

**PDEA's
Mamasheb Mohol College
Paud Road, Pune-38**

Women's Cell Report

Academic Year: July 2024 to February 2024

July 23, 2024 - "Women's Health and Hygiene and Personality Development" Seminar -

On July 23, 2024, a seminar on the topic of "Women's Health and Hygiene and Personality Development" was organized at Mamasheb Mohol College under the guidance of the college principal, Dr. Sharmila Chaudhary. The event was conducted by the Women's Cell department to mark the birthday of Maharashtra's Deputy Chief Minister and Chairman of the Pune District Education Association, Honorable Ajit Dada Pawar. The seminar was specifically arranged for female students, women faculty members, and non-teaching staff.

Sonali Bhagwat, a representative of the organization Campus Connect, addressed the students on menstrual health, emphasizing the importance of physical and mental well-being, hygiene, nutrition, and exercise during menstruation. She also highlighted practical ways for students to improve their daily routines to foster personality development.

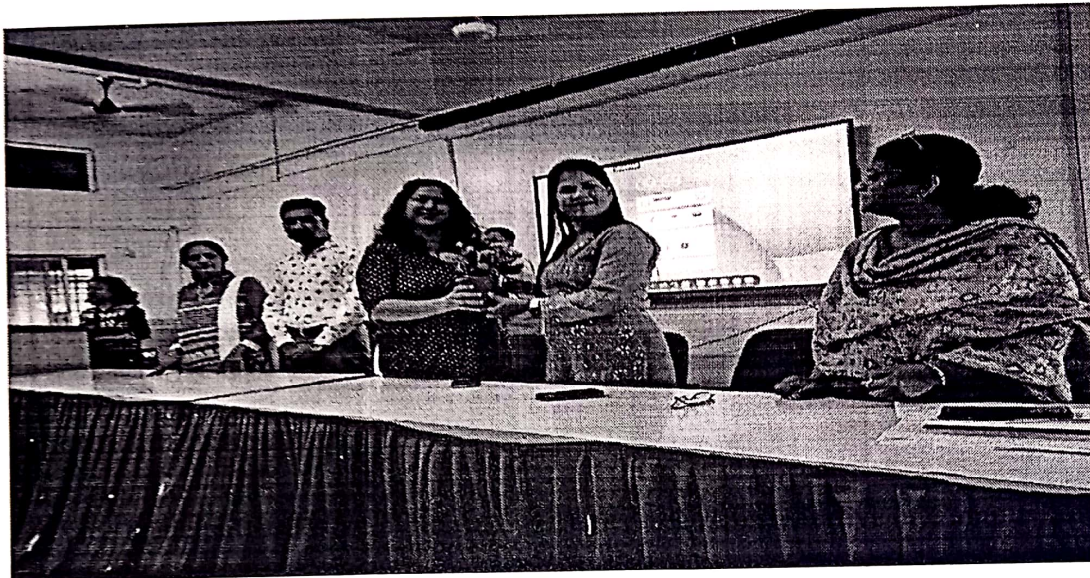
Sachin Jadhav, a representative of Procter & Gamble, gifted Whisper sanitary napkin packages to 100 students.

The seminar was coordinated by Dr. Rupali Shendkar, the Women's Cell Coordinator. The event was hosted by Prof. Kirti Karanjawane, with Dr. Swati Shinde introducing the speakers, and Dr. Shobha Titar delivering the vote of thanks.

The program was graced by the presence of the college's Vice Principal, Dr. Meghna Bhosale, and the Head of the Commerce Department, Dr. Sunita Dakle, along with enthusiastic participation from students, women faculty members, and non-teaching staff.



Vice Principal Dr. Meghna Bhosle welcomed the representative of Campus Connect,
Sonali Bhagwat



August 20, 2024 - "Pre-Marital Counseling: 'Your Relationship and Mine'" Seminar –

On Tuesday, August 20, 2024, Mamasheh Mohol College, in collaboration with the Rotary Club Pune, organized a one-day seminar titled **"Pre-Marital Counseling: 'Your Relationship and Mine'"**. The event was conducted under the guidance of the college principal, Dr. Sharmila Chaudhary, Vice Principal Dr. Meghna Bhosale, and Commerce Department Head Dr. Sunita Dakle, facilitated by the Women's Cell.

