



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 4
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
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Ph./Fax: 26124846; Email: info@stmirascollegepune.edu.in

PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G15/IQAC/2023-24/51

Date:-13/09/2023

CIRCULAR

Department of Sociology has organized a guest lecture on 'Women and health: From the perspective of Ayurveda' on 18th September, 2023.

Time – 10.00 a.m. – 11.00 p.m.

Venue – A. V. Room

Dr. Vaishali Joshi

Asso. Prof., Sociology Dept.

Prof. Dr. Jaya Rajagopalan
Principal Incharge



St. Mira's College For Girls, Pune
(Autonomous-Affiliated to Savitribai Phule Pune University)

Activity Report

Title: Guest lecture on 'Women and health'

Date: 18th September, 2023

Time: 10a.m. to 11.30pm

Number of Student Participants: 121

Venue: A. V. Room

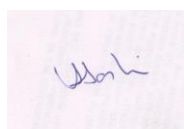
Report

The Department of Sociology organized a guest lecture on 'Principles of Community Engagement' on 18th September, 2023 in the A. V. Room at 10.00 a.m.

Dr. Jyoti Shirodkar, MD Ayurved, and founder Director of 'Chiranjeev Ayurved Clinic and Research Center shared her thoughts

Dr. Shirodkar first explained about the health standards prescribed by Ayurved. She mentioned that Ayurved uses a holistic perspective and thus focuses on regulated 'dinacharya' - daily routine. Dr. Shirodkar elaborated on various health issues faced by Indian women and specifically about increasing rate of diabetes. She further discussed the importance of food as a preventive mechanism.

The presentation was followed by vibrant discussion on issues ranging from prevention of PCOD and importance of early detection to gender bias in food and nutrition.



Dr Vaishali Joshi
Coordinator



Prof. Dr. Jaya Rajagopalan
Principal Incharge

Total Participants

(121)

St. Mira's College for Girls, Pune

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Department :- Sociology

Event Name: Guest lecture on 'Women and Health'

Venue: A.V. Room Time: 10.00 - 11.00 a.m. Date: 12/9/23

SR. NO	NAME	CLASS	SIGNATURE
1	Kiana Framurze	SYBA H	Kiana Framurze
2	Alifya B.T.	TYBA (B)	Alifya
3	Mariam B.T.	TYBA (B)	Mariam
4	Priyanka Sapkal	TYBA (B)	Priyanka
5	Diksha Bhole	TYBA (A)	Diksha
6	Sumika prajapali	TYBA (A)	Sumika
7	Khushbu Jangal	TYBA (A)	Khushbu
8	Hetal Giridhari	TYBA (A)	Hetal
9	Dhanashri Lawand	SYBA (B)	Dhanashri
10	Vaishali Gavit	SYBA (B)	Vaishali
11	Narhya Chodankar	SYBA (A)	Narhya
12	Jyoti Raghunagar	SYBA (A)	Jyoti
13	Esther K Ngurtharpati	SYBA (A)	Esther
14	Shruti Pardeshi	SYBA (B)	Shruti
15	Shreya Mishra	SYBA (B)	Shreya
16	Rashmi pandey	SYBA (B)	Rashmi
17	Priya Aclhod	TYBA (A)	Priya
18	Bhavisha Peswani	TYBA (B)	Bhavisha
19	Meghna Chaurly a	SYBA (B)	Meghna
20	Karishma Jindal	SYBA (B)	Karishma

Utkal
Event Coordinator
Vaishali Tol



Jayah

Prof. Dr. Jaya Rajagopalan
Principal Incharge

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Department :- Sociology
Event Name: Guest Lecture on 'Women and Health'

