



Shiv Chhatrapati Shikshan Sanstha
Rajarshi Shahu Mahavidyalaya , Latur (Autonomous)

Shahu Extension Services

Health And Wellness Committee

Activity Report
2022-23

Name of Activity : Making Women More Self Reliant Through
Healthy body And Mind
Date : 7th March 2023
Place : VLC Hall
Target Participants : Female Staff.

Objectives :

- To promote health and well-being for women.
- To create the awareness about women health issues — for example, pregnancy, childbirth, and menopause.
- To motivate the women to give priority to their health needs as they are the bedrock of a healthy society.
- To empower good health of women as it is not just a personal but national priority.

Participants : Total 57 female staff

Brief Summary of event :

On the eve of **international Women's Day Health and wellness committee** in association with ICC, RSM, Latur organized Interactive Session on **Making Women More Self Reliant Through Healthy body And Mind** for all female staff of institution. The chairperson for the said program was Dr. Mahadev Gavhane, Principal, Rajarshi Shahu Mahavidyalaya, Latur. The resource person for this program was Dr. Manisha Barmade. In this program, the welcome note was presented by Dr. K.G. Maske, Presiding Officer, ICC, RSM, Latur. Introductory Speech was presented by Dr. Anuja Jadhav. Resource person Dr. Manisha Barmade has given information about various diseases. She also interacted with all female staff and clarified their doubts regarding health issues and other problems. She advised to live life tension free and happily. She also guided all to take of health in their busy daily schedule. At the end of the program, Question answer session conducted by Dr. Swati Fere medical officer healthcare canter and Dr. Pushpalata Trimukhe mentioned vote of thanks.

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition. Women represent the cornerstone of a family's overall health, ensuring they have access to quality care also can lead to improved health for children and families. The health of families and communities are no doubt, tied to the health of women.

Outcomes :

This interaction empowered female faculty members to take due care of their health. It also encouraged them to opt precautionary measures to prevent various diseases. It leads to generate of confidence among the female staff. The interaction ended on a happy note.

fens.s.
convener **Medical Officer**
Health Care Center
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur-413512



Yaduvijay
Principal
PRINCIPAL
Rajarshi Shahu Mahavidyalaya, Latur
(Autonomous)

Banner :-



Shiv Chhatrapati Shikshan Sanstha's

Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

Health & Wellness Committee & Internal Complaint Committee (ICC)

Organize

Expert Talk on the Occasion of International Women's Day

Subject : Making Women More Self Reliant Through Healthy Body and Mind

Date : 07-03-2023 Time : 3:30 pm onwards Venue : VLC Hall

- Chairperson -



Dr Mahadev Gavhane
Principal

- Spoke Person -



Dr Manisha Barmade
Consultant Gynecologist

Organizing Committee

Dr Kanchanprabha Maske
Presiding Officer, ICC, RSM, Latur

Dr Swati Fere
Medical Officer, Health Care Center, RSM, Latur

Notice :-

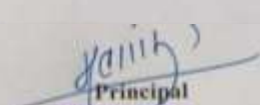
Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

Notice

Date: 06/03/2023

All Female Faculty Members are hereby informed that, Health and Wellness Committee and Internal Complaint Committee Organized **Guest Lecture** for Female Faculty on 07th March, 2023 Time 03.30 pm at V.L.C. Hall on the occasion of International Women's day 2023. This Program is compulsory for all Female Faculty.

Chief Guest : Dr. Manisha Barmade (Gynecologist)


Principal
PRINCIPAL
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur

D:\2023-24 (PG-VI)\Notice\English Notice (BOOK)

Photographs Of the Activity :-



Lamp lightening by Dr. Manisha Barmde in presence of Dr. Mahadev Gavhane Principal RSML , Dr. K G Maske ,Dr. Anuja Jadhav,Dr. Swati Fere.