Dr. Rupali Shendkar, in her opening remarks, provided an overview of the activities conducted for students and emphasized the growing importance of pre-marital counseling, particularly in light of increasing divorce rates. Bhakti Siddh, a member of the Rotary Club, introduced the guests, while Sushma Kulkarni provided insights into the social initiatives undertaken by the Rotary Club.

Manisha Didmishe, the First Lady Partner of the Rotary Club, explained the objectives of the seminar. Psychologist Rashmi Patwardhan delivered an interactive session covering critical topics such as the meaning of relationships, reasons for relationship conflicts, their impact on

mental health, types of relationships, the risks of toxic relationships, the role of sex in relationships, and tips for maintaining healthy, fulfilling relationships. She also discussed the experiences of individuals who are not in relationships.

Urmila Haldankar spoke about the rising number of divorces due to minor issues, the role of parents in such situations, the future of interfaith and inter-caste marriages, the factors to consider when choosing a life partner, the appropriate age for marriage, and the need to focus on modern compatibility assessments rather than traditional horoscope matching. She shared real-life examples to provide practical guidance to students.

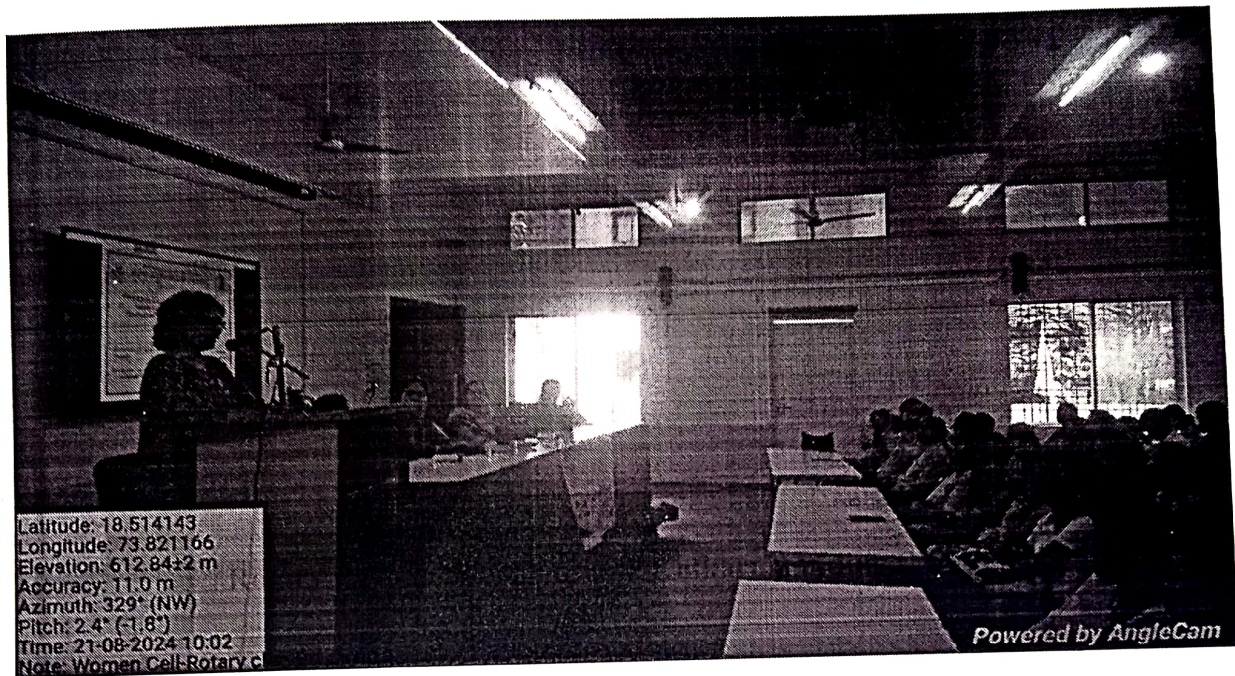
The seminar saw active participation from students, faculty, and non-teaching staff of the college. The event was coordinated by Women's Cell members Dr. Rupali Shendkar, Dr. Swati Shinde, and Prof. Gauri Marne. The vote of thanks was delivered by Prof. Snehalata Hingmire.

The seminar successfully provided valuable insights and sparked meaningful discussions on fostering healthy relationships in modern times.

