

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR

WOMEN DEVELOPMENT CELL

Academic Session – 2023-24

4. Day Celebration : 8th March, 2024

NAME OF THE PROGRAMME :	Interactive Session on PCOS : Causes & Preventions
NAME OF THE RESOURCE PERSON :	Dr. Lakshmi Shrikhande , Gynecologist Dr. Swati Sarda , Gynecologist RJ Rupali , Radio Mirchi
DAY & DATE :	Wednesday, 6th March, 2024
TIME :	10am to 12pm
PROGRAMME OBJECTIVE :	To conduct a brief discussion as well as to spread awareness about the problems arising out of PCOS syndrome. Also to talk over about its prevention.
LEARNING OUTCOMES :	After attending the session the girl students will be able to know how they can take precautions to avoid the PCOS syndrome. Also they will learn how to deal with PCOS problems in the changing environment.

NOTICE :

DR. AMBEDKAR COLLEGE DEEKSHABHOOMI, NAGPUR

WOMEN DEVELOPMENT CELL

NOTICE

Date- 04/03/2024

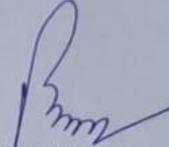
All the girl Students of Arts, Commerce, Science and Law are hereby informed that an Interactive Session on PCOS has been organized on **6th of March, 2024 at 10 AM** in Mini Auditorium on the eve of **International Women's Day**.

The guest speakers for this event will be Dr Laxmi Shrikhande, Gynecologist, and Dr Swati Sarada, Consultant Obstetrician & Gynecologist.

Attendance is mandatory for all students.



Dr Varsha Panbude
Coordinator, WDC



Dr B.A. Mehere
Principal

BROCHURE :

INTERNATIONAL WOMEN'S DAY

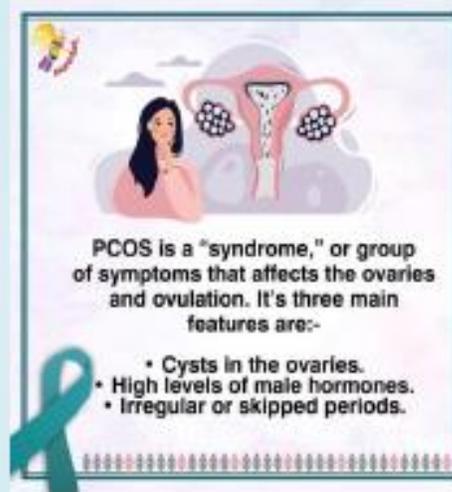
Dr. Ambedkar College, Deekshabhoomi Nagpur
Women Development Cell



Organizes
Interactive Session on
PCOS: Causes & Preventions

Guest Speakers:

- **Dr. Laxmi Shrikhande**
Gynecologist
- **Dr. Swati Sarada**
Gynecologist



Date: 06/03/2024 at 10:00 am

Venue: Room No. 01, DACN.

Dr. Varsha Panbude
Coordinator, WDC

Dr. B. A. Mehare
Principal

REPORT :

An interactive session on “PCOS:CAUSES&PREVENTIONS” was conducted on 6th of March on the occasion of International Women’s Day ,by the Women Development Cell,Dr.Ambedkar college. The guest speakers were Dr.Laxmi Shrikhande, MBBS, MD(OB/GY),FICOG, FICMU, FICMCH and Dr.Swati Sarada, Consultant Obstetrician and Gynecologist. “*Celebrating The Vijayata*” an initiative of PCOS Society of india in association with Radio Mirchi.

President of the programme was Dr.B.A Mehere, Principal,Dr.Ambedkar College. An introductory speech about the program and warm welcome was extended by Dr.Varsha Panbude, coordinator, WDC.

The guest speaker of this program Dr.Laxmi Shrikhande had delivered a talk on PCOS (Polystic Ovarian Syndrome). She discussed this topic with the students in detail and shared her valuable information about the causes and prevention of this disease right from the menstruation cycle to menopause.

Dr.Swati Sarada also shared her deep knowledge on this particular topic that how a woman should take utmost care of her mental and physical health ,what to do if someone is going through any such disease ,how to tackle this problem, to be aware about the symptoms and cure this disease as early as possible to avoid any further complications regarding that.

An interactive session was also held between students and the guest speakers to clear the doubts related to the topic. All the girl students were satisfied with the answers they got from the speakers. Both the speakers emphasized on home made balanced diet and regular physical activities. The programme was fun filled with activities like two-minute shoulder massage and foot tapping dance was conducted by popular RJ Rupali, Radio Mirchi who made this program filled with laughter and energetic.

