



**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**

Report : Women's physical and mental health
Name of the Programme : Women's physical and mental health
Date of the Visit : 21- 03-2024
Venue of the Programme : Department of Psychology
Time : 10:00 AM

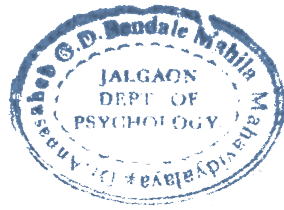
Number of beneficiaries/Participants: 29 Students

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.



AB Patil

Dr. Ashok B. Patil

Head,

Department of Psychology

Dr. A.G.D. Bendale Mahila Mahavidyalaya



GPS Map
Camera Lite

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.



GPS Map
Camera Lite

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

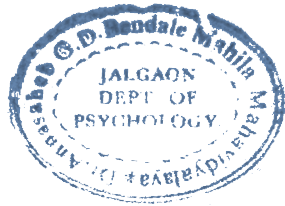
Latitude 21.01072°	Local 11:20:58 AM
Longitude 75.561175°	GMT 05:50:58 AM
	Altitude 225 m
	Date Thu, 21 Mar 2024

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

दि. 21/3/24 रोजी मानवशास्त्र विभागात
 "मूलिके कारिणीक व मानसिक आरोग्य" या
 विषयावर डॉ. शिवानी त्रिपाठी वंचे व्याख्यान आयोजित
 करण्यात आले. वेळ - 10.45.

sr. NO	Name	Sign
1)	Ashwini Devidas Sawarkar	Ashwini
2)	Vaishali Kailas Hatkar	Vaishali
3)	Chaitani Manoj Wankhede	Chaitani
4)	Alka Ravindra Pardeshi	Alka
5)	Pradnya Tushar Gajare	Pradnya
6)	Surati Rajendra Bhalerao	Surati
7)	Bhavana Dhonaku Borse	Bhavana
8)	Divya Dattya Borse	Divya
9)	Bhavna Pratiksha Borse	Bhavna
10)	Khusni Dhonakaj Satode	K.S.S.
11)	Soyli vijay Shirale	Soyli
12)	Bhagyashmi Umakant Vardole	B.V.Vardole
13)	Nikita Ashok Patil - S.Y.B.A	N.A.Patil
14)	Ashvini Ratan Chaudhari - S.Y.B.A	Ashvini
15)	Prerana Shankar Khande S.Y.B.A	Prerana
16)	Lina Jitendra Duseane - S.Y.B.A	Lina
17)	Surati Ratnara Marathe	Surati
18)	Vidya Pramod Deshmukh - S.Y.B.A	V.D.Deshmukh
19)	Deepali Vinod Soni (I.V.B.A)	Deepali
20)	Raja Gajanan Raygure (F.Y.B.A)	Raja

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



A.B. Patil

Dr. Ashok B. Patil

Head,

Department of Psychology

Dr. A.G.D. Bendale Mahila Mahavidyalaya