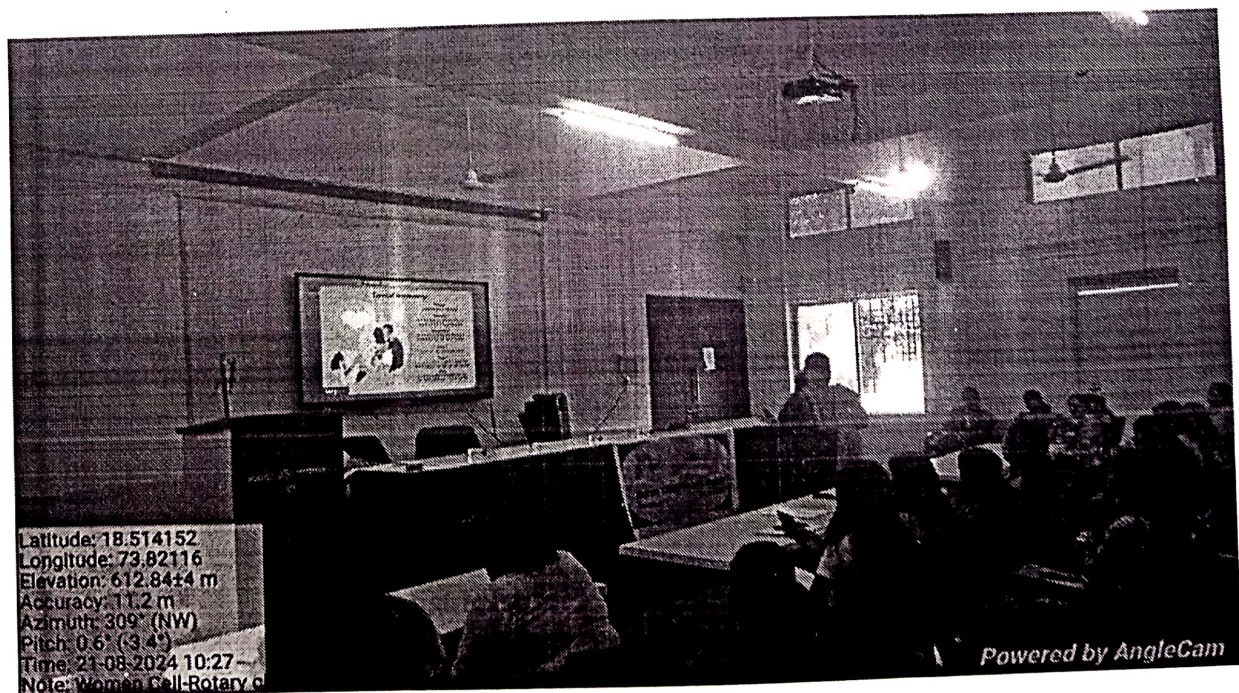
A member of the Rotary Club showed devotion while guiding the students



Rotary Club member Sushma Kulkarni guiding the students



Psychologist Rashmi Patwardhan guiding the students



Urmila Haldankar guiding the students



मोहोळ महाविद्यालयात विवाहपूर्व समुपदेशन
कोव्हाड, पुणे जिल्हा शिक्षण मंडळाचे मामासाहेब मोहोळ महाविद्यालय वूमन सेल, राष्ट्रीय सेवा योजना, युव रेड क्रॉस युनिट आणि रोटरी क्लब पुणे यांच्या वतीने 'विवाहपूर्व समुपदेशन : नाते तुझे नी प्राप्ते' या विषयावरील एक दिवसीय चर्चासत्राचे आयोजन महाविद्यालयातील विद्यार्थ्यांसाठी करण्यात आले होते. यावेळी महाविद्यालयाच्या प्राचार्य डॉ. शर्मिला चौधरी, उप प्राचार्य डॉ. मेघना भोसले, वाणिज्य विभाग प्रमुख डॉ. सुनीता डाकले, रोटरी क्लबच्या सदस्या भक्ती सिद्ध, रश्मी पटवर्धन, सुपमा कुलकर्णी, मनीषा दीडमिशे, डॉ. कर्मिला हळदणकर आदी उपस्थित होते. मानसशास्त्रज्ञ रश्मी पटवर्धन यांनी नाते म्हणजे काय?, नातेसंबंध बिघडण्याची कारणे, नातेसंबंध बिघडल्यामुळे त्याचा मानसिक आरोग्यावर होणारा विपरीत परिणाम आदी महत्त्वपूर्ण विषयांवर मार्गदर्शन करून विद्यार्थ्यांवर संवाद साधला. डॉ. हळदणकर यांनी किटकोळ कारणांवरून होणारे घटस्फोट, त्याबाबत पालकांची भूमिका, अंतर धर्मीय तसेच अंतर जातीय विवाहांचे भवितव्य आदीबाबत मार्गदर्शन केले. उपक्रमाचे आयोजन महिला कक्ष विभागातील समन्वयक डॉ. रूपाली शेंडकर, डॉ. स्वाती शिंदे, प्रा. गौरी मारणे, राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी डॉ. श्रीनिवास इमलपल्ली, डॉ. अशोक शेळके, प्रा. सीमा कांबळे यांनी केले. प्रा. स्नेहलता हिगमिरे यांनी आभार मानले.