Venue : A.V. Room Time: 10.00 - 11.00 Date:- 18/9/23

SR. NO	NAME	CLASS	SIGNATURE
1	Deepasha Komari	FYBA (B)	Deepa
2	Nidhi Croyal	FYBA (B)	N.S. Croyal
3	Suhani Gaikwad	FYBA (B)	Suhani
4	Sanakhatan Ahmed	FYBA (B)	Sanakhatan
5	Sanika Chavan	SYBA (B)	Sanika
6	Pradhya Kambale	SYBA (B)	Pradhya
7	Poonam Rathod	SYBA (B)	Poonam
8	Monika Rao	SYBA (B)	Monika
9	Vaishnavi Dhuriya	SYBA (B)	Vaishnavi
10	Ashleen Kaur	SYBA (B)	Ashleen K
11	Gauri Gaikwad	SYBA (B)	Gauri
12	Mansi Inhan	SYBA (B)	Mansi
13	Pooja Chavan	SYBA (B)	Pooja
14	Nisha Khadani	SYBA (B)	Nisha
15	Priyanka	SYBA (B)	Priyanka
16	Niyati Bhati	TYBA (B)	Niyati
17	Salita Choudhary	TYBA (B)	Salita
18	Payal Tiwari	FY (BA) (B)	Payal
19	Surbhadi Nikalje	FYBA (B)	Surbhadi
20	Tanvi Nalgi	TYBA (B)	Tanvi
21	Sakshi Survey	TYBA (B)	Sakshi

Event Coordinator
(Vanshika Inhan)



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Department :- Sociology
Event Name: Guest lecture on 'Women and Health'

Venue: A.V. Room Time: 10:00 - 11:00 Date: 18/9/23

SR. NO	NAME	CLASS	SIGNATURE
1	Pranali Gaud	FYBA(B)	Pranali
2	Kamble Diksha	FYBA(B)	Diksha
3	Yavnika M. Kinake	FYBA(B)	Yavnika
4	Shivani R-C	FYBA(B)	Shivani
5	Anuja Dhavse	FYBA(B)	Anuja
6	Aarfiya Nadekar	FYBA(B)	Aarfiya
7	Diksha Tambhale	FYBA(B)	Diksha
8	Preity Chikhalkar	FYBA(B)	Preity
9	Priyanshi Mishra	FYBA(B)	Priyanshi
10	Sonal Patole	FYBA(B)	Sonal
11	Akanksha Ghodke	FYBA(B)	Akanksha
12	Shreeja Simran	FYBA(B)	Shreeja

Event Coordinator
Vishali Jain



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Department :- Sociology

Event Name: Guest lecture on 'Women and Health'

Venue : A.V. Room Time: 10-00 - 11.00 Date:- 18/09/2023

SR. NO	NAME	CLASS	SIGNATURE
1.	Vaishnavi Dhepte	FY.BA (B)	Vaishnavi Dhepte
2.	Rupali More	FY.BA (B)	Rupali
3.	Amanah Namduskar	FY.BA (B)	
4.	Rachika Patil	FY.BA (B)	
5.	Khushi Athir	SYBA (A)	Khushi
6.	Ria Kanajiya	SYBA (A)	Ria
7.	Pranita Gaikwad	SYBA (B)	Pranita
8.	Maiya Bhasi	SYBA (A)	Maiya
9.	Shikhi Lokur	SYBA (A)	Shikhi
10.	Mable D'souza	TYBA (A)	Mable
11.	Hazel Brauer	TYBA (A)	Hazel Brauer
12.	Latika Waghole	TYBA (A)	Latika
13.	Sanjay Jais	TYBA (A)	Sanjay
14.	Devanshi Shirofi	TYBA (A)	Devanshi
15.	Vruksha Waghmare	TYBA (A)	Vruksha

Usha
Event Coordinator
Vaishali Jais



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Department :- Sociology

Event Name: Guest Lecture on 'Women and Health'

Venue: A.V. Room Time: 10-00 - 11-00

Date:- 18/9/23

SR. NO	NAME	CLASS	SIGNATURE
1	Suhani Bansode	FYBA (B)	Suhani
2	Tariga. Ghare	FYBA (B)	Tariga
3	Santoshini Wani	FYBA (B)	Santoshini
4	Tejaswini Mohite	FYBA (B)	Tejaswini
5	Ragini Pandey	FYBA (B)	Ragini
6	Vaishali Thakur	FYBA (B)	Vaishali
7	Nikita Dalvi	TYBA (B)	Nikita
8	Prachi Gawaiwad	TYBA (B)	Prachi
9	Kyurat Ravi	F.Y.B.A	Kyurat
10	Sofia Shaikh	F.Y.B.A	Sofia
11	Shreeja Sinoran	FYBA (CB)	Shreeja

