

## Women Development Cell

Guest talk on “Health and Nutrition for Healthy Mind and Body.”

### PROGRAMME SCHEDULE

Saturday, 05<sup>th</sup> Mar 2022

Mrs. Seema Deshmukh  
The Convener  
Women Development Cell  
Sonopant Dandekar College  
Dt: 27/02/2022

To  
The Principal  
Sonopant Dandekar College  
Palghar

Sub: Request to approve proposal for organizing a guest lecture.

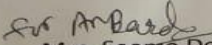
Sir,

College Women Development Cell proposes to organize a guest lecture on “Health and Nutrition for Healthy Mind and Body.” To guide on topic, the Cell has invited medical practitioner Dr. Mrs. Savita Lade. As per my conversation with Dr. Mrs. Savita Lade the program is finalized on Saturday, 05/03/2022.

Approximate expenditure for the program is Rs.3000. Kindly allow us to conduct the program and sanction the said amount.

Thank you.

Yours Sincerely,

  
Mrs. Seema Deshmukh  
Convener WDC

### **Objectives of the Guest Talk:**

1. To increase the nutrition knowledge and awareness of healthy habits
2. To make aware of negative impact of mobile on personal health
3. To make them change habits that contribute to poor health;
4. To provide correct information on the nutritional value of foods, food quality and safety

### **Learning Outcomes:**

At the end of the talk women should know

1. About their nutrition problems and their willingness to change.
2. That health is wealth
3. Beauty is an extension of health



Mrs. Seema Deshmukh  
Convener WDC



Sonopant Dandekar ShikshanMandalis  
Sonopant Dandekar Arts, V. S. Apte Commerce  
And M. H. Mehata Science College, Palghar



Date – 02/03/2022

## NOTICE

### WOMEN DEVELOPMENT CELL

Women Development Cell has organized a guest lecture on “Health and Nutrition for Healthy Mind and Body” by Dr. Savita Gade, a medical practitioner. The talk is arranged on 05<sup>th</sup> Mar 2022 on 10.30 a.m. at Ganesh Nilkanth Dandekar Seminar Hall, BMS Building. Girl students are hereby informed to present for the talk and avail its benefits.

*For Mrs. Seema*

Convener WDC  
Mrs. Seema Deshmukh

*Kiran*

Principal  
Dr. Kiran Save

Mrs. Seema Deshmukh  
The Convener  
Women Development Cell  
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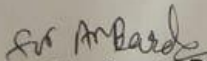
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**Sonopant Dandekar Shikshan Mandalis**  
**Sonopant Dandekar Arts, V. S. Apte Commerce**  
**And M. H. Mehta Science College, Palghar**



Date – 05/03/2022

**Women Development Cell**

**Guest talk on “Health and Nutrition for Healthy Mind and Body.”**

**PROGRAMME SCHEDULE**

**Saturday, 05<sup>th</sup> Mar 2022**

<b>Time</b>	<b>Event</b>	<b>Faculty</b>
11.00 am	Welcome	Mrs. Asmita Raut
11.35 am	Introduction	Mrs. Seema Deshmukh
11.40 am	Principal’s Guidance	Dr. Kiran Save
11.45 am	Introduction of Chief Guest	Dr. Yogesh Kulkarni
11.50 am	Chief Guest Address	Dr. Savita Lade
12.30 pm	Question and Answer Session	
12.35 pm	Votes of Thanks	Dr. Arundhati Barde

*S. Deshmukh*

Mrs. Seema Deshmukh

Convener WDC

SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE PALGHAR

WOMEN DEVELOPMENT CELL

NAME OF THE EVENT: Guest Lec. on Health & Nutrition  
 NAME OF THE RESOURCE PERSON: Dr. Savita Grade  
 DATE 05/03/2024 TIME 10:30 to 12:30 VENUE BMS Seminar Hall

Sr. No.	Name of the student	Roll No	Sign
1	Priya Patadiya	1359	Priya
2	Swati Tiwari	37044	Swati
3	Sanju Harishankar Raut	37027	Sanju
4	Manasi J. Gupder	70151	Manasi
5	Hiral Rajesh Dubla	37025	Hiral
6	Komal Dipak Dandekar	37028	Komal
7	Shruti Prasad	37024	Shruti
8	Manvika Akundharsh Chauhan	70090	Manvika
9	Shalu Ramdas Yadav	1336	Shalu
10	Neha P. Kulkarni	1325	Neha
11	Esha D. Lade	1486	Esha
12	Ratnika Pradip Raut	1379	Ratnika
13	Vibhuti Vijay Vanmali	1329	Vibhuti
14	Bhuminika Vilas Patil	70024	Bhuminika
15	Suloni Narendra Patil	1377	Suloni
16	Vaishnavi Kumbhar	1328	Vaishnavi
17	Harsha Bhavsar	1306	Harsha
18	Sakshi Kiran Ghosh	1312	Sakshi
19	Arpita Vilas Kini	1327	Arpita
20	Anura Suresh Thakur	1393	Anura
21	Neha Karush	70075	Neha
22	Taru Shukla	37034	Taru
23	Nayana Vinod Padvale	70067	Nayana
24	Sakina E. Khan	37042	Sakina
25	Rahat F. Zahedi	37043	Rahat
26	Neha Riga Patil	1346	Neha
27	Ratnika P. Raut		Ratnika
28	Ayasha Thakur	1347	Ayasha
29	Apeksha Thakur	13461	Apeksha
30	Namira Amin Shaikh	547	Namira

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SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE PALGHAR