प्राधान्यमध्ये 'खेळ रंगला पैठणीचा'

August 31, 2024 - "Stress-Free Living: Pranayama and Meditation" Workshop –

On Saturday, August 31, 2024, Mamasahib Mohol College organized a workshop on **"Stress-Free Living: Pranayama and Meditation"** under the guidance of Principal Dr. Sharmila Chaudhary. The event was jointly conducted by the Women's Cell, Cultural Department, and National Service Scheme (NSS) Unit.

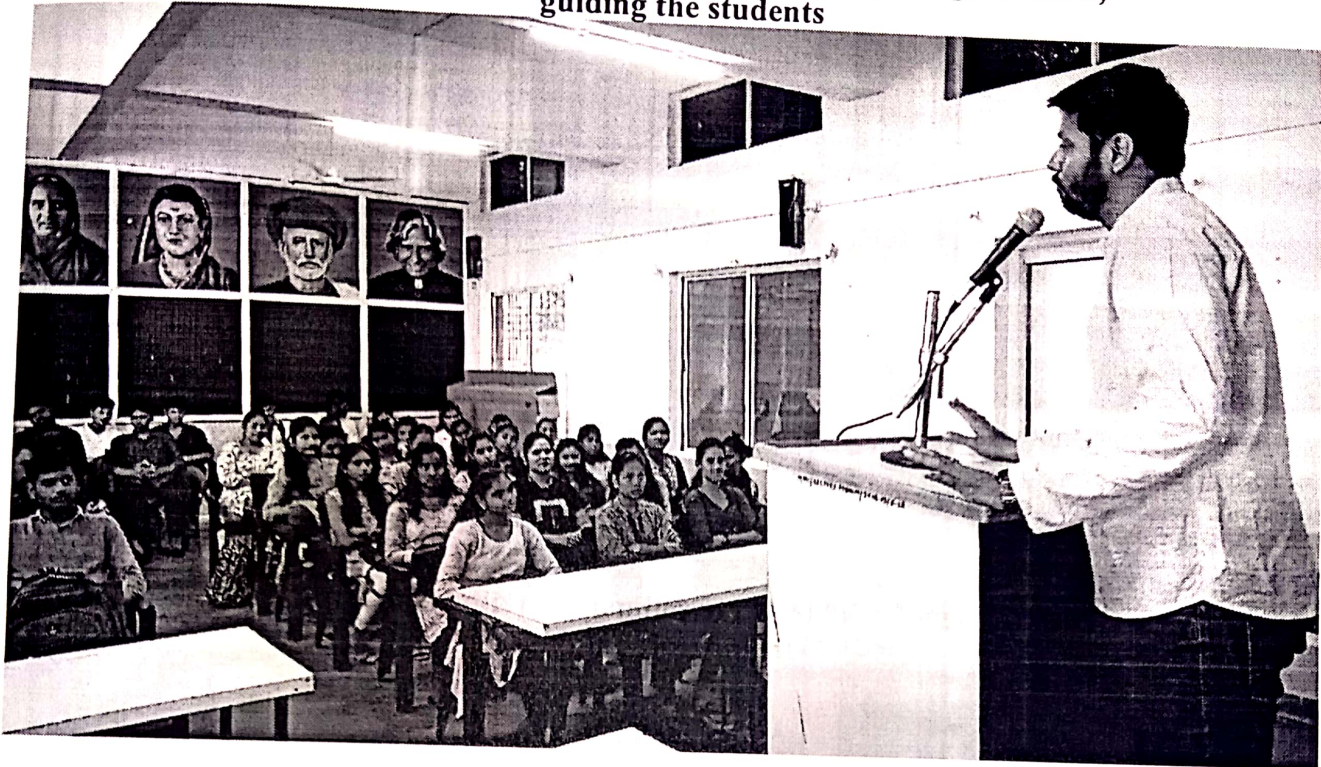
The workshop featured Shri Shrikant Varkhedkar and Shri Naveen from the Sahajyog Parivar, who highlighted the importance of meditation and its role in leading a stress-free life. They explained the structure of the human body and the necessity of meditation, focusing on the subtle system composed of nadis (channels) and chakras (energy centers). Nadis carry energy throughout the body, while chakras serve as energy hubs. Through various examples, they demonstrated how meditation helps individuals understand the deeper purpose of life and adopt a stress-free lifestyle effectively.

