

**REPORT**

**INTERNATIONAL WOMEN'S DAY  
HEALTH, HYGIENE, AND PERSONALITY DEVELOPMENT**


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**WOMEN DEVELOPMENT CELL**

SESSION 2024-2025


NAME OF THE PROGRAMME :	INTERNATIONAL WOMEN'S DAY-SESSION ON HEALTH, HYGIENE, AND PERSONALITY DEVELOPMENT
NAME OF THE RESOURCE PERSON :	Ms. Mitali Paltiwale
DAY & DATE :	Thursday, 6 <sup>th</sup> March, 2025
TIME :	10:30am – 11:30am
PROGRAMME OBJECTIVE :	To promote awareness about the importance of maintaining good health, hygiene, and personal development among women.
LEARNING OUTCOMES :	After attending the programme, the students will be able to understand how prioritizing health and hygiene contributes to empowerment and the ability to lead more fulfilling lives.

## NOTICE :



Param Poojya Dr. Babasaheb Ambedkar Smarak Samiti's  
**DR. AMBEDKAR COLLEGE**  
Deekshabhoomi, Nagpur

RE-ACCREDITED WITH 'A++' GRADE BY NAAC  
RECOGNISED AS COLLEGE WITH POTENTIAL FOR EXCELLENCE BY UGC




### INTERNATIONAL WOMEN'S DAY

Session on  
**Health, Hygiene and Personality Development**  
Save the Date: 6<sup>th</sup> March, Kumbhare Hall, 10:30 am onwards

**STUDENT WORKSHOP (for Girls)**  
Key Benefits:


- Importance of Women's Hygiene
- Personality Development & Interview Preparation
- Celebrity Videos for Better Engagement.

❖ Professional and Trained Speakers  
❖ **Coupons and gifts for all attendees by sponsor brands**  
❖ Certificates for College




**WOMEN DEVELOPMENT CELL  
(WDC)  
DR. AMBEDKAR COLLEGE**


In association with



&



**Chairperson**  
**Dr. Mrs. Deepa Panhekar**



**Coordinator**  
**Dr. Mrs. Varsha Panbude**

## REPORT :

The Women Development Cell (WDC) of Dr.Ambedkar College organized a Student Workshop exclusively for girls on 6th March at Kumbhare Hall to celebrate International Women's Day. The session focused on Health, Hygiene, and Personality Development, aiming to create awareness about women's well-being and professional growth.

Miss. MitaliPaltiwale, a freelance trainer, delivered insightful guidance on women's hygiene, self-care, and personality development. The session included engaging celebrity videos and interactive discussions to make learning more impactful.. Women's health and hygiene play a crucial role in maintaining overall well-being, preventing infections, and ensuring confidence in daily life. Proper hygiene practices, especially during menstrual cycles, personal grooming, and general cleanliness, contribute significantly to a woman's physical and mental health. She also told about Menstrual Hygiene Management, Importance of using sanitary products like pads, tampons, or menstrual cups. Proper disposal methods to maintain environmental cleanliness, breaking taboos around menstruation and promoting open discussions, personal hygiene practices : regular bathing and skincare routines to maintain cleanliness, importance of wearing clean clothes and maintaining intimate hygiene, healthy lifestyle habits : balanced diet and hydration for better immunity and energy. She further emphasized on the importance of physical fitness and exercise in preventing lifestyle diseases, managing stress through meditation, yoga, and self-care activities.

The engaging session, expert guidance, and interactive approach helped students understand the significance of self-care, hygiene, and professional readiness. Through this initiative, the Women Development Cell (WDC) reinforced the importance of women's health, hygiene, and overall well-being, making this Women's Day celebration truly impactful.

The presidential address was given by Dr.Mrs.DeepaPanhekar. She motivated girls to feel proud of themselves of being a women and also take care of their health and hygiene regularly.

Dr.Mrs.VarshaPanbude gave an introductory speech where she shared information about the Women Development Cell of DACN.

The event concluded on a positive note, leaving a lasting impact on all attendees by promoting women's health, self-development, and community appreciation.

The workshop was chaired by Dr.Mrs.DeepaPanhekar, with Dr.Mrs.VarshaPanbude serving as the coordinator, WDC. The event was supported by WDC members VidyaChourpagar, PratimaLokhande, and PriyankaSohitkar, while Miss PoojaKamble anchored the session.

