



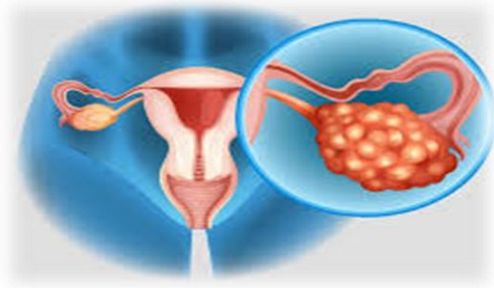
Dissemination of Education for Knowledge, Science and Culture”
-Shikshanmaharshi Dr. Bapuji Salunkhe



Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's

RAJE RAMRAO MAHAVIDYALAYA, JATH

**DIST. - SANGLI
REPORT OF**



A SEMINAR ON

**“Breaking the Silence: Understanding
Menstrual Health and PCOD awareness.”**

Day and Date: Thursday, 18th Sept., 2025 Time: 10:00 AM

Jointly Organized by

**Women Empowerment Cell, Internal Complaint
cell, Swayamsidha committee and IQAC**

RAJE RAMRAO MAHAVIDYALAYA, JATH,

DIST-SANGLI (MH)

Submitted to

IQAC (Internal Quality Assurance Cell)

RAJE RAMRAO MAHAVIDYALAYA, JATH, DIST.-

SANGLI (MS), INDIA

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BRIEF INFORMATION

Sr. No.	Title	Details
1.	Organizing Department	Women Empowerment Cell, Internal Complaint cell, Swayamsidha committee and IQAC
2.	Title of Activity	A SEMINAR ON “Breaking the Silence: Understanding Menstrual Health and PCOD awareness.”
3.	Day and Date of Activity	Thursday, 18th Sept., 2025
4.	Venue	Dr. Bapuji Salunkhe Auditorium
5.	Resource Person	Dr. M. Y. Shinde (Coordinator women empowerment cell)
6.	Total Registration	103

BROCHURE



"Dissemination of Education for Knowledge, Science and Culture"

- Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's

Raje Ramrao Mahavidyalaya, Jath

Dist: Sangli – 416404, Maharashtra, India (Affiliated to Shivaji University, Kolhapur)



Women Empowerment Cell, Internal Complaint cell and IQAC

Organizes

A SEMINAR ON

"Breaking the Silence: Understanding Menstrual Health and PCOD awareness."

Day and Date: Thursday, 18th Sept., 2025

Time: 10:00 AM

President



Prof. (Dr.) Suresh S. Patil
Principal
Raje Ramrao Mahavidyalaya, Jath

Chief Guest



Dr. Vidya Jadhav
Gynaecologist & Obstetrician
Professor & H.O.D.. Ob. & Gynaecology

Resource Person



Dr. Sushma Dhonde
M.Sc., Ph.D. (Medical.Biochemistry)
BVDU Medical College, Professor Sangli.



Organizing Committee

Dr. M. Y. Shinde (Co-ordinator, Women empowerment cell)
Ms. R. A. Shinde (Co-ordinator, Internal complaint cell)Dr.
S. R. Kulal (Co-Ordinator, IQAC)

Venue: Dr. Bapuji Salunkhe Auditorium

SHORT CV OF CHIEF GUEST

ABOUT RESOURCE PERSON

Name of the resource person	Information
<p data-bbox="272 443 679 488">Dr. Vidya Manoj Jadhav</p>  A portrait of Dr. Vidya Manoj Jadhav, a woman with dark hair and glasses, wearing a patterned top, standing in front of green foliage.	<ul data-bbox="884 443 1410 831" style="list-style-type: none">❖ Professor in OBGY DEPT❖ Has 27 Yrs of teaching experience❖ She is Under-graduate as well as Postgraduate teacher.❖ She is also consultant at Vatsalya Nursing Home, Near Civil Hospital Sangli
<p data-bbox="280 983 671 1028">Dr. Sushama S. Dhonde</p>  A portrait of Dr. Sushama S. Dhonde, a woman with glasses, wearing a yellow and orange sari and a necklace, standing in front of a banner.	<ul data-bbox="860 1032 1410 1368" style="list-style-type: none">❖ Professor, Biochemistry❖ PhD in Medical Biochemistry❖ Teaching experience - 20 yrs.❖ Undergraduate & postgraduate teacher



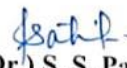
BRIEF SUMMERY

A one-day seminar on the topic “Breaking the Silence: Awareness about Menstruation and PCOD” was organized on 18 September 2025 at Raje Ramrao College, Jath, in Dr. Bapuji Salunkhe Auditorium. The event was jointly conducted by the Women Empowerment Cell, Internal Complaints Committee, and Internal Quality Assurance Cell (IQAC) of the college. The program was presided over by Vice Principal Prof. M. H. Karenavar. The keynote speaker, Dr. Sushma Dhonde from Bharati Vidyapeeth Medical College and Hospital, Sangli, provided detailed guidance to the students on the menstrual cycle, understanding PCOD, its symptoms, remedies, and the harmful effects of fast food.

A survey on PCOD was also conducted among students from the Arts, Commerce, Science, and BCA departments by the medical team. Dr. Snehal Bhosale delivered an impactful presentation on PCOD. The program began with an introduction and welcome of the chief guest by programme Coordinator Dr. Madhumati Shinde. The event was anchored by Prof. Rohini Shinde, and the vote of thanks was delivered by Prof. Bhagyashri Mali. A large number of female students, faculty members, and non-teaching staff from all departments attended the seminar.

A one-day seminar on menstruation and PCOD awareness was held on 18th September 2025 at Raje Ramrao College, Jat. Experts guided students on menstrual health, PCOD symptoms, prevention, and lifestyle impacts. The program included presentations, a student survey, and active participation from students and staff, aiming to promote awareness and break the silence around women’s health issues.

INVITATION LETTER

		<p>"Dissemination of Education for Knowledge, Science & Culture" -Shikshanmaharshi Dr. Bapuji Salunkhe Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's RAJE RAMRAO MAHAVIDYALAYA, JATH Dist. Sangli (Maharashtra) 416 404 UGC Recognition under 2(F) & 12 (B) UGC Act 1956 (Affiliated to Shriwaji University, Kolhapur) NAAC Reaccredited "A" Grade (Fourth Cycle), ISO Certified 9001-2015</p>		
Office : (02344) 246251, Fax : (02344) 246015, Resl : (02344) 247251 Email : rajaramrao@gmail.com Website : www.rrcollege.org				
FOUNDER Dr. Bapuji Salunkhe D.Lit.	PRESIDENT Hon. Chandrakant Dada Patil Minister Govt. of Maharashtra, Mumbai.	CHAIRMAN Prin. Abhaykumar Salunkhe M.A.	SECRETARY Prin. Mrs. Shubhangi Gawade M.Sc., B.Ed.	PRINCIPAL Prof. (Dr.) Suresh S. Patil M.Sc., SET, Ph.D.
Ref No. RRMJ/ 300/2025-26		Invitation Letter		Date : 15/9/2025
<p>To Dr. Vidya Manoj Jadhav Professor & H.O.D. Ob. & Gynaecology. B.V. (D.To.Be U).</p> <p>Subject: Invitation as Guest Speaker for Awareness Session on Menstrual Health & PCOD</p> <p>Respected Madam,</p> <p>It is with great pleasure that we extend our heartfelt invitation to you to be the guest speaker for a session titled: "Breaking the Silence: Understanding Menstrual Health & PCOD Awareness" to be held on 18th Sept. 2025 at 10:00 a.m., jointly organized by the Women Empowerment Cell and the Internal Complaint Committee and IQAC of our college. Given your esteemed experience and contribution in the field of Obstetrics and Gynaecology, we believe your insights will greatly benefit our students in understanding and managing their health better. Your gracious presence will aware and encourage all attendees, and it would indeed be an honour for us to welcome you on this special occasion.</p> <p>We look forward to your positive response.</p> <p>Thanking you,</p> <p style="text-align: right;">Yours sincerely,</p> <p style="text-align: right;"> Prof. (Dr.) S. S. Patil Principal Raje Ramrao Mahavidyalaya, Jath Tal-Jath, Dist-Sangli.</p>				

RAJE RAMRAO MAHAVIDYALAYA, JATH

Dist. Sangli (Maharashtra) 416 404

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FOUNDER

Dr. Bapuji Salunkhe
D.Lit.