In the second phase of the workshop, the participants engaged in guided meditation led by the speakers. The session included feedback from students, who shared their experiences and how they felt after the practice.

The workshop was coordinated by Dr. Rupali Shendkar, Dr. Swati Shinde, Dr. Ashok Shelke, and Prof. Sneha Hingmire. Vice Principal Dr. Meghna Bhosale, along with faculty members and non-teaching staff, actively participated in the event.

This initiative proved to be a meaningful step toward promoting mental well-being and stress management among students and staff.

**Srikant Varkhedkar, a member of the Sahaja Yoga Parivar,
guiding the students**



Students participating in the camp



September 21, 2024 - Workshop on "Detoxification of the Mind"

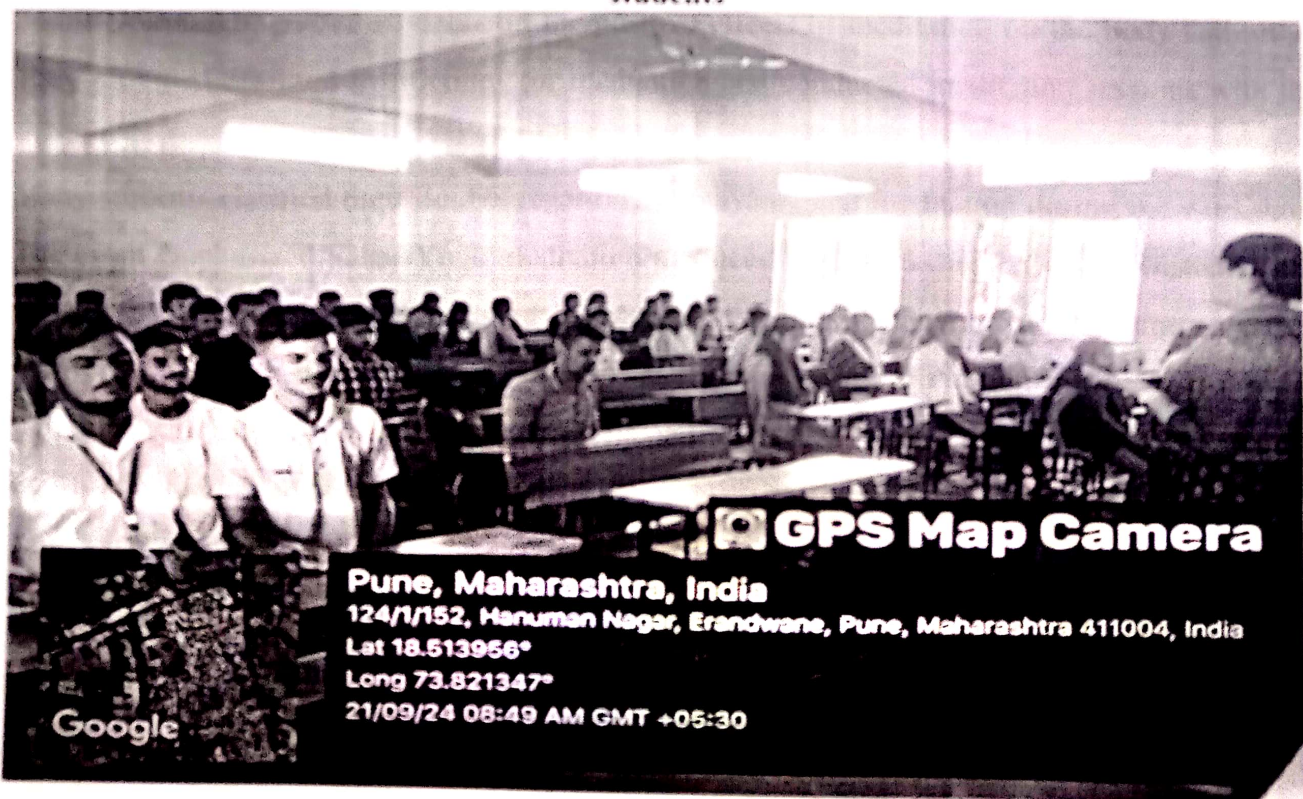
On Saturday, September 21, 2024, under the guidance of Principal Dr. Sharmila Chaudhary, a workshop titled "Detoxification of the Mind" was jointly organized by the Cultural Department and the Women's Cell at Mamasahab Mohol College.