Utah
Event Coordinator
(Vaishali Janki)



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Department :- Sociology

Event Name: Guest Lecture on 'Women and Health'

Venue : A.V. Room Time: 10.00 - 11.00 Date:- 18/9/23

SR. NO	NAME	CLASS	SIGNATURE
1.	Mrunal Yadav	FY.B.A 'B'	M. Yadav
2.	Gauri Sharma	FY.B.A 'B'	Gauri
3.	Sana Shaji	FY.B.A 'B'	Sana
4.	Umaa Dewaiishi	FYBA B	Umaa
5.	Haitishaa Prasad	FYBA B	HA
6.	Tasneem Vana	FYBA 'B'	Tasneem
7.	Iqra Shaikh	FYBA 'B'	Iqra
8.	Ralak Choudhary	FYBA 'B'	Ralak
9.	Eshwari Giranje	FYBA 'B'	Eshwari
10.	Vedika Dusekar	FYBA 'B'	Vedika
11.	shruti Dhobe	FYBA 'B'	Shruti
12.	Puram Patil	FYBA B	Puram
13.	Pratishtha RUP		
13.	Akshada Kopardi	FYBA 'B'	Akshada
14.	Nansi Gupta	T.Y.B.A (B)	Nansi
15.	Supriya Shaumeq	T.Y.B.A (B)	Supriya
16.	Minaz Shaikh	S.Y.B.A (B)	Minaz
17.	Shruthika Mishra	SYBA (B)	Shruthika
18.	Ruchira Tare	SYBA (B)	Ruchira

Event Coordinator
Vasudha Joshi



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Department :- Sociology
Event Name: Guest Lecture on 'Women and Health'

Venue : A.V. Room Time: 10.00 - 11.00 Date: 18/7/23

SR. NO	NAME	CLASS	SIGNATURE
1)	Disha Lonche	FYBA (2540)	Disha
2)	Arshiya Pathan	FYBA (B)	Arshiya
3)	Shweta Mahadik	FYBA (B)	Shweta
4)	Sakshi Ranbhise	FYBA (B)	Sakshi
5)	Iffat Khan	FYBA (B)	Iffat
6)	Shalini Bhandari	FYBA (B)	Shalini
7)	Rishika Agarwal	FYBA (B)	Rishika
8)	Tshekhalmiki	FYBA (B)	Tshekhalmiki
9)	Hatman Kaur Sandhu	FYBA (B)	Hatman
10)	Payal Wagh	FYBA (B)	Payal
11)	Anshool Verma	FYBA (B)	Anshool
12)	Aartiya Nadekar	TYBA (B)	Aartiya
13)	Nikita Dalvi	TYBA (B)	Nikita
14)	Ritika Chabuksarda	TYBA (B)	Ritika
15)	Sakshi Jadhav	TYBA (B)	Sakshi
16)	Chhaya Mali	TYBA (B)	Chhaya
17)	Sandhya Shendge	TYBA (B)	Sandhya
18)	Pratiksha Rupak	TYBA (B)	Pratiksha

Event Coordinator
Vashanti Joshi



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Department :- Sociology

Event Name: Guest Lecture on 'Women and Health'

Venue : A.V. Room Time: 10.00 - 11.00 Date:- 18/9/23

SR. NO	NAME	CLASS	SIGNATURE
2438	Shital Shelar	FYBA (B)	<i>Shital</i>
2486	Sanjivani Dhage	FYBA (B)	<i>Sanjivani Dhage</i>
2519	Robini Fulleru	FYBA (B)	<i>Robini</i>
2435	Nilcar pooja Raju	FYBA (B)	<i>Nilcar</i>
2521	Bhagyshri Aketwad	FYBA (B)	<i>Bhagyshri</i>
2504	Priyal Tajne	FYBA (B)	<i>Priyal</i>
2516	Sushmita Narani	FYBA (B)	<i>Sushmita</i>
4806	Manashree Dongare	TVBA (B)	<i>Manashree</i>

Ush
Event Coordinator
Vaishali Jal



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PHOTOGRAPHS

Title: Guest Lecture on Women and Health

Date: Monday, 18th September, 2023



Dr Vaishali Joshi
Coordinator



Prof. Dr. Jaya Rajagopalan
Principal Incharge