Felicitation of Resource Person Dr. Manisha Barmade



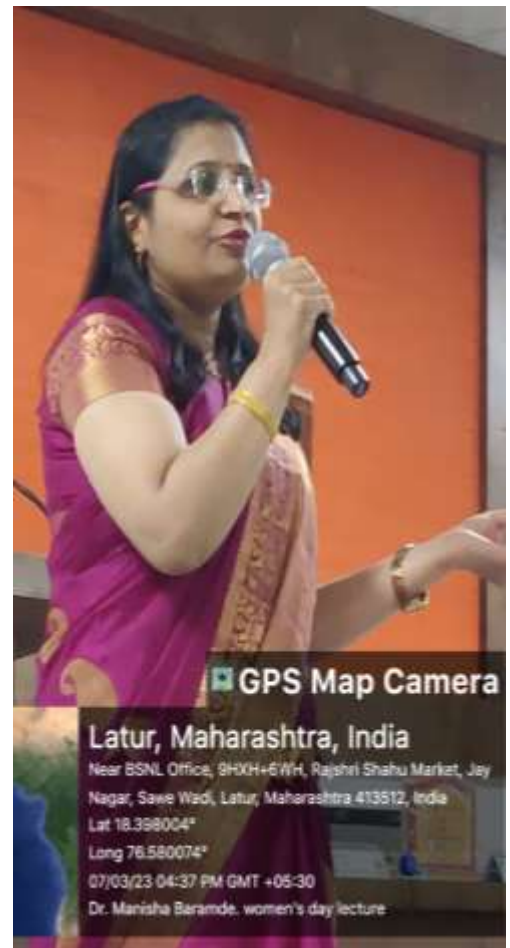
Introductory Speech by Dr. Anuja Jadhav.