Participants from Sahajyog Kothrud Center, including Nirmanda Khedkar, Surabhi Khedkar, Swati Chavare, Archana Suryavanshi, Neha Nadkar, Shrikant Varkhedkar, Shobha Patil, and Pranit Deshmukh, guided students on the positive effects of meditation on the body and mind. They provided essential instructions for meditation and conducted meditation sessions with the students.

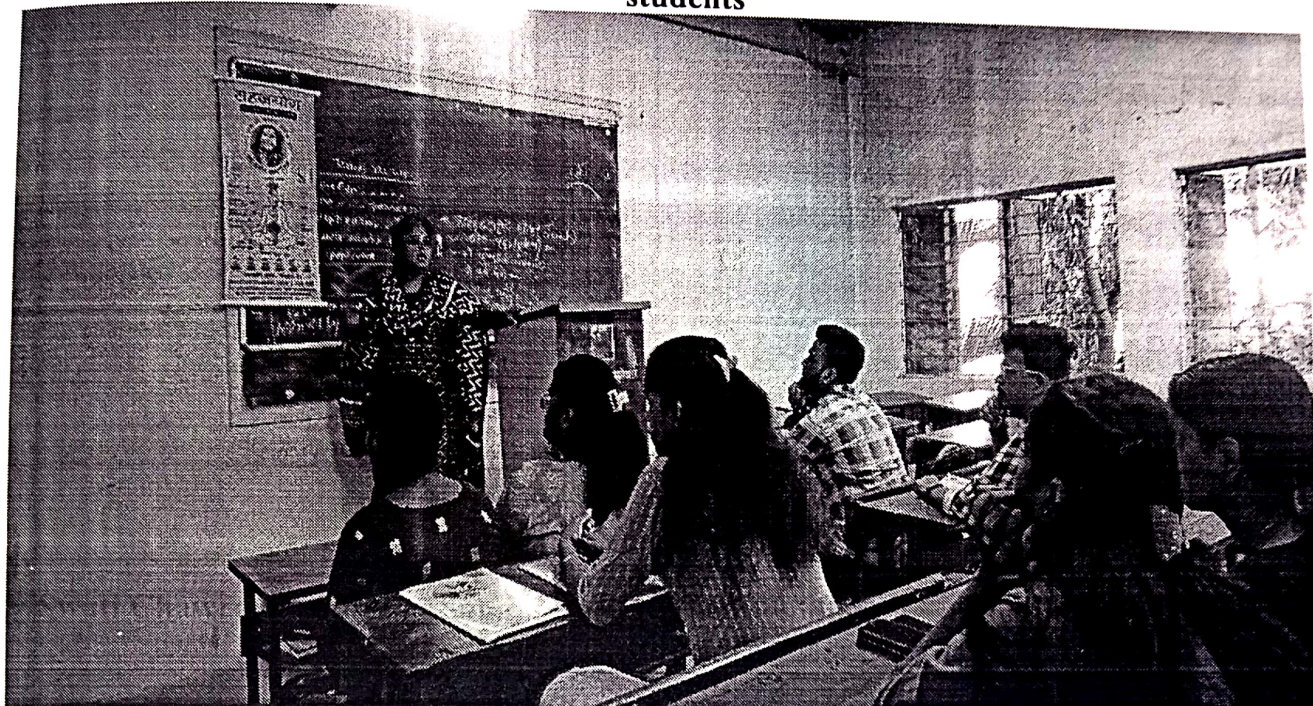
Many students clarified their doubts regarding pranayama and meditation during the workshop. The event emphasized Sahaj Yoga meditation practices. The workshop was coordinated by the college's Vice-Principal, Dr. Meghna Bhosale, and Cultural Department and Women's Cell Head, Dr. Rupali Shendkar.

All college faculty members actively participated in the workshop. Members of the Sahajyog family, including Shobha Patil, guided the students effectively, making it a meaningful experience for all participants.