PRESIDENT

Hon. Chandrakant Dada Patil
Minister Govt. of Maharashtra,
Mumbai.

CHAIRMAN

Prin. Abhaykumar Salunkhe
M.A.

SECRETARY

Prin. Mrs. Shubhangi Gawade
M.Sc., B.Ed.

PRINCIPAL

Prof. (Dr.) Suresh S. Patil
M.Sc., SET, Ph.D.

Ref No. RRMJ/

300 / 2025 - 26

Date :

15/9/2025

Invitation Letter

To

Dr. Sushama Prakash. Dhonde.

Professor (Department of Biochemistry)

Bharati Vidyapeeth Medical College & Hospital, Sangli

Subject: Invitation as Guest Speaker for Awareness Session on Menstrual Health & PCOD

Respected Madam,




It is with great pleasure that we extend our heartfelt invitation to you to be the resource person for a session titled: "Breaking the Silence: Understanding Menstrual Health & PCOD Awareness" to be held on 18th Sept. 2025 at 10:00 a.m., jointly organized by the Women Empowerment Cell and the Internal Complaint Committee and IQAC of our college. Your expertise in Biochemistry and experience in health education will be immensely valuable in helping students understand the scientific and nutritional aspects of menstrual health and PCOD. Your gracious presence will aware and encourage all attendees, and it would indeed be an honour for us to welcome you on this special occasion. We look forward to your positive response.

Thanking you,

Yours sincerely,


Prof. (Dr.) S. S. Patil
Principal
Raje Ramrao Mahavidyalaya, Jath
Tal-Jath, Dist-Sangli.

LETTER OF APPRICIATION

		<small>"Dissemination of Education for Knowledge, Science & Culture"</small> -Shikshanmaharshi Dr. Bapuji Salunkhe Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's		<small>Estd Since 1989</small> 	
RAJE RAMRAO MAHAVIDYALAYA, JATH		Dist. Sangli (Maharashtra) 416 404		UGC Recognition under 2(F) & 12 (B) UGC Act 1956 (Affiliated to Shivaji University, Kolhapur)	
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FOUNDER Dr. Bapuji Salunkhe D.Lit.	PRESIDENT Hon. Chandrakant Dada Patil Minister Govt. of Maharashtra, Mumbai.	CHAIRMAN Prin. Abhaykumar Salunkhe M.A.	SECRETARY Prin. Mrs. Shubhangi Gawade M.Sc., B.Ed.	PRINCIPAL Prof. (Dr.) Suresh S. Patil M.Sc., SET, Ph.D.	
Ref No. RRMJ/ 310 / 2025-26				Date : 18/9/2025	
<u>Letter of Thanks</u>					
To					
Dr. Vidya Manoj Jadhav					
Professor					
H.O.D. Ob. & Gynaecology. B.V. (D.To.Be U).					
Respected Madam,					
On behalf of the Women Empowerment Cell and the entire Rajee Ramrao Mahavidyalaya family, I extend our heartfelt gratitude to you for delivering an insightful session on: " Breaking the Silence: Understanding Menstrual Health & PCOD Awareness ". Your expert knowledge, engaging presentation, and compassionate approach created a safe and enlightening environment for our students to learn and speak openly about these vital health topics. Your contribution has not only raised awareness but also encouraged our students to take charge of their own health and well-being.					
Thank you once again for your valuable time, efforts, and support in empowering young women.					
Thanking you,					
Yours sincerely,					
					
Prof. (Dr.) S. S. Patil Principal					
Raje Ramrao Mahavidyalaya, Jath Tal-Jath, Dist-Sangli.					

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D.U.L.

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PRINCIPAL

Prof. (Dr.) Suresh S. Patil
M.Sc., SET, Ph.D.

Ref No. RRMJ/ 310 / 2025-2026

Date : 18/9/2024

Letter of Thanks

To

Dr. Sushama Prakash. Dhonde.

Professor (Department of Biochemistry)

Bharati Vidyapeeth Medical College & Hospital, Sangli

Respected Madam,

On behalf of the Women Empowerment Cell and the entire Rajaramrao Mahavidyalaya family, I extend our heartfelt gratitude to you for delivering an insightful session on: "**Breaking the Silence: Understanding Menstrual Health & PCOD Awareness**". Your clear explanations and scientific insights into the biochemical and nutritional aspects of menstrual health provided our students with a deeper understanding of their bodies and the importance of health literacy. Your contribution has not only raised awareness but also encouraged our students to take charge of their own health and well-being.

Thank you once again for your valuable time, efforts, and support in empowering young women.

Thanking you,

Yours sincerely,


Prof. (Dr.) S. S. Patil
Principal
Rajaramrao Mahavidyalaya, Jath
Tal-Jath, Dist-Sangli.

PHOTO GALLERY



Raje Ramrao Mahavidyalaya Jath
Women Empowerment Cell - PCOD Awareness
18.09.2025 10:37
17.05087, 75.20178
3622+CFC, Sunetra Colony, Jath 416404



Jath, Maharashtra, India 
Jat, Jath, Maharashtra 416404, India
Lat 17.050176, Long 75.199782
09/18/2025 10:54 AM GMT+05:30
Note : Captured by GPS Map Camera

GPS Map Camera



Raje Ramrao Mahavidyalaya Jath
Women Empowerment Cell
2
23.08.2025 10:45
17.05019, 75.20011



Raje Ramrao Mahavidyalaya Jath
Women Empowerment Cell - PCOD Awareness
8
18.09.2025 11:30
17.05120, 75.20141

REGISTRATION DETAILS

"Dissemination of Education for Knowledge, Science and Culture"
- Shikshamaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's

Raje Ramrao Mahavidyalaya, Jath (Senior - Art's)

