

REPORT

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

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 th 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: 6th 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 :

Page No. _____
Date: / /

Women Development Cell
Health, Hygiene and Personality Development

| Sr. No. | Name | Class | Sign |
|---------|-------------------------|--------------|-------------|
| 1) | Shruti Y. Murmade | BA 1st year | M. Murmade |
| 2) | Payal G. Choukhar | BA 2nd year | Payal |
| 3) | Laxmi R. Mishra | BA 2nd year | Laxmi |
| 4) | Shruti S. Warkhan | BSC 1st year | Shruti |
| 5) | Naina Bomble | BSC 1st year | Naina |
| 6) | Priyanka Kove | BSC 1st year | Priyanka |
| 7) | Roshni Anu Boran | BSC 1st year | Roshni |
| 8) | Samiksha P. Bedam | BSC 1st year | Bedam |
| 9) | Pooja V. Chabhiye | BSC 1st year | Pooja |
| 10) | Chaitali. Morkalkhe | BSC 1st year | Chaitali |
| 11) | Anchal R. Naik | BA 1st year | Anchal |
| 12) | Harshika Dhurve | BA 1st year | Harshika |
| 13) | Tanvi Joshi | BCA 2nd year | Tanvi |
| 14) | Albiya Pathan | BCA 2nd year | Albiya |
| 15) | Shreyas R. Shukla | BCA 2nd year | Shreyas |
| 16) | Rupali S. Bapatpatil | BCA 2nd year | Rupali |
| 17) | Shamli Gupta | BCA 2nd year | Shamli |
| 18) | Chiranjeevi R. Satarkar | BSC 1st year | Chiranjeevi |
| 19) | Jayshree Mainwalia | BSC 1st year | Jayshree |
| 20) | Taruna U. Sukhadave | BA 2nd year | Sukhadave |

Teacher's Signature: _____

Page No. _____
Date: / /

| Sr. No. | Name | Class | Sign |
|---------|---------------------|------------------|-------------|
| 21) | Azadhana H. Sonkar | BA 1st year | Azadhana |
| 22) | Ampita S. Bhujat | BA 1st year | Ampita |
| 23) | Priya Anil Pawale | BCA 2nd year | Priya |
| 24) | Diya V. Bhasma | BSC (S) 2nd year | Diya |
| 25) | Yukta J. Patmore | BCA 2nd year | Yukta |
| 26) | Nandini D. Khapekar | BCA 2nd year | Nandini |
| 27) | Pratiksha M. Raut | BCA 2nd year | Pratiksha |
| 28) | Diya J. Sharma | BCA 2nd year | Diya |
| 29) | Nishi S. Taye | BSC 1st year | Nishi |
| 30) | Mayuri S. Surgen | BSC 1st year | Mayuri |
| 31) | Pooja A. Ganvir | BCA 2nd year | Pooja |
| 32) | Gulafsha Ansari | BCA 2nd year | Gulafsha |
| 33) | Nishiyandha Wazade | BCA 2nd year | Nishiyandha |
| 34) | Arvati Ghoshade | BCA 2nd year | Arvati |
| 35) | Ritu Badawark | BCA 2nd year | Ritu |
| 36) | Maithili Pawate | BSC 1st year | Maithili |
| 37) | Arya Nandaghayre | BSC 1st year | Arya |
| 38) | Priya Dhote | BSC 1st year | Priya |
| 39) | Ruchita Chole | BSC 1st year | Ruchita |
| 40) | Khushboo Balludhe | BCA 2nd year | Khushboo |
| 41) | Swejal Uke | BSC 1st year | Swejal |
| 42) | Shruti Bahekar | BSC 1st year | Shruti |
| 43) | Sayali Pudgke | BSC 1st year | Sayali |
| 44) | Apeksha Tambhulkar | BSC 1st year | Apeksha |

Teacher's Signature: _____

Sachal R. Shahu BSC 2nd year (CBZ) ✓
Shivani L. Boran BSC 2nd year (CBZ) ✓
Parvna D. Wankhede BA 3rd year ✓