Shobha Patil, member of Sahaja Yoga Parivar and participating students while guiding the students



Swati Chawre, member of Sahaja Yoga Parivar, guiding the students and participating students



A member of the Sahaja Yoga Parivar



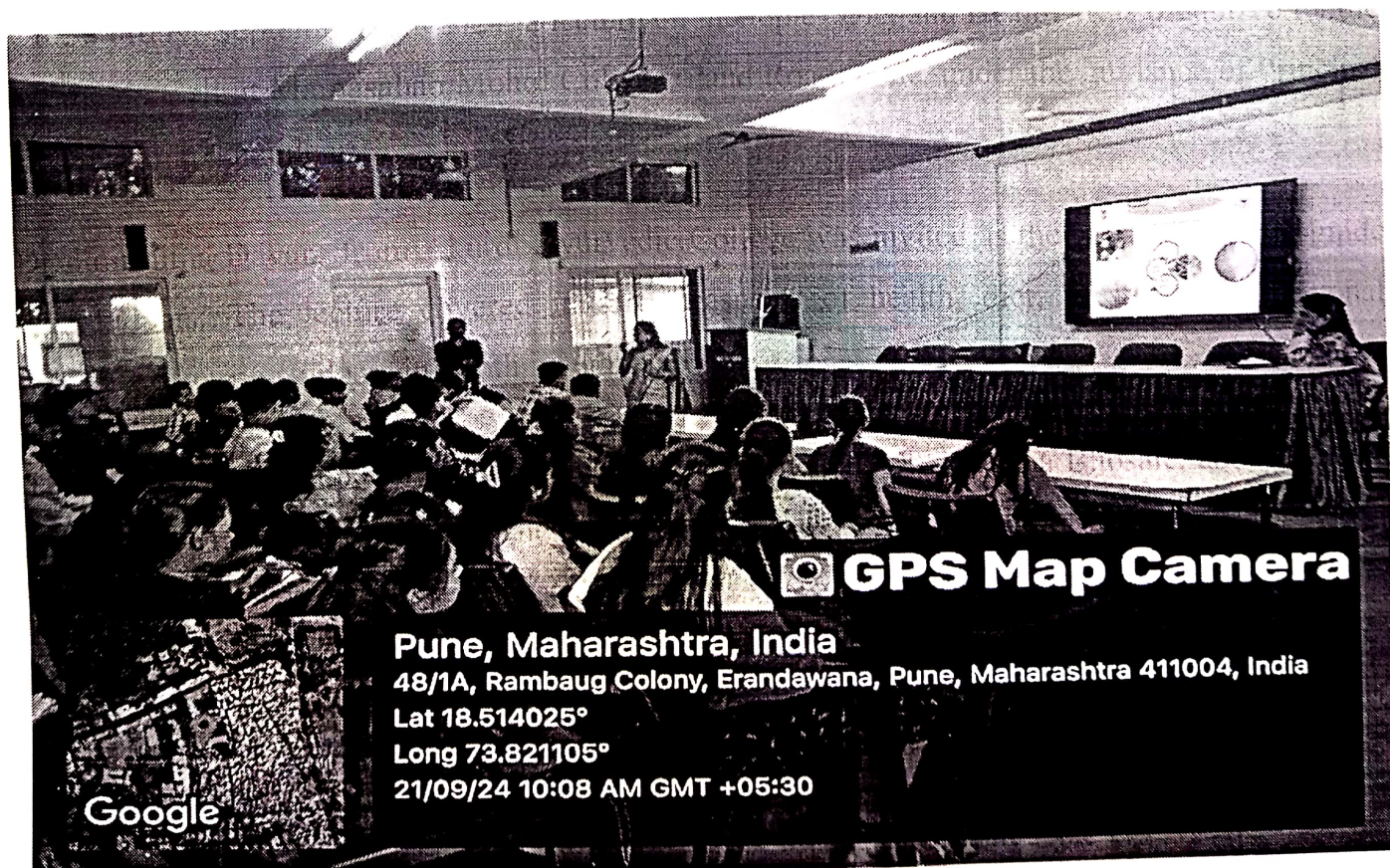
September 21, 2024 - Lecture on 'Diet and Health'

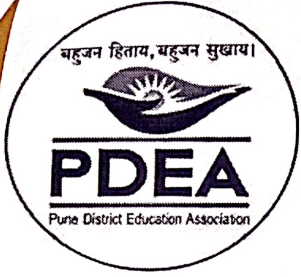
On Saturday, September 21, 2024, a lecture on the topic "Diet and Health" was organized by the Women's Cell at Mamasahab Mohol College, Paud Road, Pune, under the guidance of Principal Dr. Sharmila Chaudhary.