Sl. No.	Name of student	Class	Age	Height	Weight	Waist Circ. (inference)	Mother Name	Qualification	Occupation	Father Name	Qualification	Occupation
1.	Priyanka Sawasome	B.A.II	19	145	30	26	Shalan	10th	Housewife	Ravasa	2nd	Farmer
2.	Prachi Sakshi Santosh	B.A.II	21	150	55	18	Savitri	10th	Housewife	Santosh	10th	Farmer
3.	Kamala Anusudha Mallappa	B.A.II	19	145	42	21	Anjali	10th	Housewife	Mallappa	7th	Farmer
4.	Masa Rutuja Sanjay	B.A.II	19	150	42	22	Jayshri	7th	Housewife	Sanjay	9th	Farmer
5.	Devi Rajesh Shambhu	B.A.II	20	150	45	20	Madhavi	7th	Housewife	Shambhu	10th	Farmer
6.	Sanika Umesh Kelum	B.A.II	20	150	40	19	Archana	10th	Housewife	Umesh	5th	Postal Party
7.	Samita Shaishali Naik	B.A.II	21	145	40	22	Mahadevi	12th	Housewife	Shaishali	3th	Farmer
8.	Akshata Amasiddha Sane	B.A.II	20	154	41	20	Bharthi	10th	Housewife	Amasiddha	10th	Farmer
9.	Mali Ashvini Sangappa	B.A.II	22	155	52	30	Mahamada	7th	Housewife	Sangappa	10th	Farmer
10.	Siddhi Rajesh Shambhu	B.A.II	20	165	50	36	Saraja	B.A.	Housewife	Rajesh	10th	Hotel
11.	Sveeti Chandrakant Apte	B.A.II	20	54	54	34	Madhumati	7th	Housewife	Chandrakant	T.T.	Teacher
12.	Nilata Santosh Vhanant	B.A.II	20	152	40	20	Manisha	7th	Housewife	Santosh	10th	Farmer
13.	Pratishtha C. Shete	B.A.II	20	154	43	20	Sunita	9th	Housewife	Chandreshkar	10th	Farmer
14.	Snehal Subhash Koli	B.A.II	20	154	50	32	Vanita	9th	Housewife	Subhash	12th	Teacher
15.	Ruluja Vijay Bhor	B.A.II	21	150	45	32	Sangita	10th	Housewife	Vijay	BSC	Electron
16.	Sarika Rajesh Koli	B.A.II	20	150	45	20	Kavita	12th	Housewife	Rajesh	B.A.I	Farmer
17.	Rohini Gopinath Chavan	B.A.II	21	109	68	32	Sangita	5th	Housewife	Gopinath	Graduat	Teacher
18.	Ankita Raju Salunkhe	B.A.II	20	153	39	30	Ajju	4th	Housewife	Raju	6th	m.k
19.	Banusa Sampat	B.A.II	20	155	49	30	Ajju	7th	Housewife	Raju	7th	B.M.A
20.	Savitri Bapu Sawant	B.A.II	19	152	40	20	Vishvi	6th	Housewife	Bapu	8th	Business
21.	Pragati Vilas Shinde	B.A.II	19	152	44	20	Savitri	9th	Housewife	Vilas	10th	Driver
22.	Geeta Chandrakant	B.A.II	19	152	40	22	Shalan	7th	Housewife	Chandrakant	10th	Business
23.	Tanya Khandu Chavan	B.A.II	20	156	47	22	Urnika	8th	Housewife	Khandu	10th	Teacher
24.	Diksha Rajendra Surve	B.A.II	20	160	46	20	Sunita	7th	Housewife	Rajendra	9th	Sheti
25.	Jayshri Erappa Sutar	B.A.II	19	152	45	20	Laxmi	-	Housewife	Erappa	9th	Sheti
26.	Sarita Rishi Mujawar	B.A.II	19	162	48	-	Riyasa	8th	Housewife	Rishi	10th	Sheti
27.	Ankita Manoj Kadam	B.A.II	19	162	48	-	Jayshri	7th	Housewife	-	-	-
28.	Vidya Kumar Teli	B.A.II	18	155	47	28	Sunita	7th	Housewife	Kumar	7th	Sheti
29.	Sakshi Vijay Thavare	B.A.II	18	159	68	36	Maja	7th	Housewife	Vijay	5th	Sheti
30.	Pranali Mahadev Mahite	B.A.II	23	152	53	28	Shalan	7th	Housewife	Mahadev	10th	Farmer
31.	Gayatri Mahavir Athawale	B.A.II	24	154	41	28	Shubhangi	7th	Housewife	Mahavir	10th	Farmer
32.	Nilam Vijay Thavare	B.A.II	20	160	55	36	Maja	10th	Housewife	Vijay	12th	Farmer
33.	Sneha Ravindra Magal	B.A.II	19	150	45	36	Poojima	10th	Housewife	Ravindra	B.A.I	Business
34.	Roshani Laxman Patil	B.A.II	19	156	47	36	Manisha	7th	Housewife	Laxman	B.A.II	Business
35.	Swati Babasaheb	B.A.II	21	162	52	36	Sakhabai	-	Housewife	Babasaheb	-	Farmer
36.	Swarajali Balu Kamble	B.A.II	19	162	47	36	Archana	-	Housewife	Balu	10th	Farmer
37.	Pooja Mahadev Mendhe	B.A.II	20	162	41	36	Ratashri	10th	Housewife	Mahadev	7th	Farmer
38.	Sudiksha Subhash Bhaule	B.A.II	20	165	55	30	Vandana	10th	Housewife	Subhash	10th	Farmer
39.	Manali Mahan Kadam	B.A.II	18	155	45	36	Randa	-	Housewife	Mahan	10th	Farmer
40.	Sakshi Suresh Chavan	B.A.II	17	152	40	32	Chaya	10th	Housewife	Suresh	10th	Farmer
41.	Sarika Shabali Kale	B.A.II	18	153	40	32	Archana	10th	Housewife	Shabali	10th	Farmer
42.	Poojima A. Kumbhar	B.A.II	17	152	44	32	Syaptha	10th	Housewife	Kumbhar	10th	Farmer
43.	Mayura J. Harde	B.A.II	18	153	40	32	Sushekha	7th	Housewife	Harde	12th	Farmer
44.	Sumekha Naik	B.A.II	18	153	40	32	Poojiti	-	Housewife	Naik	10th	Farmer
45.	Sujata S. Jagtap	B.A.II	18	155	50	32	Vashvi	10th	Housewife	Jagtap	12th	Farmer
46.	Vaishnavi Vishwanath Mali	B.A.II	18	150	46	30	Ujjwala	B.A.II	H-Wife	Vishwanath	1	Farmer
47.	Mayuri Bajirav Khandekar	B.A.II	19	153	59	35	Chiranjiv	10th	Housewife	Bajirav	12th	Job
48.	Vijaylaxmi Arun Sale	B.A.II	19	150	50	32	Shridevi	10th	Housewife	Arun	12th	Business
49.	Vinita Bhausa Malankar	B.A.II	19	150	50	32	Suvrha	8th	Housewife	Bhausa	12th	Farmer
50.	Prigal Chandrakant Koli	B.A.II	19	155	60	40	RURAL	10th	Housewife	Bhausa	12th	Business

"Dissemination of Education for Knowledge, Science and Culture"

- Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's

Raje Ramrao Mahavidyalaya, Jath

(Senior - Science)

sr. no.	Name of student	Class	Age	Height	weight	Waist Circumference	Mother Name	Qualification	Occupation	Father Name	Qualification	Occupation
1.	vidyashri Govind Rajput	BSc-II	19	150cm	57	20	Geeta Rajput	7th	Housewife	Govind Rajput	7th	Farmer
2.	Ujjwala Virgandhar Hiragond	BSc-II	19	158cm	45	28	Gourabai Hiragond	10th	Housewife	Virgandhar Hiragond	Graduate	Farmer
3.	Kaveri Kadappa Hiragond	BSc-II	19	149cm	47	28	Gourabai Hiragond	10th	Housewife	Kadappa Hiragond	B.A	Farmer
4.	Hiragond Ningamona S.	BSc-II	19	151cm	45	28	Mohanand Hiragond	7th	Housewife	Shrishail Hiragond	Graduate	Farmer
5.	Biradar Namrata P.	BSc-II	19	162cm	50	28	Sunita Biradar	7th	Housewife	Paragand Biradar	10th	Farmer
6.	Lokhande Mayuri Ravan	BSc-II	19	167cm	43	28	Nirmala Lokhande	7th	Housewife	Ravan Lokhande	10th	Farmer
7.	Khutale Nikita D.	BSc-II	20	159	48	28	Bhagyasree	10th	Housewife	Dinkar Khutale	M.A.Bd	Teacher
8.	Gurav Priyanka Bhimu	BSc-II	19	167	46	28	Sujata	10th	Housewife	Bhimu Gurav	10th	Business
9.	Gurav Vaishali Bhimu	BSc-II	18	160	40	26	Sujata	10th	Housewife	Bhimu Gurav	10th	Business
10.	Mohite Dipali Prakash	BSc-II	19	160	40	26	Prabhavati	10th	Housewife	Prakash	Graduate	Farmer
11.	Kambale Sonali Govind	BSc-II	19	146	35	26	Ranita	10th	Housewife	Govind	10th	Farmer
12.	Chhatre (Koli) Tanuja Sunil	BSc-II	19	160	46	26	Rekha	10th	Housewife	Sunil	Graduate	Farmer
13.	Tadhar Nikita Arjun	BSc-II	19	163	50	27	Sunita	8th	Housewife	Arjun	7th	Farmer
14.	Momodapur Shilpa S.	BSc-II	20	157	45	25	Shata	7th	Housewife	Sadashiv	10th	Farmer
15.	Tangadi Tejaswini D.	BSc-II	20	161	54	28	Sulata	7th	Housewife	Dhanappa	10th	Farmer
16.	Vedika S. Ramane	BSc-I	19	160	55	30	Rupali	7th	Housewife	Sunil	12th	Electrical
17.	Dorshana S. Kalal	BSc-I	18	15.8	66	36	Kanchaiya	12th	Housewife	Sanjay	10th	Farmer
18.	Shaikh Sumaiyya Begum Shaikh	BSc-I	15	5.3	60	32	Shahadabegum	10th	Housewife	Shafik	4th	Mechanic
19.	Sammolki Shripati Bhamare	BSc-I	19	5.1	52	28	Meena Kshi	5th	Housewife	Shripati	7th	Farmer
20.	Pratiksha Daryappa Shetye	BSc-I	18	5.1	40	28	Savarna	8th	Housewife	Daryappa	15th	Farmer
21.	Pooja Shishailabagand	BSc-I	18	5.2	41	28	Shobha	7th	Housewife	Shishaila P	12th	Farmer
22.	Amruta Bhimanna Ghilji	BSc-I	19	5.9	60	32	Mohadevi	10th	Housewife	Bhimanna	8th	Farmer
23.	Akshata Santosh Gaikwad	BSc-I	19	5.1	46	30	Kavita	10th	Housewife	Santosh	10th	Farmer
24.	Putuja Chandrakant Kadam	BSc-I	18	5.2	50	28	Chhaya	5th	Housewife	Chandrakant	12th	Farmer
25.	Akshata Rajendra Patil	BSc-I	19	5.2	51	28	Kalpina	9th	Housewife	Rajendra	10th	Farmer
26.	Manika Bhimanna Jadhav	BSc-I	19	5.1	51	26	Anita	10th	Housewife	Bhimanna	7th	Farmer
27.	Nista Dhanvant Kumbhar	BSc-I	17	5	43	26	Shivakka	5th	Housewife	Dhanvant	8th	Farmer
28.	Prachi Nandkumar Patil	BSc-I	19	5.2	50	30	Jayashree	10th	Housewife	Nandkumar	5th	Farmer
29.	Pratiksh Ashok Biradar	BSc-I	18	5.2	50	30	Surekha	10th	Housewife	Ashok	5th	Farmer
30.	Shinde Pallavi G.	BSc-II	21	4.11	43	27	Aika	10th	Housewife	Ganapatroo	12th	Farmer
31.	Jadhav Shradha R.	BSc-II	21	5.11	50	29	Nirmala	10th	Housewife	Ramesh	10th	Farmer
32.	Shinde Pranali M	BSc-II	21	5.16	52	25	Vijaya	8th	Housewife	Mazuri	10th	Farmer
33.	Kalabare Anshada Subhash	BSc-II	21	5.14	50	28	Indumati	7th	Housewife	Subhash	10th	Farmer
34.	Solankar Santosha Shivaji	BSc-II	21	5.8	45	25	Pranabai	12th	Housewife	Shiraji	BSc-Bed	Teacher
35.	Tikar Snehal Vilas	BSc-II	19	164	65	32	Anita	10th	Housewife	Vilas	M.BA	Job
36.	Patil Tanishka Pradip	BSc-II	19	5.4	54	28	Savitra	8th	Housewife	Pradip	BSc-II	Farmer
37.	Mate Shobha Vilas	BSc-II	20	162cm	57	30	Kalpina	8th	Housewife	Vilas	10th	Farmer

SURVEY FORM

WC - 73

नांव : Sanyogita Shivaji Salankar

इयत्ता : BSC-III

दिनांक : 18-9-2025

1) PCOS आजारसंबंधीच्या लक्षणाबाबतीतील जागरूकता माहिती आहे / नाही.

2) मासिक पाळी संबंधित वैयक्तिक माहिती

- मासिक पाळी वयाच्या कितीव्या वर्षी सुरु झाली. 13 year
- मासिक पाळी नियमित आहे काय ? yes
- मासिक पाळी दरम्यान एका दिवसात किती पॅड लागतात ? 3
- मासिक पाळी किती दिवस चालू असते ? 5
- मासिक पाळी किती दिवसांनी येते ? 28-30 days
- घरी कुणाला हा आजार PCOD/PCOS आहे काय ? होय / नाही ✓

3) PCOD/PCOS बद्दलची माहिती -

- PCOD/PCOS बद्दल ऐकले आहे काय ? होय / नाही ✓
 - कुणाकडून ऐकलेय डॉक्टर मॅट्रिण कुटुंब इंटरनेट कॉलेजमध्ये आरोग्य व स्वच्छता यावरील व्याख्यान. होय / नाही ✓
- या आजारात शरीराचा कोणता अवयव निगडित आहे याची माहिती आहे काय ? होय / नाही ✓
- हा अंडाशयाशी निगडित आजार आहे.

4) PCOD/PCOS लक्षणासंबंधित वैयक्तिक माहिती -

- लक्षण आहे / नाही
- अनियमित पाळी NO
 - वजन वाढणे. NO
 - चेहऱ्यावरील मुरुमे yes
 - शरीरावर अनैसर्गिक केसांची वाढ होणे. NO
 - ओटीपोटात दुखणे. NO
 - भूक मंदावणे. yes
 - केस गळणे. yes

5) जीवनातील निगडीत वैयक्तिक माहिती.

