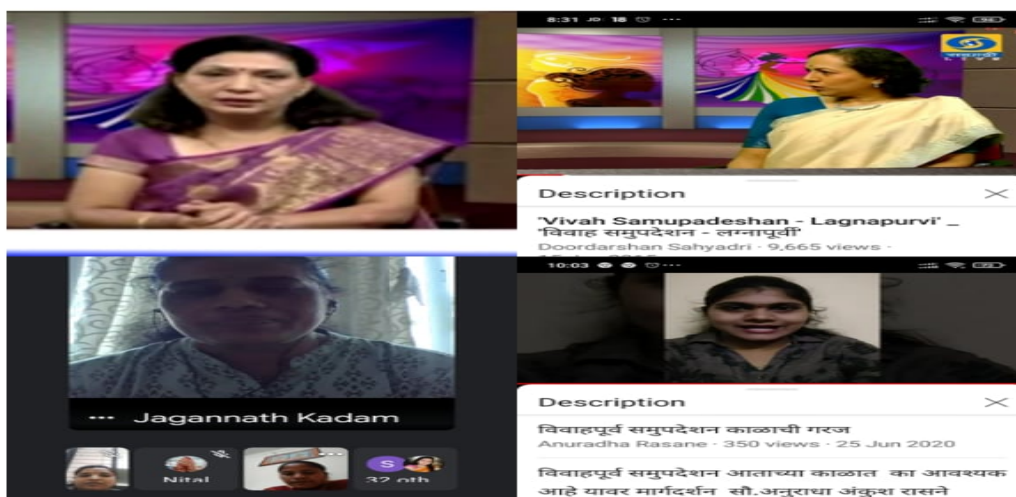


Pune District Education Association's
Mamasaheb Mohol College, Paud Road, Pune- 38

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
<u>1.</u>	<u>10/02/2021</u>	'Need for Pre-Marriage Counselling'	Objective- 1. To help them to express their feelings and attitudes	Mrs. Anjali Rasne	<u>Dr. R.P Shendkar</u> <u>Dr. Shinde Swati</u>	<u>42</u>
<u>2.</u>	<u>11/02/2021</u>	'Weed Management in Relationships'	2. To provide general and specific information , education and guidance about the problems and responsibilities of marriage	Mrs. Vandana S udhir Kulkarni	<u>Dr. R.P Shendkar</u> <u>Dr. Shinde Swati</u>	<u>44</u>
<u>3.</u>	<u>12/2/2021</u>	'How to Preserve Sweetness in Relationships'		Mrs. Smita Joshi	<u>Dr. R.P Shendkar</u> <u>Dr. Shinde Swati</u>	<u>44</u>
<u>4.</u>	<u>13/2/2021</u>	'Use of Social Media and Cheating of Girls'		Sr.PI- Kumud Kadam	<u>Dr. R.P Shendkar</u> <u>Dr. Shinde Swati</u>	<u>55</u>
<u>5.</u>	<u>16/2/2021</u>	'Freedom Is Not Arbitrariness'	3. To provide guidance the girl students about use of social media Practice- Lecture, Group Discussion and Counseling through	Dr. Sagar Pathak Mrs. Smita Joshi	<u>Dr. R.P Shendkar</u> <u>Dr. Shinde Swati</u>	<u>21</u>

			<p>using social media</p> <p>Outcomes- Create awareness 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's 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'	Objective- To focus on women nutrition	Dr. Medha Joshi	<u>Dr.R.PShendkar</u> <u>Prof. Shinde Swati</u>	<u>32</u>

<u>2.</u>	<u>18/02/2021</u>	<p>'Bad Dietary Habits', Contraindications to Food and Its Effects on the Body Dietary Carbohydrates, Proteins, Fats' Content ' Co-vid AyurSanwad</p> <p>'Gynecological Diseases', 'Menstrual Problems', 'Cancer Problems', 'Hormonal Changes', 'Breast Cancer Home Remedies', 'Homeopathy Benefits' 'Need for Exercise'.</p>	<p>To focus on women Health To focus on women Health and awareness about Red dot campaign To focus on women Health</p> <p>Practice- Lecture and Demonstration</p> <p>Outcomes- Awareness and literacy to improve students health Education and literacy to improve students health and nutrition Awareness and literacy to improve students health and raise awareness on</p>	Dr. TanviKurahde	<p><u>Dr.R.PShendkar</u> <u>Prof. Shinde</u> <u>Swati</u></p> <p><u>Dr.R.PShendkar</u> <u>Prof. Shinde</u> <u>Swati</u></p>	<u>44</u>
<u>3.</u>	<u>23/02/2021</u>	<p>Women's illnesses</p> <p>mental health</p> <p>'Mental health and care'</p>	<p>health and nutrition Awareness and literacy to improve students health and raise awareness on</p>	Dr. UmeshAtram's		<u>27</u>

<u>4</u>	<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 '.	ways to dispose sanitary waste Awareness and literacy to improve students health	Swati Taware	<u>Dr. R.P Shendkar</u> <u>Prof. Shinde</u> <u>Swati</u>	<u>25</u>
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Women's Day Celebration on 8/3/2021



Girl's Common Room



Main Entrance Gate with Security Guard



CCTV TV Installed in College Campus



PRINCIPAL
Mamasahab Mohol College
Paud Road, Pune - 411 038.