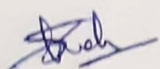
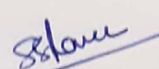
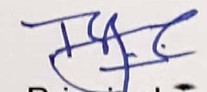


PDEA's
Mamasaheb Mohol College ,
Paud Road-Pune-38
Woman Study Center
Annual Action Plan - 2014-15

Sr. No.	Name of Activity
1.	Physical & Mental Health with Yoga
2.	diet and health & menstrual health problems in a woman's lifestyle
3.	Health & Weight Management
4.	Importance of Mental & Physical Health in Our Life
5.	Physical hygiene and health
6.	Female Health & Diet
7.	Partner selection and criteria
8.	Family interaction and mental stress
9.	Self-identity
10.	Social space and identity
11.	Care to take care of relationships
12.	Self-esteem and self-reliance

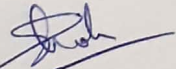

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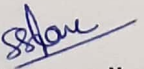

IQAC co-ordinator

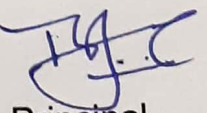

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PDEA's
Mamasaheb Mohol College ,
Paud Road-Pune-38
Woman Study Center
Annual Action Plan - 2015-16

Sr. No.	Name of Activity
1.	Concepts of self-identity and marriage
2.	Family interaction and mental stress
3.	Self-identity
4.	Self-esteem and self-reliance
5.	Concepts of self-identity and marriage
6.	Family interaction and mental stress
7.	Women's Health and Diet'
8.	Self-identity
9.	Nutrition and Women's Health
10.	Yoga for Women
11.	Meditation, pranayama, self-education Identification, increase confidence, increase concentration
12.	Physical ability
13.	Stress-free life
14.	Blood Donation and Haemoglobin Examination Camp

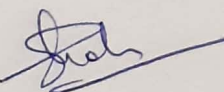

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IQAC co-ordinator

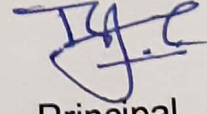

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Woman Study Center
Annual Action Plan - 2016-17

Sr. No.	Name of Activity
1.	Partner selection and criteria
2.	Family interaction and mental stress
3.	Self-identity
4.	Social space and identity
5.	Care to take care of relationships
6.	Self-esteem and self-reliance
7.	Concepts of self-identity and marriage
8.	Family interaction and mental stress
9.	Care to be taken when coming of age
10.	Diet Exercise & Health
11.	How to protect yourself in disaster situations and how to cope with them
12.	The secret of pranayama
13.	Internal and external personal development
14.	Self defence training techniques
15.	H.I.V Illness
16.	Exercise & Health
17.	Health Literacy
18.	public health and food
19.	Women's health issues
20.	Women's Health Problems and Solutions Scheme


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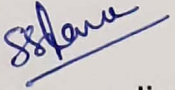

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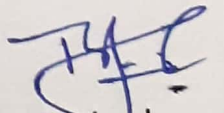

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Paud Road-Pune-38
Woman Study Center
Annual Action Plan - 2017-18

Sr. No.	Name of Activity
1.	Partner selection and criteria
2.	Family interaction and mental stress
3.	Self-identity
4.	Social space and identity
5.	Care to take care of relationships
6.	Self-esteem and self-reliance
7.	Care to be taken when coming of age
8.	How to protect yourself in disaster situations and how to cope with them
9.	The secret of pranayama
10.	Internal and external personal development
11.	Self defence training techniques

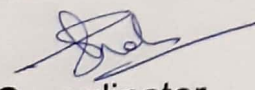

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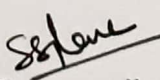

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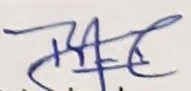

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PDEA's
Mamasaheb Mohol College ,
Paud Road-Pune-38
Woman Study Center
Annual Action Plan - 2018-19

Sr. No.	Name of Activity
1.	Importance of Proper Diet and Exercise
2.	Self-reliance, mental or emotional competence
3.	Care to be taken when coming of age.
4.	Internal and External Personality Development
5.	My mom at my school
6.	"Saundarya Manache Saundarya Sharirache"
7.	Blood Donation and Hemoglobin Examination Camp
8.	Care to give married life
9.	Social Stans and Self-Identification
10.	Mental and emotional competence
11.	Introduce yourself
12.	Caring for a relationship
13.	Self Reliance


Co-ordinator


IQAC co-ordinator


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