More than 300 girls were present in the program belonging to various streams including Art, Science, Commerce, Law, etc.

## GLIMPSES :





# STUDENTS' ATTENDANCE LIST :

Women Development Cell Health, Hygiene and Personality Development			
Sr. No.	Name	Class	Sign
1	Shruti Y. Murmade	BA 1st year	Murmade
2	Payal G. Chouelhe	BA 2nd year	Chouelhe
3	Laxmi R. Mishra	BA 2nd year	Laxmi
4	Shruti S. Warkhan	BSC 1st year	Warkhan
5	Naina Bomble	BSC 1st year	Bomble
6	Priyanka Kove	BSC 1st year	Kove
7	Roshni Anu Borkar	BSC 1st year	Borkar
8	Samiksha P. Bedam	BSC 1st year	Bedam
9	Priya V. Gajbhiye	BSC 1st year	Gajbhiye
10	Chaitali M. Kulkarni	BSC 1st year	Kulkarni
11	Anchal R. Naik	BA 1st year	Naik
12	Harshika Dhurve	BA 1st year	Dhurve
13	Tanvi Joshi	BCA 2nd year	Joshi
14	Albiya Pathan	BCA 2nd year	Pathan
15	Shweta R. Shukla	BCA 2nd year	Shukla
16	Rupali S. Bhatnagar	BCA 2nd year	Bhatnagar
17	Shruti Gupta	BCA 2nd year	Gupta
18	Chaitali R. Satarkar	BSC 1st year	Satarkar
19	Jayshree Mainwalia	BSC 1st year	Mainwalia
20	Taruna U. Sukhadave	BA 2nd year	Sukhadave

Teacher's Signature.....

Sachin R. Shahu BSC 2nd year (CBZ) *Shahu*  
 Shivani L. Borkar BSC 2nd year (CBZ) *Borkar*  
 Purnima D. Wankhede BA 3rd year *Wankhede*

Sr. No.	Name	Class	Sign
1	Anushi S. Jagtap	BSC 1st year (B/F)	Jagtap
2	Mohini S. Sengupta	BSC 1st year (B/F)	Sengupta
3	Anushi R. Gaware	BSC 1st year (B/C)	Gaware
4	Palak A. Kulkarni	BSC 1st year (B/C)	Kulkarni
5	Anchal Badge	BSC 1st year (B/C)	Badge
6	Ashlesha Shewale	BSC 1st year (A/T)	Shewale
7	Komal Y. Bhigade	BSC 1st year (Zoology)	Bhigade
8	Manavi Gokhat	BSC 1st year (Zoo)	Gokhat
9	Shikha Gokhat	BSC 1st year (B/F)	Gokhat
10	Anushika Zale	BSC 1st year (B/A)	Zale
11	Rupali H. Pande	LLB 3rd year 1st year	Pande
12	Naushikha Londe	LLB 3rd year 1st year	Londe
13	Harshika D. Balgauri	LLB 3rd year 1st year	Balgauri
14	Roshni R. Kishor	M.Com 1st year 1st sem	Kishor
15	Anamika S. Mandke	M.Com 1st year 2nd sem	Mandke
16	Sirisha P. Masram	M.Com 2nd year 2nd sem	Masram
17	Alpna Kajee	BSC 3rd year	Kajee
18	Naina Kulkarni	BSC 3rd year	Kulkarni
19	Manima S. Bhatkar	BSC 3rd year	Bhatkar
20	Mital R. Nigam	BSC 1st year (Bhatkar)	Nigam
21	Gauri R. Poptat	BSC 1st year (Bhatkar)	Poptat
22	Manmayee Nandekar	BCA 1st year	Nandekar
23	Shambhavi Kharwal	BCA 1st year	Kharwal
24	Tanisha Shewale	BCA 1st year	Shewale
25	Shikha P. Gajbhiye	BCA 1st year	Gajbhiye
26	Shruti D. Nandekar	BCA 1st year	Nandekar
27	Priyanka G. Gajbhiye	BSC 2nd year	Gajbhiye
28	Pranjali R. Shelke	BSC 2nd year	Shelke
29	Sapna Thakur	BSC 2nd year	Thakur
30	Nikki S. Pawar	BCA 1st year	Pawar

