



JSPM's

JAYAWANTRAO SAWANAT COLLEGE OF ENGINEERING

Department of Information Technology Engineering



Health Awareness Program For All Teaching and Non Teaching Ladies Staff

Organised by

Department of Information Technology Engineering

Scheduled on 24th September 2024

Event Coordinator

Prof. S.A.Bagul

Dr. S.R.rangari
HoD (IT)

Head of Department
Dept. of Information Tech.
ISCOE, Hadapsar, Pune-28

Dr. R. D. Kanphade
Principal
JSCOE, Hadapsar, Pune



JAYAWANT SHIKSHAN PRASARAK MANDAL'S
**Jayawantrao Sawant College of
Engineering, Pune**

Approved By AICTE & Affiliated To Savitribai Phule Pune University
ACCREDITED BY NBA AND NAAC
Department of Information Technology



Since 2004

Health Awareness

Programme for
All Teaching & Non Teaching Ladies Staff



Date: Tuesday, 24th Sep, 2024



Time: 11.00AM



Venue: B-303, Seminar Hall, B Building

**-: Event Coordinator :-
Prof. Swati Bagul**

**Dr. Dipali Kolhe (FE)
Coordinator, Gender Equality & Sensitization**



**Miss. Aarti Shitole
Unimax India (Health advisor)**

PATRONS

**Hon. G. T. Sawant
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**Dr. Sanjay Sawant
Campus Director**

**Dr. Vasant Bugade
Campus Director**

**Dr. R. D. Kanphade
Principal, JSCOE**

**Dr. Sudhir Rangari
HoD (IT)**

Title : Health Awareness Program For All Teaching and Non-Teaching ladies Staff**Objective of Session:**

- The objective of this health awareness event was to educate and inform the female teaching and non-teaching staff about various women's health issues,
- with a special focus on PCOD (Polycystic Ovarian Disease)
- other related health concerns.
- The goal was to promote better health awareness, provide guidance on preventive measures, and encourage healthy lifestyle choices among the staff members..

Description:

- The Health Awareness program is organised by department of Information Technology on 20th September 2024. A Health Awareness program started with the welcome speech by Prof. S.A.Bagul event coordinator for workshop. Health Awareness program was conducted by Miss Arati Shitole

About the Speaker:

- Name: Miss Arati Shitole
- Profession: Unimax India(Health advisor)
- Expertise: Health and Wellness Education

Health Awareness program for All Teaching and Non-Teaching ladies Staff and Female students.

Total 55 participants have attended the Induction Program.

Speaker explained following points**Understanding PCOD:**

- Definition and overview of PCOD.
- Symptoms and diagnosis.
- Impact on women's health and lifestyle.
- Dietary changes, exercises, and lifestyle modifications to manage PCOD.
- Medical treatment options and preventive care.

Menstrual Health:

- Importance of regular check-ups.
- Identifying abnormal patterns in menstrual cycles and seeking medical advice.

Common Health Issues:

- Menstrual irregularities.
- Hormonal imbalances.
- Importance of mental health in women.

Bone Health:

- Discussing osteoporosis and other bone health issues common among women.
- Importance of calcium and vitamin D intake.

Preventive Measures:

- Healthy lifestyle choices: diet and exercise.
- Importance of regular health check-ups.
- Managing stress and its effects on health.

Treatment Options:

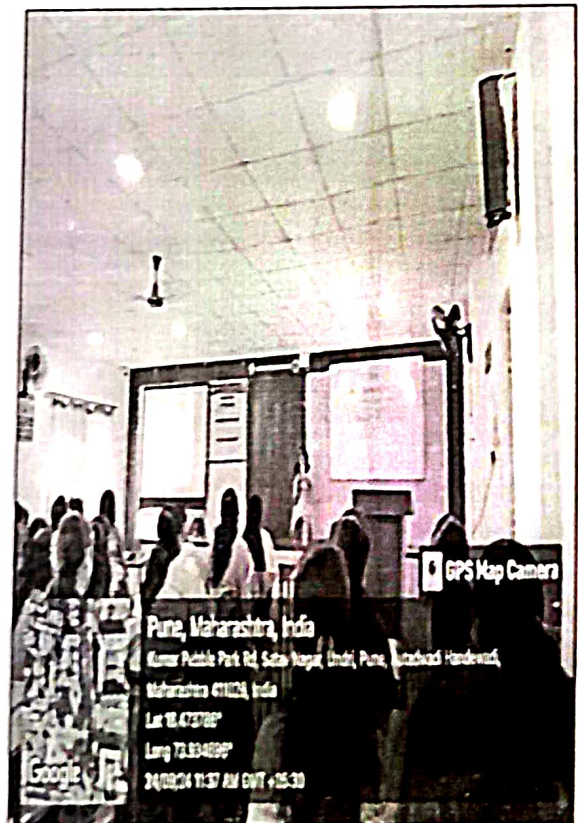
- Medication and alternative therapies.
- Role of healthcare professionals in managing health issues.
- Importance of community support.

Interactive Q&A Session:

- Attendees had the opportunity to ask questions and discuss their concerns directly with the speaker.

Prof. S.A.Bagul is faculty coordinator for Health Awareness program feedback is taken from all the students.

Glances of the session



Outcomes:

The event successfully achieved its objective of raising awareness about health issues affecting female staff.

Key outcomes include:

- **Increased Awareness:** Participants gained a better understanding of PCOD and its implications, along with other health concerns.
- **Engagement:** Attendees actively participated in discussions and asked questions, indicating a high level of interest in the topics presented.
- **Resource Distribution:** Informational brochures and pamphlets on health issues and resources for further assistance were distributed to participants.
- **Feedback:** Positive feedback was received regarding the relevance and practicality of the information shared. Many participants expressed the desire for follow-up sessions on health and wellness.



Prof S.A. Bagul

Event Coordinator



Dr S.R. Rangari

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