

**SHRI VIJAYSINHA YADAV COLLEGE, PETH VADGAON
(KOLHAPUR)**

**LEAD COLLEGE COORDINATION COMMITTEE
Year 2019-20/workshop-03**

Title of the Programme: "Women Health and Nutrition"

Chief Guest: Dr. Geeta Pillai (Expert of Nutrition, Janki Hospital Kolhapur)

Prof. Rekha Pandit (Scholar, Women Health, kamala college,
Kolhapur)

President: - Dr. Vijaya Chavan (Principal, VYMP)

Venue: - Auditorium Hall, VYMP, Pethvadgaon

Date and time: 09th March 2020 /9.00am to 4.30pm

Beneficiaries/Target group: Graduate students specially of cluster colleges

Name of Organizer: - Internal Complainants Committee and Kalyani
Forum

Target Group: - Students and Teachers

Name of convener: - Ms. Pawar-Jadhav Renuka.

Corresponding POs covered: -

A) To create awareness about health within students.

Corresponding PSOs covered: -

A) To create awareness about health within girl's students
with gender perspective.

B) To Understand relation of Health with Nutrition
specifically in college girl's students

Details Report: -

The third workshop under the lead college scheme organized on
"Nutrition and Health of Young Women" on 09th March 2020 with two
sessions. The approach of society about women is going to change but some bad
customs and elements of society are working against of women. The college girl

should take action against things of customs against of women. Therefore, third one day workshop has been organized for the cluster colleges.

Dr. Geeta Pillai (Expert of Nutrition, Janki Hospital Kolhapur) was the resources of the session first. She has given the importance of health. She explained that the relation of nutrition and health. The traditionally women did not give proper nutrition beginning of childhood. Therefore, the issue within women has been raised day to day. The modern life style specially related food habit is also the reason for the illness of women. The college girl students ignore her symptoms of health issue. There is very much need to health check up on time to time.

The second session was related to the group discussion of participants. The young girls of various college have been involved in the group discussion.

Prof. Rekha Pandit (Scholar, Women Health, kamala college, Kolhapur) was the second resource persons for this workshop. She expresses her one experience related to the girl's health with some empirical data. She focused on relation of healthy personality and health through the various aspects. She has given historical, sociological references of the society.

Dr. Vijaya Chavan (Principal, VYMP) was the president for this workshop. She expressed; we don't know when change the mind of people? but change of self is our hand. Mrs. Pawar-Jadhav R.I. has done work as a programme coordinator. She gave introductory speech and r. Sahadev V.N. mention vote of thanks.



मती मार्फत आयोजित - महिला आरोग्य आणि आहार



मा. प्राचार्यामार्फत स्वागत



श्रीमती रेणूका पवार
कार्यशाळा समन्वयक

Ms. Pawar-Jadhav Renuka



Dr Nisargandh Prabhakar

समन्वयक,

क्षेत्री महाविद्यालय योजना

श्री. विजयसिंह यादव महाविद्यालय
पेठ वडगाव, ता. हातकणंगले, जि. कोल्हापूर.

प्राचार्य

श्री. विजयसिंह यादव महाविद्यालय
पेठ वडगाव, जि. कोल्हापूर.