- व्यायाम करता काय ? होय / नाही ✓
- करत असाल तर खालीलपैकी कोणता व्यायाम करता ?
- किती वेळ करता आठवड्यातून एकदा किंवा किती वेळा करता. किती काळ किती वेळा.
- * चालणे yes
 - * ऐरोबिक्स NO
 - * योग ध्यान प्राणायाम NO
 - * झुंबा NO
- फास्ट फुड खाता काय ? yes

खात असाल तर किती दिवसातून खाता ? Daily, 1-2 days after

d) Cannot breathe comfortably NO

Not during the Past monthy _____	Less than Once a week _____	Once or twice a week _____	Three or more times a week _____
-------------------------------------	--------------------------------	-------------------------------	-------------------------------------

e) Cough or snore loudly NO

Not during the Past monthy _____	Less than Once a week _____	Once or twice a week _____	Three or more times a week _____
-------------------------------------	--------------------------------	-------------------------------	-------------------------------------

f) Feel too cold NO

Not during the Past monthy _____	Less than Once a week _____	Once or twice a week _____	Three or more times a week _____
-------------------------------------	--------------------------------	-------------------------------	-------------------------------------

g) Feel too hot NO

Not during the Past monthy _____	Less than Once a week _____	Once or twice a week _____	Three or more times a week _____
-------------------------------------	--------------------------------	-------------------------------	-------------------------------------

h) Had bad dreams NO

Not during the Past monthy _____	Less than Once a week _____	Once or twice a week _____	Three or more times a week _____
-------------------------------------	--------------------------------	-------------------------------	-------------------------------------

i) Have pain yes

Not during the Past monthy _____	Less than Once a week _____	Once or twice a week _____	Three or more times a week _____
-------------------------------------	--------------------------------	-------------------------------	-------------------------------------

j) Othe reason(s), please describe leg pain

How often during the past month have you had trouble sleeping because of this ?

Not during the Past monthy _____	Less than Once a week _____	Once or twice a week _____	Three or more times a week _____
-------------------------------------	--------------------------------	-------------------------------	-------------------------------------

6. During the past month, how would you rate your sleep quality overall?

Very good yes

Fairly good _____

Fairly bad _____

Very bad _____

Santogita Shirai Solankar BSc-III

Questionnaire for gastric disorders

Sr. No.	Question	No	Yes	Frequency		
				Day	week	occasionally
1.	Pain or discomfort in your chest or stomach	✓				
2.	Hurping	✓				
3.	Burping	✓				
4.	Bloating	✓				
5.	Gurgling stomach and / for gas		✓			✓
6.	Nausea and / or vomiting		✓			✓
7.	Acid reflux, gastroesophageal reflux		✓			✓
8.	Constipation		✓	✓		

Pittsburgh Sleep Quality Index (PSQI)

PITTSBURGH SLEEP QUALITY INDEX

Sanyogita Shiraji Salankar BSC - III

INSTRUCTIONS :

The following questions relate to your usual sleep habits during the past month only. Your answers should indicate the most accurate reply for the majority of days and nights in the past month. Please answer all questions.

1. During the past month, what time have you usually gone to bed at night ?

BED TIME 10 to 10:30 PM

2. During the past month, how long (in minutes) has it usually taken you to fall asleep each night ?

NUMBER OF MINUTES 10 minute

3. During the past month, what time have you usually gotten up in the morning ?

GETTING UP TIME 7 to 7:30 AM

4. During the past month, how many hours of actual sleep did you get at night ? (This may be different than the number of hours you spent in bed ?

HOURS OF SLEEP PER NIGHT 10 hours

For each of the remaining questions, check the one best response. Please answer all questions.

5. During the past month, how often have you had trouble sleeping because you.....

- a) Cannot get to sleep within 30 minutes NO

Not during the Past monthy _____	Less than Once a week _____	Once or twice a week _____	Three or more times a week _____
-------------------------------------	--------------------------------	-------------------------------	-------------------------------------

- b) Wake up in the middle of the night or early morning NO

Not during the Past monthy _____	Less than Once a week _____	Once or twice a week _____	Three or more times a week _____
-------------------------------------	--------------------------------	-------------------------------	-------------------------------------

- c) Have to get up to use the bathroom NO

Not during the Past monthy _____	Less than Once a week _____	Once or twice a week _____	Three or more times a week _____
-------------------------------------	--------------------------------	-------------------------------	-------------------------------------

ATTENDANCE DETAILS (STUDENTS)



"Dissemination of Education for Knowledge, Science and Culture"
 -Shikshanmaharshi Dr. Bapuji Salunkhe
 Shri Swami Vivekanand Shikshar Sanstha, Kolhapur's
 RAJE RAMRAO MAHAVIDYALAYA, JATH DIST. -SANGLI



Academic year-2025-2026

A SEMINAR ON

"Breaking the Silence: Understanding Menstrual Health and PCOD awareness."

Day and Date: Thursday, 18th Sept., 2025

Time: 10:00 AM

STUDENTS ATTENDANCE (SENIOR)


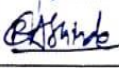
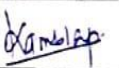
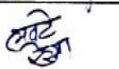


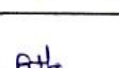
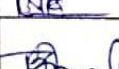

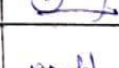
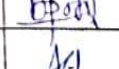

Sr. No.	Name of the Student	Class	Stream	Sign
1.	Payal Hasan Khatikar	III	BCA	Payal.
2.	Priyanka sanjay shinde	III	BCA	shindepc
3.	Gurav. Vaishali. Bhinai.	I	B.Sc	Gurav.
4.	Priyanka Ravdso Malsal	I	B.A	P.R.M.
5.	priyanka. Bhimu. Gurav	II	B.SC	Gurav.
6.	vidyashri Govind Rajput	II	B.SC	Vidya
7.	khurat Usha shripatt	II	B-sc	Khurat
8.	Patil Tejal Mhalappa	MSc-II	MSc	Patil.T.M
9.	Mulla Yasmin A.	I	BSC	
10.	Swami. Mahananda. Gurav.	MSc-II	MSc.	Swami.
11.	Saurabh Sudama Koushik	III	B.SI.	Saurabh
12.	Priachi Tanaji Mali	I	B.Com	Priachi
13.	Kavasar Appasab shikh.	BcAIII	BcA	Kavasar
14.	Alisha Balawraj kengar	I	B.sc	Alisha
15.	Sureshi Vilas BhoSalle	B.Com III	B.com	Sureshi
16.	Bagali Dhaneshwari Pamesh	III	BCA	Bagali
17.	Kurkhar saha sadashiv	BCA III	BCA	Kurkhar
18.	Diksha Ramesh Piraje	BCA-II	BCA	D.R.M.
19.	Lokhande Mayuri Ravan	B.Sc-II	Science	Lokhande
20.	Atapadkar saaita Bahusabeb	B.Sc-III	scienc	Atapadkar
21.	Sakshi vijay Thavare.	B.A-I	Arts	Sakshi
22.	vidya kumar Teli	B.A-I	Arts	vidya
23.	Pranali Bharat chavan	B.Sc-I	Sci	Pranali