| Sr. No. | Name | Class | Sign |
|---------|-----------------------|------------------------|-----------|
| 1) | Ashwini S. Jagtapkar | BSC 1st year (B/F) | Ashwini |
| 2) | Mohini S. Sengot | BSC 1st year (B/F) | Mohini |
| 3) | Ashwini R. Gawande | BSC 1st year [B/C] | Ashwini |
| 4) | Palak A. Kulkarni | BSC 1st year [B/C] | Palak |
| 5) | Achal Badge | BSC 1st year [B/C] | Achal |
| 6) | Ashlesha Shewale | BSC 1st year (A/T) | Ashlesha |
| 7) | Komal Y. Bhingode | BSC 1st year (Zoology) | Komal |
| 8) | Manavi Gokhat | BSC 1st year (Zoo) | Manavi |
| 9) | Shikha Ghoshade | BSC 1st year (B/F) | Shikha |
| 10) | Anushka Zalkar | BSC 1st year (B/A) | Anushka |
| 11) | Rupali H. Pande | LLB 3rd year 1st year | Rupali |
| 12) | Nashvanti Londe | LLB 3rd year 1st year | Nashvanti |
| 13) | Harshita D. Balgundam | LLB 3rd year 1st year | Harshita |
| 14) | Roshni R. Kishisagar | M.Com 1st year 2nd sem | Roshni |
| 15) | Anamika S. Mandke | M.Com 1st year 2nd sem | Anamika |
| 16) | Sirwan P. Maszaim | M.Com 2nd year 2nd sem | Sirwan |
| 17) | Alpna Kajre | BSC 3rd year | Alpna |
| 18) | Naina Kulkarni | BSC 3rd year | Naina |
| 19) | Manima S. Baraskar | BSC 3rd year | Manima |
| 20) | Mital R. Nigam | BSC 1st year (Biochem) | Mital |
| 21) | Ganvi R. Rajput | BSC 1st year (Biochem) | Ganvi |
| 22) | Manmayee Namikar | BCA 1st year | Manmayee |
| 23) | Shambhavi Khanolkar | BCA 1st year | Shambhavi |
| 24) | Tanvika Shewale | BCA 1st year | Tanvika |
| 25) | Prachi Pingsanjude | BCA 1st year | Prachi |
| 26) | Shubika D. Naunage | BCA 1st year | Shubika |
| 27) | Priyanka C. Gohire | BSC 2nd year | Priyanka |
| 28) | Pooja R. Shelke | BSC 2nd year | Pooja |
| 29) | Sapri Inani | BSC 2nd year | Sapri |
| 30) | Nikki S. Pawar | BCA 1st year | Nikki |

Rajshri Kolhase BALLB 1st year ✓
Shreyas Kamat BALLB 2nd year ✓
Sonija Mathu BALLB 2nd year ✓

| Sr. No. | Name | Class | Sign |
|---------|---------------------|------------------------|-------------|
| 1) | Khushi Kumbhar | BCA Sem I (1st year) | Khushi |
| 2) | Jahvi Mirashe | BCA 1st year | Jahvi |
| 3) | Saloni Karange | BCA 1st year | Saloni |
| 4) | Saakshya Damke | BCA 1st year | Saakshya |
| 5) | Megha Patil | BCA 3rd year | Megha |
| 6) | Misha Patil | - | Misha |
| 7) | Mayuri Ambale | - | Mayuri |
| 8) | Ashika Rayput | BSC 2nd year | Ashika |
| 9) | Radhika Anwar | - | Radhika |
| 10) | Yashasvi Nare | - | Yashasvi |
| 11) | Pranjali Ganekar | - | Pranjali |
| 12) | Smriti Puram | M.Com 1st year | Smriti |
| 13) | Laxmi Kulkarni | M.Com 1st year | Laxmi |
| 14) | Priyanka Kam | M.Com 1st year | Priyanka |
| 15) | Pamashvi Bhagat | BSC 1st year (Physics) | Pamashvi |
| 16) | Harshita Gawate | BSC 1st year (Physics) | Harshita |
| 17) | Manasi Bhatnagar | BSC 1st year (Physics) | Manasi |
| 18) | Anushka Bhatnagar | BSC 2nd year | Anushka |
| 19) | Prachi Nakhle | BSC 2nd year | Prachi |
| 20) | Latika Boyer | BSC 2nd year | Latika |
| 21) | Rishika Jivne | BSC 2nd year | Rishika |
| 22) | Aravi Bhavsare | LLB 2nd sem 5th year | Aravi |
| 23) | Manavi Chade | LLB 2nd sem 5th year | Manavi |
| 24) | Ajshika Chaurasia | - | Ajshika |
| 25) | Sanskriti S. Tiwari | - | S.S. Tiwari |
| 26) | Ganvi Deshmukh | - | G. Deshmukh |
| 27) | Shruti Mandavkar | - | Shruti |
| 28) | Yashasvi Mate | - | Yashasvi |
| 29) | Nisha Nagle | - | Nisha |
| 30) | Pooja Thakre | - | Pooja |
| 31) | Pooja Mukade | - | Pooja |

Women Development Cell.