Sr. No.	Name	Class	Sign
21	Azadhana H. Sonkar	BA 1st year	Sonkar
22	Anshika S. Bhargava	BA 1st year	Bhargava
23	Priya Anil Pandey	BCA 2nd year	Pandey
24	Diya V. Bhosale	BSC (S) 2nd year	Bhosale
25	Yukta J. Patmore	BCA 2nd year	Patmore
26	Nandini D. Khapkar	BCA 2nd year	Khapkar
27	Pratishtha M. Raut	BCA 2nd year	Raut
28	Diya J. Sharma	BCA 2nd year	Sharma
29	Nishi S. Taye	BSC 1st year	Taye
30	Mayuri S. Surgem	BSC 1st year	Surgem
31	Rosha A. Gaur	BCA 2nd year	Gaur
32	Gulshana Ansari	BCA 2nd year	Ansari
33	Nishigandha Wadde	BCA 2nd year	Wadde
34	Aranti Ghoshade	BCA 2nd year	Ghoshade
35	Ritu Badwark	BCA 2nd year	Badwark
36	Maithili Pawate	BSC 1st year	Pawate
37	Arya Nandagharje	BSC 1st year	Arya
38	Priya Dhote	BSC 1st year	Dhote
39	Ruchita Chole	BSC 1st year	Chole
40	Kushboo Ballundhe	BCA 2nd year	Ballundhe
41	Swejal Uke	BSC 1st year	Uke
42	Shruti Bahekar	BSC 1st year	Bahekar
43	Sayali Pudake	BSC 1st year	Pudake
44	Apeksha Tambhulkar	BSC 1st year	Tambhulkar

Teacher's Signature.....

Sr. No.	Name	Class	Sign
1	Rajshree Kolhase	BALIB 1st year	Kolhase
2	Shweta Kamat	BALIB 1st year	Kamat
3	Sonija Mathu	BALIB 1st year	Mathu
4	Kushi Kumbhar	BCA Sem 1 (1st year)	Kumbhar
5	Jahvi Mirashe	BCA 1st year	Mirashe
6	Saloni Barange	BCA 1st year	Barange
7	Saukhya Damke	BCA 1st year	Damke
8	Megha Patle	BCA 3rd year	Patle
9	Misha Bhatkar	BCA 3rd year	Bhatkar
10	Mayuri Ambale	BCA 3rd year	Ambale
11	Apeksha Raut	BSC 2nd year	Raut
12	Radhika Anwar	BSC 2nd year	Anwar
13	Yashashree Nare	BSC 2nd year	Nare
14	Pranjali G. Gaur	BSC 2nd year	Gaur
15	Smriti Purohit	M.Com 1st year	Purohit
16	Lavanya K. Kulkarni	M.Com 1st year	Kulkarni
17	Priyanka K. Kulkarni	M.Com 1st year	Kulkarni
18	Manashree Bhagat	BSC 1st year (Physics)	Bhagat
19	Harshika Gaware	BSC 1st year (Physics)	Gaware
20	Manashree Bhatnagar	BSC 1st year (Physics)	Bhatnagar
21	Anushka Bhatnagar	BSC 2nd year	Bhatnagar
22	Prerona Nakhle	BSC 2nd year	Nakhle
23	Latika Boyer	BSC 2nd year	Boyer
24	Rishika J. J. J.	BSC 2nd year	J. J. J.
25	Aravi Bhavare	LLB 2nd sem 5th year	Bhavare
26	Manavi Chande	LLB 2nd sem 5th year	Chande
27	Apeksha Chavasia	LLB 2nd sem 5th year	Chavasia
28	Sanskriti S. Tiwari	LLB 2nd sem 5th year	Tiwari
29	Gauri Deshmukh	LLB 2nd sem 5th year	Deshmukh
30	Shweta Mandavkar	LLB 2nd sem 5th year	Mandavkar
31	Yashashree Mate	LLB 2nd sem 5th year	Mate
32	Nisha Nagle	LLB 2nd sem 5th year	Nagle
33	Pooja Thakur	LLB 2nd sem 5th year	Thakur
34	Pooja Nakhle	LLB 2nd sem 5th year	Nakhle



