

PROGRAM REPORT

Title of the Program: Guest Lecture on Women Health

Number of Day : 1 day

Date of Conduction : 22/04/2024

Venue: Main Building Seminar Hall

Number of Female Participants: 89

Program Objectives:

1. To encourage girl's students and ladies staff about their health.
2. To motivate woman to take responsibility of their health and social development.
3. To measures to maintain proper women's health.
4. To create awareness about women's health.

Name of the Resource Person(s): **Dr. Rachana Patil**
(Consultant- Dr. Rachana's Homoeopathic Clinic,
Mahatma Nagar, Nashik)

Description / Explanation of the Program:

The Department of Civil Engineering organized a guest lecture on women health under the “**Nirbhay Kanya Yojana**” (Savitribai Phule Pune University) for all girl students and female staff on campus. Prof. (Dr.) K. A. Salunke welcomes the guest speaker Dr. Rachana Patil by offering a sapling. Prof. (Dr.) S. B. Bagal, Principal, LGNSCOE, Nashik, and Prof. S.R. Baji, SDO, LGNSCOE, were present.

Dr. Rachana Patil started the lecture on the topic “**Women health**”. She has spoken about the mental health problems like depression among students. Girls also share their problems with her and she had properly given guidance to them. She stressed the following three skills for mental well-being: facing the challenge or fear, managing emotions through acceptance, consultation and cognitive appraisal. She explained in detail the strategies to manage stress effectively. She told do yoga and meditation daily.

At the end of this informative talk, the girls were really satisfied and enthused. The vote of thanks was delivered by Prof. M. Z. Khairnar, Program Coordinator, Assistant Professor, Civil Engineering Department. The function ended with the National Anthem.

Photographs:



HOD Civil Dept Dr. K. A. Salunke Presenting a Sapling to the Guest Speaker



Felicitaton of Dr. K. A. Salunke



Dr. Rachana Patil Addressing the Audience



Dr. Rachana Patil giving information about stress management.



Staff and students as audience