Dr. Swati Fere introducing Resourde Person



Resource Person Dr. Manisha Barmade guiding all staff members

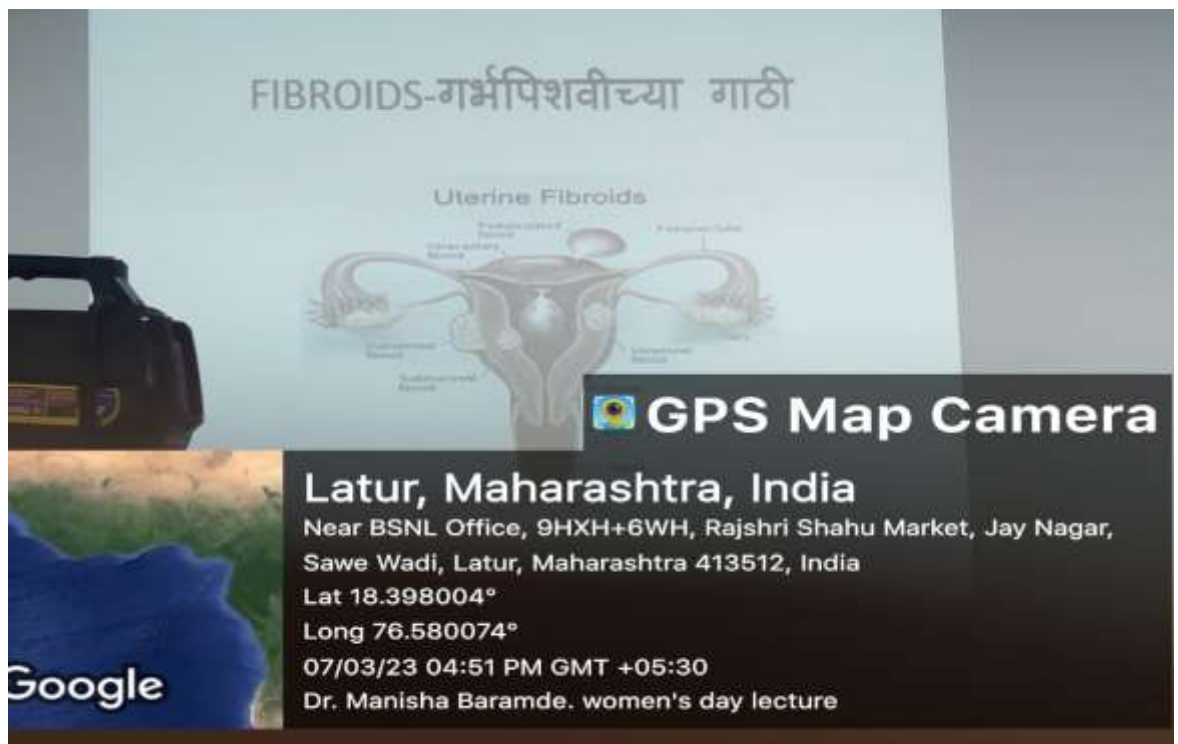




Resource Person Dr. Manisha Barmade guiding all staff members



Female staff attending activity consciously



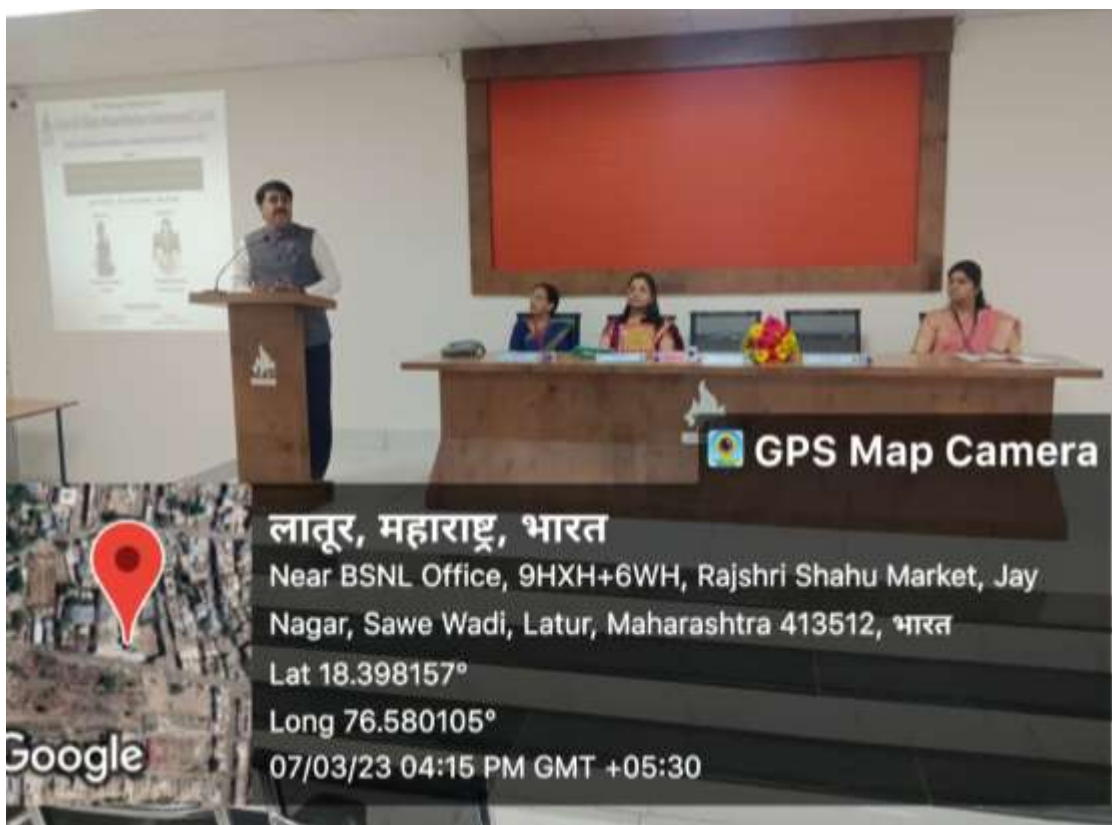
PPT Presentation by Resource Person



Question answer and Doubt clearance session



Respected Principal Dr. Mahadev Gavhane offering Book and Memento to Resource Person