## WOMEN DEVELOPMENT CELL

NAME OF THE EVENT: Guest lec on Health & NutritionNAME OF THE RESOURCE PERSON: Dr- Savita GradeDATE 05/03/22 TIME 10.30 to 12.30 VENUE Seminars Hall, BMS Build

Sr. No.	Name of the student	Roll No	Sign
1	Tyoti Sevak Pawar	688	<u>Tyoti</u>
2	Anjali Mahendra Chavhan	80041	<u>Anjali</u>
3	Pooja B. Bhagat	80209	<u>Pooja</u>
4	Pooja Kharwar	80204	<u>Pooja</u>
5	Haritkaur S. Kajla	80175	<u>Haritkaur</u>
6	Sajivani Dhochi	88089	<u>Sajivani</u>
7	Nishal Gajghar	80163	<u>Nishal</u>
8	Jyotesh Dhochi	80127	<u>Jyotesh</u>
9	Akshay Kuvare	1811	<u>Akshay</u>
10	Swarni Kadam	80169	<u>Swarni</u>
11	Sangeeta Vasthakar	80199	<u>Sangeeta</u>
12	Pooja Kisan Kuvare	80215	<u>Pooja</u>
13	Bhargati Ganesh Dhochi	80126	<u>Bhargati</u>
14	Punam Mahadev Vedge	1766	<u>Punam</u>
15	Akshay Barad	80128	<u>A.R. Barad</u>
16	Arshay Santosh Bhanwar	80121	<u>Arshay</u>
17	Siddhi Robin Pagdhare	80167	<u>Siddhi</u>
18	Anjali Pandey	10505	<u>Anjali</u>
19	Prapti K. Chavhan	80160	<u>Prapti</u>
20	Nimesh Jain	169	<u>Nimesh</u>
21	Gnehal Thakur	36086	<u>Gnehal</u>
22	Neha More	12008	<u>Neha</u>
23	Rohit bhagat	1535	<u>Rohit</u>
24	Vinaya Vijay Patil	1081	<u>Vinaya</u>
25	Bhandari S. Pallavi	36080	<u>Bhandari</u>
26	Satyam Chhatrapati	1083	<u>Satyam</u>
27	Pratik Baring	External.	<u>Pratik</u>
28	Namira Shalkh	547	<u>Namira</u>
29	Nisha Patil	1697	<u>Nisha</u>
30	Tejal Nitesh Bhoir	1648	<u>Tejal</u>

Pratik BaringAmul

SONOPANT DANDEKAR SHIKSHAN MANDALI'S  
**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE  
 AND M. H. MEHTA SCIENCE COLLEGE PALGHAR**

**WOMEN DEVELOPMENT CELL**

NAME OF THE EVENT: Guest Lecture on Health & Nutrition

NAME OF THE RESOURCE PERSON: Dr. Savita Gade

DATE 05/03/22 TIME 10:30 to 12:30 VENUE Seminar Hall, BMS Build.

Sr. No.	Name of the student	Roll No	Sign
1	Akash G. Tiwari	80029	Akash
2	Sachin Sharma	80042	Sachin
3	Ganind Rathod	80076	Rathod
4	Anuja Masare	550	Anuja
5	Roshani Kalyan	548	Roshani
6	Disha P. Patil	1697	Patil
7	Sushan P. Patil	80102	Patil
8	Sahil Rajendra Kudry	1455	Sahil
9	Tejasa Madhusudan Patil	1762	Tejasa
10	Karan Sanil Parmale	1837	Karan
11	Tiyashu Rajesh Naik	80071	Tiyashu
12	Suryash Vishwas Naik	80073	Suryash
13	Manoj Sanjay Sanawane	1666	Sanawane
14	Makarand Sanjay Patil	1674	Patil
15	Gunita Ganganam Gawde	22011	Gawde
16	Trupti P. Raut	38028	Trupti
17	Pratik N. Mali	80103	Mali
18	Rahul Jadhav	1602	Rahul
19	Aarti Dhori	80214	Aarti
20	Kiritesh Yadav	80149	Kiritesh
21	Aditya Chudiyar	80148	Aditya
22	Aniket Sharma	80150	Aniket
23	Muskan Chauhan	80207	Muskan
24	Aarti B. Khose	80188	Khose
25	Divya V. Pandey	38003	Divya
26	Sahana Jhi	38038	Sahana
27	Srushti S. Pawade	80231	Pawade
28	Mamata K. Ravate	80198	Ravate
29	Karina K. Tokate	775	Karina
30	Divya Lovesh Mohite	695	Mohite

*[Signature]*



## **Report of Guest Lecture on “Health and Nutrition for Healthy Mind and Body.”**

Firstly, a member of WDC Mrs. Asmita Raut welcomed the guest and the audience. Then Convener Mrs. Seema Deshmukh and briefly introduced the objectives of WDC the purpose of organizing this talk. Later Dr. Yogesh Kulkarni introduced the chief guest and handed over the session to Dr. Savita. She began her talk by saying that health should be of more importance than anything else. She also stated that students in their college life neglect this fact. Later she talked about misconceptions of girl students about diet and figures. She also attacked junk food which is found a craze among youngsters. She further stated that nutrition should be coupled with physical exercises. The program was concluded with a Vote of Thanks by Dr. Arundhati Barde. This guest lecture was supported and guided by Dr. Kiran J. Save (Principal), advised by Prof. Mahesh Deshmukh (IQAC Co-Ordinator & Vice Principal) and Dr. Tanaji Pol (Vice-Principal). The lecture was a great success with 120 participants.



Mrs. Seema Deshmukh  
Convener WDC