24.	Patil Anjali Appasa	II	B SC	AA Patil
25.	Shinde samruddhi sadashiv	II	B SC	S.S. Shinde
26.	Koli shrushti Mohan	III	B.com	S.M. Koli
27.	Sneha Ravindra Mogali	I	B.A	Sneha
28.	Gayatri Mahavir Athawale	III	B.A	Gnathawale
29.	Pranali Mahadev Mohite	III	B.P.	Mohite
30.	Nilam vijay thavare.	III	BA.	N.V. Thavare
31.	Akshata Rajendra Mane	II I	B.Sc.I	ARM
32.	Saika vishal patil	I	B.Sc.II	Patil
33.	Tanuja Pandurang Waghmode.	I	B.SC	W.
34.	Sudama Keshavnagar Sawant	III	BSC.	14.
35.	Kamble Sagarajali Balu	I	B.A.	Kamble
36.	Atapadkar Sanita Bhausaheb	III	B.S.C	Sanita
37.	Patil Akshata Shivaji	III	B.com	Patil
38.	Khandagale vaishnavi umesh	III I	12th	Patil
39.	Mendhigiri pooja mahadev	II	B.A.II	P.M.M
40.	chavan Pranali Bhaerat	Sci	12th	Patil
41.	Bhosale Sudiksha Subhash	III	B.A	Bhosale
42.	Patil Shrutika Ravindra	I	B.A.	Shrutika
43.	Ashwini Suktadev Jagund	I	B.A	Ashwini
44.	Shaikh Sumaiyyabegum Shafiq	I	B.S.C.	Sumaiyya
45.	shaikh Swaliya Ayub	I	B.SC	Shaikh
46.	Sawant Pratiksha sachin	I	BSC	Sawant
47.	sneha Arjun Kote	II	BCA	Sneha
48.	Anita hanmant Sangoikar	III	BCA	Anita
49.	Asha Ningappa Kumbhar	III	BCA	Asha
50.	Bageli phanishwari Pooch	III	BCA	Bageli
51.	Miraje diksha Ramesh	II	SCA	Miraje
52.	Aishwarya Suresh Sedar	I	BCA	Aishwarya
53.	Gauri Siddam Lohar	I	BCA	Gauri
54.	Aditi Arjun Koli	I	BCA	Aditi
55.	Gayatri Mahadev Huchgond	I	BCA	Gayatri
56.	Akshata shivappa karajonagi	I	BCA	Akshata
57.	Prigal. Chadrkant Koli	I	BCA	Prigal
58.	vanita Bhausa Mallalkar	I	B.C.A	Vanita
59.	Vijwala Anuh Sale	I	B.A.I	V.B.M
60.	Mayuri Bajirav Khandekar	I	BA-I	V.A.S
61.	Vaishnavi Vishvanath Mali	I	BA-I	Vaishnavi

62.	Geeta Dharamrao Pawar	I	B.A.I	Gopawar
63.	Sujata Samanling Teggimali	I	B.A.I	S.S.T
64.	Tejashri Sahebdev Gaikwad		I	
65.	sncha Arjun Kale	II	BCA	SN
66.	Anita harmani Sangalkar	II	BCA	RLK
67.	Asha Ningappa Kumbhar	III	BCA	Alubhar
68.	Bagali Dhanneshwari Pamesh	III	-	Bagali
69.	Miraje diksha Miraje	II	BCA II	D.M
70.	Fadatre Akshata subhash	III	BSC	Akshata
71.	shinde pranali Maruthi	III	B.SC	shinde
72.	Sanyogita Shivaji solankar	III	B.SC	Sull
73.	Abilya Laxman Niemane		11th Arts	A.L.N
74.	Pawar Akshata Ankushrao	I	B.Sc	Guak
75.	Langude Pooja Raju		11th Arts	Pooja
76.	Lalti Smita Ranesh		11th Arts	S
77.	Aoutle Vaishnavi Ashok		XII scie	A
78.	Gaikwad Tejashri Sahebdev		XII scie	Saib
79.	Saloni Bandu Waydande		12th Arts	S.B.W
80.	Sayali Sanjay Hingamire	I	BCA	Shingmire
81.	Minaakshi Balasa Sawant	I	BCA	M.B.Sawant
82.	Aditi Dhondiram pawar	I	BCA	Aditi
83.	saraswati sanjay Pawar	I	BCA	Santi
84.	Pranali Pandurang Inkar	I	BCA	Pranali
85.	Supriya Daji Kengar	I	BCA	Skengar
86.	Arati Bandu Bhosale	I	BCA	Arati
87.	sakshi suresh Chavab	I	BA	Schavab
88.	monali Mohan kadam	I	BA	M.M.K
89.	sahika Shahaji kale	I	BA	Sskale
90.	Shital Peafull Patil	III	BCA	Shital
91.	Madhura Sheishail Tangdi	III	BCA	M.S.Tangdi
92.				
93.				
94.				
95.				
96.				

FACULTY ATTENDANCE

FACULTY ATTENDANCE

Sr. No.	Name of the Student	Stream	Sign
1.	Dr. Madhumati Yashwant Shinde	Science(Bot.)	
2.	Ms. Rohini Appasaheb Shinde	science(phy)	
3.	Miss- Kamble vidya Parashuram	Arts (Geog)	
4.	श्री. प्रा. लक्ष्मी आर. राने	Arts (मराठी)	
5.	Ms. Ashwini Birappa Pujari	Chemistry	
6.	Miss. Balirai J.J.	B.C.A.	
7.	Miss. Thorat Pradnya Bira	commerce	
8.	Ms. Mali Bhagyashri Ningappa.	Maths	
9.	miss. kare D.D.	English	
10.	Mrs D.S. Patil	stat	
11.	Dr. S.B. Deshmukh	Zoology	
12.	A.S. Patil Ms. S.G. Patil	COM Envr.	AST 
13.			
14.			
15.			
16.			
17.			

FEEDBACK DETAILS (STUDENTS)



"Dissemination of Education for Knowledge, Science and Culture"

-Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha, Kolhapur's

RAJE RAMRAO MAHAVIDYALAYA, JATH DIST. -SANGLI



Academic year-2025-2026

A SEMINAR ON

"Breaking the Silence: Understanding Menstrual Health and PCOD awareness."

Day and Date: Thursday, 18th Sept., 2025

Time: 10:00 AM

STUDENTS FEEDBACK (SENIOR)

Sr. No.	Name of the Student	class	Stream	Relevance of Topic	Clarity of information	Speaker knowledge	Sign
1.	Poojal H. Kalikar	III	BCA	Excellent	excellent	V. good	Poojal
2.	Priyanka S. Shinde	III	BCA	v. good	Excellent	Excellent	shinde
3.	Harav. Vaishali. Bhim	I	B.Sc	Excellent	Very good	Very good	Harav
4.	Priyanka R. Masur	I	B.A	Excellent	Excellent	Very Good	P.R.M.
5.	Priyanka. Bhim. Gurav	II	B.Sc	Excellent	Excellent	V. Good	Priyanka
6.	Vidyaashri Rajput. G	II	B.Sc	Excellent	very good	Excellent	Vidya
7.	Usha Kharat. S.	II	B.Sc	Excellent	Very good	V. good	Usha
8.	Patil Tejal M	MSc-I	MSc	Excellent	very good	V. good	Patil
9.	Suwant Suvarak	III	B.Sc.	very good	Excellent	V. good	Suwant
10.	Summi. Mahanarshi	MSc-II	MSc-I	Excellent	v. Good	V. Good	Summi
11.	Drachi T. Mali	I	B.Com	Excellent	V. Good	V. Good	Drachi
12.	Kavasa. A. Shaikh	III	BCA	Excellent	V. Good	V. Good	Kavasa
13.	Alisha. B. Kengur	B.Sc	B.Sc	Excellent	V. Good	V. Good	Alisha
14.	Bagali Dhanneshwar. Dhan	B.A. II	BCA	Excellent	V. Good	V. Good	Bagali
15.	Bhosale Saishvi	III	B.Com	Excellent	V. Good	V. Good	Bhosale
16.	Kurkhar. Sneha	III	BCA	Excellent	Excellent	Very good	Kurkhar
17.	Lokhande Mayuri	II	B.Sc	Excellent	Excellent	Very good	Lokhande
18.	Miraje Diksha	II	B.CA	Excellent	v. Good	excellent	Miraje
19.	Savitri A.B. Padkar	III	B.Sc	V. good	v. Good	excellent	Savitri
20.	Vidya kumar. Teji	I	B.A	Excellent	v. good	excellent	Vidya
21.	Sakshi vijay Thavare	I	B.A	Excellent	V. Good	excellent	Sakshi
22.	Sudiksha Bhosale	III	B.A	V. good	V. Good	excellent	Sudiksha
23.	Prarati Bhairav Chavan	III	sci	Excellent	Good	excellent	Prarati

