



**Lewa Educational Union's  
Dr. Annasaheb G. D. Bendale Mahila Mahavidyalaya,  
Jalgaon, Jilha Road, Jilha Peth, Jalgaon  
NAAC Re-Accredited 'A' Grade (3.12)**

**Prof. Dr. Gauri M. Rane (M.Sc, Ph.D.)  
Principal  
Phone: (0257) 223605**

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**Report** : Women's Physical and Mental Health  
**Name of the Programme** : lecture on Women's Physical and Mental Health  
**Date of the Visit** : 21- 03-2024  
**Venue of the Programme** : Department of Psychology  
**Time** : 10:00 AM

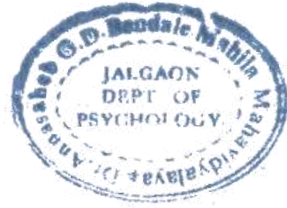
**Number of beneficiaries/Participants: 29 Students**

Department of Psychology and IQAC jointly organized a lecture on Women physical and mental health on 21-03-2024. Dr. Shivani Tripathi, a renowned physician in Jalgaon was present as the resource person for the programme. With her extensive experience and expertise in practice, Dr. Tripathi has provided valuable insights and practical strategies to maintain physical and mental health. The session commenced with an overview of the specific health issues that affect women throughout their lives, including reproductive health, hormonal changes, and psychological factors. She further stated discussed various aspects of physical health relevant to women, such as nutrition, exercise, reproductive health, and preventive care. Practical tips for maintaining a healthy lifestyle were also suggested, emphasizing the importance of regular health check-ups and self-care practices. She explored the intricate relationship between physical and mental health, highlighting the impact of psychological factors on women's overall well-being. Common mental health issues such as stress, anxiety, depression, and body image concerns were addressed, along with strategies for coping and seeking support. Attendees were encouraged to prioritize self-care and adopt strategies to enhance their resilience and emotional well-being.

Dr. Tripathi further emphasized the importance of setting boundaries, practicing mindfulness, and seeking help when needed, empowering women to take charge of their health.

The Women's Physical and Mental Health Lecture organized by the Psychology Department provided valuable insights and guidance on promoting holistic well-being among women. The session underscored the importance of addressing both physical and psychological aspects of health to ensure optimal quality of life.

Dr. A. B. Patil sir introduced the Program. Ms Bhageshri vandole student of SYBA did the anchoring the program, Ms. Vaishali Hatkar student of TYBA class thanked on behalf of the department. Faculty member of the department, Dr. Rani Tripathi contributed for attaining the success of the event.