Presidential Speech By Dr. Mahadev Gavhane Principal RSM Latur



**ICC and Health & wellness Committee Members with Resource Person
Dr. Manisha Barmade**



**Resource Person
Dr. Manisha Barmde
visited
Health Care Center
RSM Latur.**

**Resource Person
Dr. Manisha Barmde
with
Dr. Swati Fere
Medical Officer
Health Care Center RSM Latur.**

List of participants :-

राजर्षी शाहू महाविद्यालय (स्वायत्त), लातूर

| अ.क्र. | नांव | विभाग | सूचना मिळाली | कार्यक्रमाची उपस्थिती |
|--------------|--------------------------------|-------------------|--------------|-----------------------|
| अनुदानित | | | | |
| १ | डॉ. अनुजा जाधव | इंग्रजी | ३.५.२३ | ३.५.२३ |
| २ | डॉ. पल्लवी पाटील | हिंदी | मे. ३.१.२३ | मे. ३.१.२३ |
| ३ | डॉ. अर्चना टाक | इतिहास | ५.५.२३ | ५.५.२३ |
| ४ | श्रीमती सायली समुद्रे | समाजशास्त्र | ५.५.२३ | ५.५.२३ |
| ५ | डॉ. पुष्पलता त्रिमुखे | वाणिज्य | ५.५.२३ | ५.५.२३ |
| ६ | डॉ. कांचनप्रभा मरके | सुक्ष्मजीवशास्त्र | | |
| ७ | डॉ. रेणुका लोंढे | संगणकशास्त्र | | |
| ८ | श्रीमती संगीता तोडकर | हिंदी | ५.५.२३ | ५.५.२३ |
| ९ | श्रीमती रत्नराणी कोळी | क्रीडा | ५.५.२३ | ५.५.२३ |
| १० | श्रीमती माया भांवरे | गणित (विज्ञान) | | |
| ११ | श्रीमती निशा घोसले | क्रॉप प्रॉडक्शन | | |
| १२ | श्रीमती वनिता ढोवळे पाटील | जीवशास्त्र | | |
| विनाअनुदानित | | | | |
| १३ | श्रीमती जयश्री जाधव | आयटी | ५.५.२३ | ५.५.२३ |
| १४ | श्रीमती चंद्रप्रभा कलकर्णी | आयटी | ५.५.२३ | ५.५.२३ |
| १५ | श्रीमती ज्योती माशाळकर | आयटी | ५.५.२३ | ५.५.२३ |
| १६ | श्रीमती मंजुषा शिंदे | आयटी | ५.५.२३ | ५.५.२३ |
| १७ | श्रीमती चेतना आहाळे | आयटी | ५.५.२३ | ५.५.२३ |
| १८ | श्रीमती श्रद्धा जाधव | आयटी | ५.५.२३ | ५.५.२३ |
| १९ | श्रीमती रुपाली काटकर | आयटी | ५.५.२३ | ५.५.२३ |
| २० | श्रीमती पुजा जाधव | आयटी | ५.५.२३ | ५.५.२३ |
| २१ | श्रीमती ऋतुजा भोयटे | आयटी | ५.५.२३ | ५.५.२३ |
| २२ | श्रीमती उज्वला सोमवंशी | आयटी | ५.५.२३ | ५.५.२३ |
| २३ | डॉ. मनिषा धोत्रे | वीटी | | |
| २४ | डॉ. शिल्पा सुरवसे | वीटी | | |
| २५ | श्रीमती स्वाती स्वामी | वीटी | | |
| २६ | श्रीमती अधिनी देवर्षे | वीटी | | |
| २७ | श्रीमती करुणा कोमटवार | वीटी | | |
| ठराविक वेतन | | | | |
| २८ | श्रीमती वैशाली मुळजे (गुरव) | इंग्रजी | ५.५.२३ | ५.५.२३ |
| २९ | डॉ. प्रियदर्शनी पाटील | इतिहास | ५.५.२३ | ५.५.२३ |
| ३० | श्रीमती जुवेरिया शेख | वाणिज्य | ५.५.२३ | ५.५.२३ |
| ३१ | श्रीमती (समरिन्) बागवान समरिन् | वाणिज्य | ५.५.२३ | ५.५.२३ |
| ३२ | श्रीमती आकांक्षा बाळसराफ | वाणिज्य | ५.५.२३ | ५.५.२३ |
| ३३ | श्रीमती अमृता सावळसुरे | वाणिज्य | ५.५.२३ | ५.५.२३ |
| ३४ | श्रीमती हिना सय्यद | रसायनशास्त्र | ५.५.२३ | ५.५.२३ |
| ३५ | श्रीमती विद्या अयवले | रसायनशास्त्र | ५.५.२३ | ५.५.२३ |
| ३६ | श्रीमती शिवकन्या शिंदे | गणित | ५.५.२३ | ५.५.२३ |
| ३७ | श्रीमती प्रतिक्षा माने | सुक्ष्मजीवशास्त्र | ५.५.२३ | ५.५.२३ |
| ३८ | श्रीमती अमृता धायगुडे | सुक्ष्मजीवशास्त्र | ५.५.२३ | ५.५.२३ |