24.	Pooja mendhigoi	I	B.A	Good	Exlent	good	R.M. M
25.	Patil Aarti	II	B.Sc	good	Exlent	good	ANPali
26.	Shind Somsuddhi	II	B.Sc	good	Exlent	good	S.Shinde
27.	Sasika Shinde	II	B.A	good	Exlent	good	SSS
28.	Leela P. Hake	I	B.A	good	Exlent	good	Leela
29.	Ramji M. Mohite	III	B.A.	good	Exlent	good	Ramji
30.	Gayatri Mahalik	III	B.A	good	Exlent	good	Gayatri
31.	Nilam Vijay Thavara	III	B.A	good	Exlent	good	N.V. Thavara
32.	Akshata R. Moha	I	B.Sc I	very good	Exellent	good	AKM
33.	Sanika Vishal patil	I	B.Sc I	very good	Exlent	good	Sanika
34.	Taruna Pandurang Khushnada	I	B.Sc	very good	Exlent	good	Taruna
35.	Geeb Jhanwar	I	B.Sc	excellent	Good	good	G.S.T
36.	Vedika Ramane	I	B.Sc	excellent	good	good	Vedika
37.	Aarti Suwe	I	B.Sc	good	good	good	Aarti
38.	Somsuddhi Basarame	I	B.Sc.	excellent	good	good	Somsuddhi
39.	Priyanka gurav	II	B.Sc	excellent	good	good	Priyanka
40.	Sadiya Masanguppi	I	B.com	excellent	good	good	S.A.M
41.	Tasneemshakir Gavandi	I	B.com	Good	good	good	Tasneem
42.	Aarju Salim Gavandi	I	B.com	Good	good	good	A.S.G
43.	Sufiya Babasab Nayarshi	I	B.com	Good	good	good	S.B.N
44.	Poochi Taraji Mali	I	B.com	Good	Exlent	Good	P.M.
45.	Kavasar A. Shaikh	III	B.C.A.	Good	Exlent	Good	K.A.
46.	Saloni V. Kamble	I	B.com	Good	Exlant	Good	Kamble
47.	Dnyaneshwarani Shishwar	I	B.com	Good	Exlant	Good	Shishwarani
48.	Sanmita Bhosale	I	B.com	Good	Exlant	Good	Sanmita
49.	Sankhi Sheikh	I	B.com	Good	Exlant	Good	SSS
50.	Snehal Khobare	I	B.com	Good	Exelant	Good	S.K.
51.	Mahek Samir Gavandi	I	B.com	Good	exelant	Good	M.Gavandi
52.	Nisha D Kamble	I	B.Sc	Good	exelant	Good	Nisha
53.	Aditi S. Bhaadar	I	B.Sc	Good	exelant	Good	Aditi
54.	Sandhya B. Khattare	II	B.com	Good	exelant	Goods	Sandhya
55.	Poornima H. Gaikwad	II	B.com	Good	exelant	Goods	P.H. Gaikwad
56.	Rishika R. K	II	B.com	Good	Exelant	Goods	R.R.K
57.	Aishwarya S. Mote	I	B.C.A	Good	Exelant	Good	A.Mote
58.	Harekshada V. Izakar	I	B.C.A	Good	Exelant	Good	H.V.
59.	Banasod Akshat A	I	B.C.A	Good	Exelant	Good	B.A.
60.	Shrekhada S. Naik	I	B.A-1	Good	Exelant	Good	S.Naik
61.	Pratibha Ananda Kumbhar	I	B.A.-	Good	Exelant	Good	P.K.

62.	Mayuri J. Hande	I	B.A.I	Good	Exlent	good	M.T.H
63.	Jayashri I. Sutar	I	B.A.I	Good	Exlent	good	Pula
64.	Vaishnavi R. Patil	III	BCA	Good	Good	Good	SP
65.	Shradha G. Pare	III	BCA	Good	Good	Good	SP
66.	Shubhangi R. Shinde	III	BCA	Good	Good	Good	SP
67.	Saamantale S. Langde	III	BCA	Good	Good	Good	SP
68.	Ashvini A. Mali	III	BCA	—	—	—	SP
69.	Vaishnavi Vishramth Mali	I	B.A	Good	Good	Good	Omali
70.	Mayuri B. Khander	I	B.A	—	—	—	Omali
71.	Priya Khadrakantkali	I	B.A	—	—	—	Ralk
72.	Akshata S. Karajanagi	I	B.CA	Good	—	—	A.S.K
73.	Gayatri M. Huchgaon	I	BCA	Good	—	—	Conto
74.	Aditi A. Koli	I	BCA	Good	—	—	A.K
75.	Gousi Siddamlohar	I	BCA	Good	—	—	SP
76.	Aishwarya S. Sutar	I	BCA	Good	—	—	Aishu
77.	Shinde Pranali M	III	BSc	Good	Good	Good	Prinl.
78.	Akshata S. Palkane	III	BSc	Good	Good	Good	SP
79.	Sanyogita S. Solankar	III	DSc	—	—	—	SP
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FACULTY FEEDBACK

FACULTY FEEDBACK

Sr. No.	Name of the Student	class	Stream	Relevance of Topic	Clarity of information	Speaker knowledge	Sign
1.	Dr. M. Y. Shinde	-	Science	Excellent	Very good	Excellent	<i>[Signature]</i>
2.	Ms. R. A. Shinde	-	science	Excellent	Very good	Excellent	<i>[Signature]</i>
3.	Miss - V. P. Kamble	-	Arts	Excellent	Very good	Excellent	<i>[Signature]</i>
4.	Ms. A. B. Puri	-	Science	Excellent	Very good	Excellent	<i>[Signature]</i>
5.	Miss Balikae J.I.	-	B.C.A.	Excellent	Very good	Excellent	<i>[Signature]</i>
6.	Miss D. D. Kark	-	Arts	Excellent	Very good	Excellent	<i>[Signature]</i>
7.	Miss. Thaxat. P. B.	-	commerce	Excellent	Very good	Excellent	<i>[Signature]</i>
8.	MIS D. S. Pohl	-	sci	Excell	Excell	Exc	<i>[Signature]</i>
9.	Dr. S. B. Deshmukh	-	Sci.	Excell.	Very good	Very good	<i>[Signature]</i>
10.	Ms. S. G. Patil	-	Jr.	Excell.	v. good	v. good	<i>[Signature]</i>
11.	Ms. S. S. Koti	-	Science	Excellent	V. Good	V. Good	<i>[Signature]</i>
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NEWS IN THE NEWSPAPER

JANPRAVAS NEWSPAPER

जनप्रवास

बातम्यांचा राजा



■ राजे रामराव महाविद्यालय, जत येथे मासिक पाळी, पीसीओडी विषयी जनजागृती या विषयावर एकदिवसीय चर्चासत्र संपन्न झाले.

राजे रामराव महाविद्यालयात मासिक पाळी, पीसीओडीवर आरोग्यविषयक चर्चासत्र

जनप्रवास । जत

येथील राजे रामराव महाविद्यालयात महिला सवलतीकरण कक्ष, अंतर्गत तक्रार निवारण कक्ष आणि अंतर्गत गुणवत्ता हमी कक्ष यांच्या संयुक्त विद्यमाने ब्रेकिंग द सायलन्स : मासिक पाळी व पीसीओडी विषयी जनजागृती या विषयावर एकदिवसीय चर्चासत्र संपन्न झाले.