Health, Hygiene and Personality Development

| S.No | Name | Class | Sign. |
|------|---------------------|---------------------------|-------------------|
| 1. | Vedanti Choudhari | BCA 2 nd yr | <i>Vedanti</i> |
| 2. | Deepika Thanwan | BCA 2 nd yr | <i>Deepika</i> |
| 3. | Janyli Yarpude | BCA 2 nd yr | <i>Janyli</i> |
| 4. | Indrayani sursaw | BCA 2 nd yr | <i>Indrayani</i> |
| 5. | Ketki Dhotke | BCA 2 nd yr | <i>Ketki</i> |
| 6. | Rajrandini Bagde | B.Sc 1 st year | <i>Rajrandini</i> |
| 7. | Nirmali Bhalikar | BCA 2 nd yr | <i>Nirmali</i> |
| 8. | Shiksha Mishra | BCA 2 nd yr | <i>Shiksha</i> |
| 9. | Achal Sunawar | BCA 2 nd yr | <i>Achal</i> |
| 10. | Nehasika Tiwari | BCA 2 nd yr | <i>Nehasika</i> |
| 11. | Vanshika A. Dhadmal | BA 1 st year | <i>Vanshika</i> |
| 12. | Saloni S. Chodichar | BA 1 st year | <i>Saloni</i> |
| 13. | Jamli S. Yele | B.A 1 st year | <i>Jamli</i> |
| 14. | Mrunali B. Sonule | B.A 1 st year | <i>Mrunali</i> |
| 15. | Gurjan M. Punsavkar | B.A 1 st year | <i>Gurjan</i> |
| 16. | Anushka Chake | B.Sc 1 st yr | <i>Anushka</i> |
| 17. | Achal Waniik | B.Sc 1 st yr | <i>Achal</i> |
| 18. | Diksha .R. Meshram | B.S.C 1 st yr | <i>Diksha</i> |
| 19. | Nandini .N. Kale. | B.S.C 1 st yr | <i>Nandini</i> |
| 20. | Sneha N. Mandal | B.S.C 1 st yr | <i>Sneha</i> |
| 21. | Manavi D. Garge | B.S.C 1 st yr | <i>Manavi</i> |
| 22. | Mahakpreet Rai | B.Sc 1 st yr | <i>Mahakpreet</i> |
| 23. | Tejaswini Pahade | B.S.C 1 st yr | <i>Tejaswini</i> |

| | | | |
|-----|-------------------|--------------------------------|------------------|
| 71. | Riya Badale | BA.LLB 1 st year | <i>Riya</i> |
| 72. | Kumudha Trifalay | BA.LLB 1 st yr | <i>Kumudha</i> |
| 73. | Prakriti Achhad | BA.LLB 1 st yr | <i>Prakriti</i> |
| 74. | Kasturi Dime | BALLB 1 st yr | <i>Kasturi</i> |
| 75. | FALGUNI FOLEY | BS Biotech 1 st yr | <i>Falguni</i> |
| 76. | PRUTHA WAHMARE | - | <i>Prutha</i> |
| 77. | Ripika Mkey | BSC electronics | <i>Ripika</i> |
| 78. | Kasturi Dalvi | " - " | <i>Kasturi</i> |
| 79. | Shreya Bahir | BSC Biotech 1 st yr | <i>Shreya</i> |
| 80. | Krutika Hatimare | " - " | <i>Krutika</i> |
| 81. | Anshika Shah | " - " | <i>Anshika</i> |
| 82. | Ralak Sahu | " - " | <i>Ralak</i> |
| 83. | Rutuja Rathod | " - " | <i>Rutuja</i> |
| 84. | Dhanshree khonde | " - " | <i>Dhanshree</i> |
| 84. | Shruti Madankar | BSC Biotech 1 st yr | <i>Shruti</i> |
| 85. | Anushka Domle | BSC Biotech 1 st yr | <i>Anushka</i> |
| 86. | Harshita Thool | BSC Biotech 1 st yr | <i>Harshita</i> |
| 87. | Suhani Dhunde | BSC Biotech 1 st yr | <i>Suhani</i> |
| 88. | Sakshi Shyamkumar | BSC Biotech 1 st yr | <i>Sakshi</i> |
| 89. | Rohini Badi | " - " | <i>Rohini</i> |
| 90. | Riya Mandalwar | " - " | <i>Riya</i> |