| अ.क्र. | नांव | विभाग | सूचना मिळाली | कार्यक्रमाची उपस्थिती |
|-------------|-------------------------------|-------------------|--------------|-----------------------|
| ३९ | श्रीमती सोनाली पाटील | सुक्ष्मजीवशास्त्र | | |
| ४० | श्रीमती रोहिणी मेकले | वनस्पतीशास्त्र | Mekle | Mekle |
| ४१ | श्रीमती दिक्षा चव्हाण | वनस्पतीशास्त्र | Chavan | Chavan |
| ४२ | श्रीमती पुजा मस्के | वनस्पतीशास्त्र | Muske | Muske |
| ४३ | श्रीमती धनश्री जगताप | प्राणिशास्त्र | Jagtap | Jagtap |
| ४४ | श्रीमती सुचित्रा कसबे | बी.व्होक आयटी | | |
| ४५ | श्रीमती धनश्री शर्मा | बी.व्होक आयटी | | |
| ४६ | श्रीमती पुजा लटोरिया | बी.व्होक आयटी | | |
| ४७ | श्रीमती मेघा वामणकर | बी.व्होक आयटी | | |
| ४८ | श्रीमती सुनिता जाधव | बी.व्होक आयटी | | |
| ४९ | श्रीमती हुमरा मनियार | बी.व्होक आयटी | Humpyar | Practical मीट आहे |
| ५० | श्रीमती शिल्पा दाडगे | वाणिज्य | Dage | Dage |
| ५१ | श्रीमती रुक्सार शेख | वाणिज्य | | |
| ५२ | श्रीमती सविता डोंगगापूर | वाणिज्य | | |
| ५३ | श्रीमती पल्लवी माने | वाणिज्य | | |
| ५४ | श्रीमती जयश्री जगदाळे | वाणिज्य | | |
| ५५ | श्रीमती सोनाली पवार | वाणिज्य | Pawar | (CAF) कॅफे मीट आहे |
| ५६ | श्रीमती पुजा मुंडे | गणित | | |
| ५७ | श्रीमती माया जाधव | गणित | Madhav | Madhav |
| ५८ | श्रीमती प्रतिभा मलवाडे | गणित | (M) Malwade | (M) Malwade |
| ५९ | श्रीमती उज्वला बगदूरे | इंग्रजी | | |
| ६० | श्रीमती नयन शिंदे | इंग्रजी | | |
| ६१ | श्रीमती विद्या माने (माकणिकर) | इंग्रजी | | |
| सीएचवी | | | | |
| ६२ | श्रीमती दिपिका स्वामी | राज्यशास्त्र | Swami | Swami |
| ६३ | श्रीमती रूपाली जाधव | अर्थशास्त्र | Jadhav | Jadhav |
| ६४ | श्रीमती संपदा काळे | वाणिज्य | Kale | Kale |
| ६५ | श्रीमती आरती जगताप | वाणिज्य | Jagtap | Jagtap |
| ६६ | श्रीमती कैवल्या गायकवाड | वाणिज्य | Gaikwad | Gaikwad |
| ६७ | श्रीमती प्रीती कुलकर्णी | वाणिज्य | | |
| ६८ | श्रीमती श्रुती देशपांडे | सुक्ष्मजीवशास्त्र | | |
| ६९ | श्रीमती किरण साळुंके | सुक्ष्मजीवशास्त्र | | |
| ७० | श्रीमती प्रतिक्षा जगताप | रसायनशास्त्र | Jagtap | Jagtap |
| ७१ | श्रीमती रुख्मा शेख | वनस्पतीशास्त्र | | |
| ७२ | श्रीमती श्रीदेवी देडे | रसायनशास्त्र | Shinde | Shinde |
| ७३ | श्रीमती माधुरी ठानगे | रसायनशास्त्र | Thange | Thange |
| शिक्षकेत्तर | | | | |
| ७४ | श्रीमती स्वाती सावंत | ग्रंथालय लिपीक | Sanvi | Sanvi |
| ७५ | श्रीमती स्वाती सोनेरी | कार्यालय लिपीक | Soneri | Soneri |
| ७६ | श्रीमती राजश्री जाधव | कार्यालय लिपीक | Jadhav | Jadhav |
| ७७ | श्रीमती मयुरा वाघमारे | रिसेप्शनिस्ट | Mayur | Mayur |
| ७८ | श्रीमती जयश्री शिंदे | संचिका लेडीज रूम | | |
| ७९ | श्रीमती सत्यभामा शिंदे | स्विपर | | |
| ८० | श्रीमती सुवर्णा आंबेकर | संचिका | | |
| ८१ | श्रीमती पायल कसबे | संचिका | | |
| ८२ | श्रीमती सुपमा कऱ्हाड | संचिका | | |

83. kumbhar Pranjali V. Botany
84. Pooja Jadhav (Rathod)
85. Dr. Mishra Vandana (Pub. Admini.)
86. सौ. महानंदा आशटे - सौ महानंदा
87. सौ. वैशाली साखरे - Vaishali
88. सौ. सुजाला वेदमारे - Sujala

Ranjit Ranjit
Ball Ball
Mishra Mishra

Total
 Participants → 57

Cons.

Medical Officer
 Health Care Center
 Rajarshi Shahu Mahavidyalaya
 (Autonomous), Latur-413512



Principal
PRINCIPAL
 Rajarshi Shahu Mahavidyalaya, Latur
 (Autonomous)