या चर्चासत्राच्या अध्यक्षस्थानी महाविद्यालयाचे उपप्राचार्य प्रा. महादेव करेणावर हे होते. यावेळी प्रमुख मार्गदर्शक म्हणून भारती विद्यापीठ मेडिकल कॉलेज व हॉस्पिटल, सांगली येथील डॉ. सुपमा धोंडे उपस्थित होत्या. यावेळी विद्यार्थिनींना मार्गदर्शन करताना डॉ. सुपमा धोंडे यांनी मासिक पाळीचे चक्र, पीसीओडी म्हणजे काय, त्याची

लक्षणे, त्यावरील उपाय तसेच फास्ट फूडचे दुष्परिणाम याबाबत सखोल मार्गदर्शन केले. त्याबरोबरच कला, वाणिज्य, विज्ञान आणि बीसीए विभागांतील विद्यार्थिनींवर पीसीओडीविषयी सर्वेक्षण देखील त्यांच्या वैद्यकीय टीममार्फत घेण्यात आले. कार्यक्रमात डॉ. स्नेहल भोसले यांनी पीसीओडी विषयी प्रभावी सादरीकरण केले. प्रस्ताविक व प्रमुख पाहुण्यांचे स्वागत समन्वयक प्रा. डॉ. मधुमती शिंदे यांनी केले. कार्यक्रमाचे सूत्रसंचालन प्रा. रोहिणी शिंदे यांनी तर आभारदर्शन प्रा. भाम्यश्री माळी यांनी केले. या चर्चासत्रास महाविद्यालयातील सर्व विभागांतील विद्यार्थिनी, प्राध्यापकवर्ग व शिक्षकेतर कर्मचारी मोठ्या संख्येने उपस्थित होते.

दैनिक
जन्मत

राजे रामराव महाविद्यालयात मासिक पाळी आणि पीसीओडीवर आरोग्यविषयक चर्चासत्र संपन्न

जत दि.२२ (प्रतिनिधी)- राजे रामराव महाविद्यालय, जत येथे महिला सबलीकरण कक्ष, अंतर्गत तक्रार निवारण कक्ष आणि अंतर्गत गुणवत्ता हमी कक्ष यांच्या संयुक्त विद्यमाने ब्रेकिंग द सायलन्स : मासिक पाळी व पीसीओडी विषयी जनजागृती या विषयावर एकदिवसीय चर्चासत्र संपन्न झाले. या चर्चासत्राच्या अध्यक्षस्थानी महाविद्यालयाचे उपप्राचार्य प्रा.महादेव करेणावर हे

होते. यावेळी प्रमुख मार्गदर्शक म्हणून भारती विद्यापीठ मेडिकल कॉलेज व हॉस्पिटल, सांगली येथील डॉ. सुषमा धोंडे उपस्थित होत्या. यावेळी विद्यार्थिनींना मार्गदर्शन करताना डॉ. सुषमा धोंडे यांनी मासिक पाळीचे चक्र, पीसीओडी म्हणजे काय, त्याची लक्षणे, त्यावरील उपाय तसेच फास्ट फूडचे दुष्परिणाम याबाबत सखोल मार्गदर्शन केले. त्याबरोबरच कला, वाणिज्य, विज्ञान आणि

बीसीए विभागातील विद्यार्थिनींवर पीसीओडीविषयी सर्वेक्षण देखील त्यांच्या वैद्यकीय टीममार्फत घेण्यात आले. कार्यक्रमात डॉ.स्नेहल भोसले यांनी पीसीओडीविषयी प्रभावी सादरीकरण केले. प्रस्ताविक व प्रमुख पाहुण्यांचे स्वागत समन्वयक प्रा.डॉ.मधुमती शिंदे यांनी केले. कार्यक्रमाचे सूत्रसंचालन प्रा.रोहिणी शिंदे यांनी तर आभारप्रदर्शन प्रा.भाग्यश्री माळी यांनी केले. या



चर्चासत्रास महाविद्यालयातील सर्व विभागांतील विद्यार्थिनी, प्राध्यापकवर्ग व शिक्षकेतर कर्मचारी मोठ्या संख्येने उपस्थित होते.

NEWS IN THE NEWSPAPER

BANDHUTA NEWSPAPER

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बंधुता

राजे रामराव महाविद्यालयात आरोग्यविषयक चर्चासत्र संपन्न

बंधुता न्यूज नेटवर्क

जत : राजे रामराव महाविद्यालय, जत येथे महिला सबलीकरण कक्ष, अंतर्गत तक्रार निवारण कक्ष आणि अंतर्गत गुणवत्ता हमी कक्ष यांच्या संयुक्त विद्यमाने ब्रेकिंग द सायलन्स : मासिक पाळी व पीसीओडी विषयी जनजागृती या विषयावर एकदिवसीय चर्चासत्र संपन्न झाले. या चर्चासत्राच्या अध्यक्षस्थानी महाविद्यालयाचे उपप्राचार्य प्रा.महादेव करेण्णावर हे होते. यावेळी प्रमुख मार्गदर्शक म्हणून भारती विद्यापीठ मेडिकल कॉलेज व हॉस्पिटल, सांगली येथील डॉ.सुषमा धोंडे उपस्थित होत्या.

यावेळी विद्यार्थिनींना मार्गदर्शन करताना डॉ.सुषमा धोंडे यांनी मासिक पाळीचे चक्र, पीसीओडी म्हणजे काय, त्याची लक्षणे, त्यावरील उपाय तसेच फास्ट फूडचे दुष्परिणाम याबाबत



सखोल मार्गदर्शन केले. त्याबरोबरच कला, वाणिज्य, विज्ञान आणि बीसीए विभागांतील विद्यार्थिनींवर पीसीओडीविषयी सर्वेक्षण देखील त्यांच्या वैद्यकीय टीममार्फत घेण्यात आले. कार्यक्रमात डॉ.स्नेहल भोसले यांनी पीसीओडीविषयी प्रभावी सादरीकरण केले. प्रस्ताविक व प्रमुख पाहुण्यांचे स्वागत

समन्वयक प्रा.डॉ.मधुमती शिंदे यांनी केले. कार्यक्रमाचे सूत्रसंचालन प्रा.रोहिणी शिंदे यांनी तर आभारप्रदर्शन प्रा.भाग्यश्री माळी यांनी केले. या चर्चासत्रास महाविद्यालयातील सर्व विभागांतील विद्यार्थिनी, प्राध्यापकवर्ग व शिक्षकेतर कर्मचारी मोठ्या संख्येने उपस्थित होते.

Outcomes of the Programme

- The seminar significantly increased awareness among students about menstrual health and PCOD, including its causes, symptoms, and preventive measures.
- Participants developed a better understanding of maintaining a healthy lifestyle and the negative effects of fast food on hormonal balance.
- The session helped in breaking myths, taboos, and hesitation surrounding menstruation and women's health issues.
- Students actively engaged in discussions and gained confidence to speak openly about their health concerns.
- The PCOD survey provided useful data to understand the health status and concerns of students across different departments.
- The program promoted health consciousness and encouraged students to adopt hygienic practices and regular medical consultation when needed.
- Overall, the initiative contributed to women empowerment by fostering awareness, confidence, and informed decision-making regarding personal health.

➤ **Report Submitted by – Dr.Madhumati Y. Shinde**