Dr. Pournima Davare from Akurdi Ayurvedic College was invited as the guest speaker to guide the students. The lecture covered important aspects of health, diet, lifestyle, and personal hygiene, offering students in-depth insights into these areas.

The event was coordinated by the college's Vice-Principal, Dr. Meghna Bhosale, and Women's Cell Head, Dr. Rupali Shendkar. The program was hosted by Prof. Naitik More.

Dr Pournima Davre and participating students while guiding the students





Pune District Education Association
Mamasahab Mohol College, Poud Road, Pune -38
Cultural Department and Women's Cell



Tilgul Ceremony Report - 2024-2025

Date: 01 February 2025

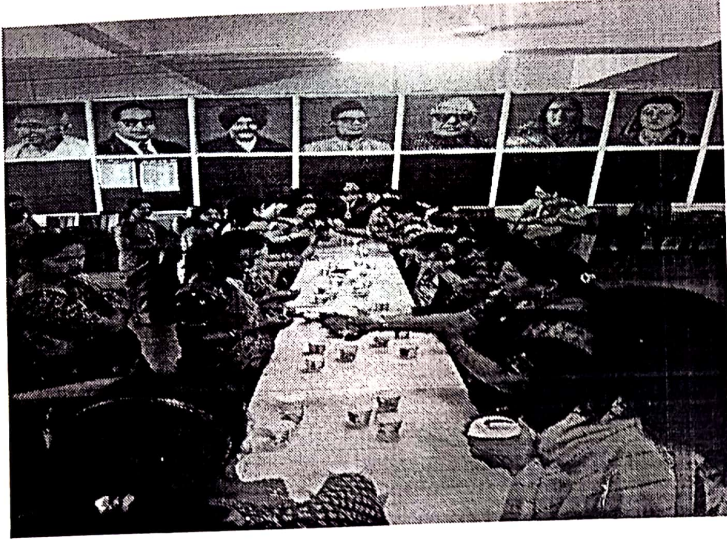
On Saturday, Date – 01 February 2025 at 12:00 AM at Mamasahab Mohol College of Pune District Education Board, a Tilgul ceremony program was organized by the Women Cell and Cultural Department on the occasion of the birth anniversary of Late Baburaoji Gholap.

First of all, the image of Late Baburaoji Gholap was worshipped. Later, the Head of the Junior Department, Bhoite Sir, expressed his feelings about Late Baburaoji Gholap. After this, various types of games were played in these programs. All the women professors and teaching and non-teaching staff participated in these games spontaneously. And enjoy end the game.

Worship of the image of late Baburaoji Gholap



Some pictures captured while playing all the women's sports

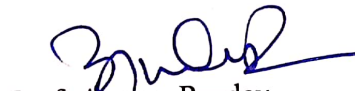


Under the guidance of the Principal of the college, Dr. Sharmila Chaudhary Madam, the Head of the Cultural Department, Prof. Aparna Pande, and the Head of the Women's Cell, Prof. Neelam Dhagare, organized this program. Prof. Sneha Hingmire coordinated the program and Prof. Aparna Pande Madam gave the vote of thanks.

All the members of the committee fulfilled their responsibilities well. For this program, the Vice Principal of the college, Dr. Meghna Bhosale, Dr. Sunita Dakle (Head of Commerce Department), Sapna Rane (Student Development Officer), Prof. Aparna Pandey (Head of Cultural Department), Dr. Shobha Titar (Marathi Department), Prof. Gauri Marne, Prof. Tanaji Jadhav, Dr. Rupali Shendkar, Dr. Swati Shinde, Manisha Khandale, Prof. Sneha Hingmire, Prof. Seema Kamble, Prof. Pratiksha Chavan, Prof. Dipali Phad, Prof. Kirti Karanjane, Prof. Kumudini Patil, Prof. Komal Sonawane, Prof. Nikita Kadambane, Head of Junior Department Bhoite Sir Mr. Ashikant Thorat as well as professors from various departments were present.


Prof. Neelam Dhagare

(Head of Women Cell)


Prof. Aparna Pandey

(Head of Cultural Department)


Dr. Sharmila Chaudhary
(Principal)