned?

a.  YES/ NO

c) Did the speakers encourage interactions and was it helpful?

a.  YES/ NO

d) Whether satisfied with the contents of the lecture?



a.  Very Useful / Partially Useful / Not at all

e) Whether this workshop was really helpful to maintain good health?

a.  Yes completely / Partially / Not at all

f) Would you like to have more such programmes like this in future?

a.  YES/ NO

g) Please give suggestions if any, for the improvement of the programme.

No suggestions are required programme is was  
conducted very nicely.

DATE: 29/08/19

  
SIGNATURE

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

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Please fill the following short Questionnaire

NAME OF THE STUDENT: *Akanksha Shende*

CLASS: *BALLB 5yrs.*

a) Whether the lectures were clear and easy to understand?

a.  YES / STRONGLY AGREE / DISAGREE

b) Whether the lecture/ programme had relevance to the topic concerned?

a.  YES/ NO

c) Did the speakers encourage interactions and was it helpful?

a.  YES/ NO

d) Whether satisfied with the contents of the lecture?

a.  Very Useful / Partially Useful / Not at all

e) Whether this workshop was really helpful to maintain good health?

a.  Yes completely / Partially / Not at all

f) Would you like to have more such programmes like this in future?

a.  YES/ NO

g) Please give suggestions if any, for the improvement of the programme.

~~The~~ No, we don't want  
any improvement. We all  
completely enjoy this programme.

DATE: 29/Aug/19.

  
SIGNATURE