# Women Development Cell.

## Health, Hygiene and Personality Development

S.No	Name	Class	Sign.
1.	Vedanti Choudhari	BCA 2 <sup>nd</sup> yr	<i>[Signature]</i>
2.	Deepika Thanwan	BCA 2 <sup>nd</sup> yr	<i>[Signature]</i>
3.	Janyl Yopude	BCA 2 <sup>nd</sup> yr	<i>[Signature]</i>
4.	Indrayani Sursaw	BCA 2 <sup>nd</sup> yr	<i>[Signature]</i>
5.	Ketki Dhotke	BCA 2 <sup>nd</sup> yr	<i>[Signature]</i>
6.	Rajrandini Bagde	B.Sc 1 <sup>st</sup> year	<i>[Signature]</i>
7.	Nirmali Bhalikar	BCA 2 <sup>nd</sup> yr	<i>[Signature]</i>
8.	Shiksha Mishra	BCA 2 <sup>nd</sup> yr	<i>[Signature]</i>
9.	Achal Luman	BCA 2 <sup>nd</sup> yr	<i>[Signature]</i>
10.	Nehasika Tiwari	BCA 2 <sup>nd</sup> yr	<i>[Signature]</i>
11.	Vanshika A. Dadmal	BA 1 <sup>st</sup> year	<i>[Signature]</i>
12.	Saloni S. Chodichar	BA 1 <sup>st</sup> year	<i>[Signature]</i>
13.	Jamli S. Yele	BA 1 <sup>st</sup> year	<i>[Signature]</i>
14.	Mrunali B. Sonule	BA 1 <sup>st</sup> year	<i>[Signature]</i>
15.	Gurjan M. Punsavkar	BA 1 <sup>st</sup> year	<i>[Signature]</i>
16.	Anushka Chake	B.Sc 1 <sup>st</sup> yr	<i>[Signature]</i>
17.	Achal Wamnik	B.Sc 1 <sup>st</sup> yr	<i>[Signature]</i>
18.	Diksha R. Meshram	B.Sc 1 <sup>st</sup> yr	<i>[Signature]</i>
19.	Nandini N. Kale	B.Sc 1 <sup>st</sup> yr	<i>[Signature]</i>
20.	Sneha N. Mandal	B.Sc 1 <sup>st</sup> yr	<i>[Signature]</i>
21.	Manavi D. Garge	B.Sc 1 <sup>st</sup> yr	<i>[Signature]</i>
22.	Mahakshet Rai	B.Sc 1 <sup>st</sup> yr	<i>[Signature]</i>
23.	Tejaswini Patade	B.Sc 1 <sup>st</sup> yr	<i>[Signature]</i>

71.	Riya Badale	BA LLB 1 <sup>st</sup> year	<i>[Signature]</i>
72.	Kumudha Trifalav	BA LLB 1 <sup>st</sup> yr	<i>[Signature]</i>
73.	Prakriti Achhad	BA LLB 1 <sup>st</sup> yr	<i>[Signature]</i>
74.	Kasturi Dime	BALLB 1 <sup>st</sup> yr	<i>[Signature]</i>
75.	FALGUNI FOLEY	BS Biotech 1 <sup>st</sup> yr	<i>[Signature]</i>
76.	PRUTHA WAHMARE	-	<i>[Signature]</i>
77.	Dipika Mkey	BSC electronics	<i>[Signature]</i>
78.	Kasturi Dalvi	" - "	<i>[Signature]</i>
79.	Shravya Balar	BSC Biotech 1 <sup>st</sup> yr	<i>[Signature]</i>
80.	Krutika Hatimare	" - "	<i>[Signature]</i>
81.	Anshika Shahu	" - "	<i>[Signature]</i>
82.	Ralak Sahu	" - "	<i>[Signature]</i>
83.	Rutuja Rathod	" - "	<i>[Signature]</i>
84.	Dhanishree Khonde	" - "	<i>[Signature]</i>
85.	Shruti Madankar	BSC Biotech 1 <sup>st</sup> yr	<i>[Signature]</i>
86.	Anushka Domle	BSC Biotech 1 <sup>st</sup> yr	<i>[Signature]</i>
87.	Harshita Thool	BSC Biotech 1 <sup>st</sup> yr	<i>[Signature]</i>
88.	Suhani Dhunde	BSC Biotech 1 <sup>st</sup> yr	<i>[Signature]</i>
89.	Sakshi Shyamkumar	BSC Biotech 1 <sup>st</sup> yr	<i>[Signature]</i>
90.	Rohini Badi	" - "	<i>[Signature]</i>
91.	Riya Mandalwar	" - "	<i>[Signature]</i>