*ABPatil*

Dr. Ashok B. Patil

Head,

Department of Psychology

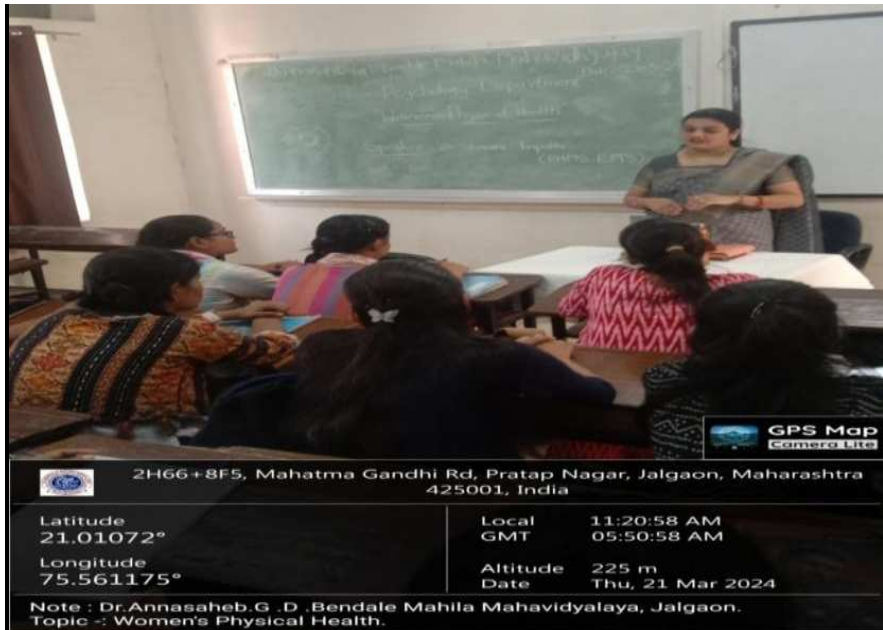
Dr. A.G.D. Bendale Mahila Mahavidyalaya




**J.T Chamber, behind Court, Pratap Nagar, Jalgaon, Maharashtra  
425001, India**

Latitude 21.0107499°	Local 10:54:47 AM
Longitude 75.561132°	GMT 05:24:47 AM
	Altitude 225 m
	Date Thu, 21 Mar 2024

**Note : Dr.Annasaheb.G .D .Bendale Mahila Mahavidyalaya, Jalgaon.  
Topic :- Women's Physical Health.**




**2H66+8F5, Mahatma Gandhi Rd, Pratap Nagar, Jalgaon, Maharashtra  
425001, India**

Latitude 21.01072°	Local 11:20:58 AM
Longitude 75.561175°	GMT 05:50:58 AM
	Altitude 225 m
	Date Thu, 21 Mar 2024

**Note : Dr.Annasaheb.G .D .Bendale Mahila Mahavidyalaya, Jalgaon.  
Topic :- Women's Physical Health.**

दि. 21/5/24 रोजी मानवशास्त्र विभागात  
 "मूलीचे शारीरिक व मानसिक असोस्य" या  
 विषयावर डॉ. शिवानी शिवाडी वॉचे व्याख्यान आयोजित  
 करण्यात आले. वेळ - 10.45.

Sl. NO	Name	Sign
1)	Ashwini Devidas Sawakare	Ashwini
2)	Vaishali Kailas Hatkar	Vaishali
3)	Chaitani Manoj Wambode	Chaitani
4)	Alcha Rowindra Pardeshi	Alcha
5)	Pradnya Tushar Gajare	Pradnya
6)	Swati Rajendra Bhalerao	Swati
7)	Bhavana Dhondu Barse	Bhavana
8)	Divya Dattya Barse	Divya
9)	Bhavna Vijayrao Barse.	Bhavna
10)	Khusni Dhontaj Satode	K.S.S
11)	Sayli Vijay Shirale	Sayli
12)	Bhagyashri Urakant Vandale	B.V. Vandale
13)	Nikita Ashok Patil - S.Y.B.A	N.A. Patil
14)	Ashvini Ratun Chaudhari - S.Y.B.A	Ashvini
15)	Prerana Shankar Mondhe S.Y.B.A	Prerana
16)	Lina Sitendra Duseane. S.Y.B.A.	Lina
17)	Swati Rajendra Marathe	Swati
18)	Vidya Pramod Deshmukh - S.Y.B.A.	V.P. Deshmukh
19)	Deepali Vinod Soni (F.Y.B.A)	Deepali
20)	Raja Gajanan Raypure (F.Y.B.A)	Raja

Sr No	Name	SigA
21)	Divya Santat Koli	D.S.Koli
22)	Gayatri Nitin Patil	G.N.Patil
23)	Divya prakash Sonawane	<del>Sonawane</del>
24)	Vidya Sanjay Patil F.Y.B.A	<del>Vidya</del>
25)	Bhanashri Ranjab Koli F.Y.B.A	<del>Bhanashri</del>
26)	Chetana Dinkar Sonawane - S.J.B.A	<del>Sonawane</del>
27)	Jayshri Dipak Chaudhari - S.J.B.A	J.D.Chaudhari
28)	Saniya Anus Shukla	S.S
29)	Bhagyashri Parshad Tavade	B.P.Tavade