In a presidential address Dr.B.A Mehere, Principal, Dr.Ambedkar college spoke about today’s women’s prowess in every field and about the courage and confidence shown by women to stand with life’s hardships and challenges faced and how to overcome it and attain success and enjoy life to the fullest.

All the female teaching staff and girl students were gracefully dressed up in a color code of Lavender shades .

The programme was compered and coordinated by Ms.Priyanka Soitkar, Asst. Prof., BCA Department and member of WDC . Dr.Sheetal Jaikar had extended the vote of thanks to express the gratitude.

The Women Development Cell had organized this women centric program. All the teachers and nearly 65 students were present and enjoyed this beautiful program with great zeal.

GLIMPSES :





 GPS Map Camera



Nagpur, Maharashtra, India
Unnamed Road, Nagpur, Maharashtra 440010, India
Lat 21.130125°
Long 79.06753°
06/03/24 10:46 AM GMT +05:30



 GPS Map Camera



Nagpur, Maharashtra, India
Unnamed Road, Nagpur, Maharashtra 440010, India
Lat 21.130124°
Long 79.067527°
06/03/24 11:08 AM GMT +05:30



GPS Map Camera



Nagpur, Maharashtra, India
Unnamed Road, Nagpur, Maharashtra 440010, India
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Long 79.067538°
06/03/24 11:02 AM GMT +05:30





ATTENDANCE :

Women Development Cell

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR.

Name of Program: *celebration of Women's Day (PCOS: causes & preventions)*
 Date: *6th March, 2024*

Sr. No	Name of Students	Contact No.	Signature
1	Aranya M. Pandhre	8767595206	<i>Aranya</i>
2	Pooja P. Adkine	8016261769	<i>Pooja</i>
3	Vaibhavi B. Bagde	9665022405	<i>Bagde</i>
4	Kshitija B. Kumre	9511767015	<i>Kshitija</i>
5	Nitish D. Choubey	8767564786	<i>Nitish</i>
6	Namisha S. Tiopude	9766811629	<i>Namisha</i>
7	Priyanka P. Nakhale	7498749640	<i>Priyanka</i>
8	Latika R. Bhojari	9284665785	<i>Bhojari</i>
9	Suhani A. Dhumre	9579416302	<i>Suhani</i>
10	Vaishnavi G. Lambe	8767354208	<i>Vaishnavi</i>
11	Khushi D. Kumari	9279316223	<i>Khushi</i>
12	Maniksha V. Naik	9322839731	<i>Maniksha</i>
13	Usmila B. Allur	8761441277	<i>Usmila</i>
14	Bhagvashri Y. Bagalkar	7020564465	<i>Bagalkar</i>
15	Revati V. Jenekar	9527576970	<i>Revati</i>
16	Samjana B. Jambhulkare	9359252544	<i>Samjana</i>
17	Rukya V. Jagde	8466073319	<i>Rukya</i>
18	Aarti S. Patil	9307203694	<i>Aarti</i>
19	Pooja P. Chacherkar	8975711032	<i>Pooja</i>
20	Ananya A. Dongre	9511752757	<i>Ananya</i>
21	Pooja M. Dalkar	74210303099	<i>Pooja</i>
22	Ekta R. Rautdani	7218452855	<i>Ekta</i>
23	Nilam Sarwase	9579728993	<i>Nilam</i>
24	Vinashree Meshram	9156125023	<i>Vinashree</i>
25	Harshita Hingrekar	7767991881	<i>Harshita</i>
26	Kasturi Asai	9665456729	<i>Kasturi</i>
27	Samiksha G. Thakre	7757907881	<i>Samiksha</i>
28	Mitali Todase	9699405694	<i>Mitali</i>
29	Antara Pulzele	9579267147	<i>Antara</i>
30	Sanika M. Umare	7498977480	<i>Sanika</i>
31	Lavanya R. Rapartiwar	9529857338	<i>Lavanya</i>
32	Naina Mohod	84597333714	<i>Naina</i>
33	Priyanka Wankhede	9607278312	<i>Priyanka</i>
34	Vanshika Belo	9975389022	<i>Vanshika</i>
35	Ankita Dhote	9637647763	<i>Ankita</i>
36	Sakshi Bajare	8408917803	<i>Sakshi</i>
37	Shweta Bhange	9665973224	<i>Shweta</i>
38	Naina Titambarse	8830650980	<i>Naina</i>
39	Riya J. Agase	7707742722	<i>Riya</i>
40	Vaishnavi Payare	9359624744	<i>Vaishnavi</i>
41	Vaishnavi Hingrekar	8263031079	<i>Vaishnavi</i>
42	Pooja	9527639578	<i>Pooja</i>

