



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)]
6, Koregaon Road, Pune-411001. [INDIA]
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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	Sumirka prajapali	TYBA (A)	Sumirka
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

Utkali
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)	<i>Deepa</i>
2	Nidhi Goyal	FYBA (B)	<i>N.S. Goyal</i>
3	Suhani Gaikwad	FYBA (B)	<i>Suhani</i>
4	Sanakhatun Ahmed	FYBA (B)	<i>Sanakhatun</i>
5	Sanika Chavan	SYBA (B)	<i>Sanika</i>
6	Pradhya Kambale	SYBA (B)	<i>Pradhya</i>
7	Poonam Rathod	SYBA (B)	<i>Poonam</i>
8	Monika Rao	SYBA (B)	<i>Monika</i>
9	Vaishnavi Dhuriya	SYBA (B)	<i>Vaishnavi</i>
10	Ashleen Kaur	SYBA (B)	<i>Ashleen K</i>
11	Gauri Gaikwad	SYBA (B)	<i>Gauri</i>
12	Mansi Inhan	SYBA (B)	<i>Mansi</i>
13	Pooja Chavan	SYBA (B)	<i>Pooja</i>
14	Nisha Khadani	SYBA (B)	<i>Nisha</i>
15	Priyanka	SYBA (B)	<i>Priyanka</i>
16	Niyati Bhati	TYBA (B)	<i>Niyati</i>
17	Salita Choudhary	TYBA (B)	<i>Salita</i>
18	Payal Tiwari	FY (BA) (B)	<i>Payal</i>
19	Sruswade Nikhile	FYBA (B)	<i>Sruswade</i>
20	Tanvi Nair	TYBA (B)	<i>Tanvi</i>
21	Sakshi Surve	TYBA (B)	<i>Sakshi</i>

Event Coordinator
 (Vaishali Inhan)



Jayah

Prof. Dr. Jaya Rajagopalan
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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)	Sr. Sonal
11	Akanksha Ghodke	FYBA(B)	Akanksha
12	Shreeja Simran	FYBA(B)	Shreeja

Event Coordinator
Vishali Jain



Jaya

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Department :- Sociology

Event Name: Guest lecture on 'Women and Health'

Venue : A.V. Room Time: 10-08 - 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 Laskar	SYBA (A)	Shikhi
10.	Mable D'souza	TYBA (A)	Mable
11.	Hazel Brauer	TYBA (A)	Hazel Brauer
12.	Latika Waghole	TYBA (A)	Latika
13.	Sanaya Inani	TYBA (A)	Sanaya
14.	Devanshi Shroff	TYBA (A)	Devanshi
15.	Vruksha Waghmare	TYBA (A)	Vruksha

Usha
Event Coordinator
Vaishali Inani



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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	Santoshi Wani	FYBA (B)	Santoshi
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	Kyrat Ravi	F.Y.B.A	Kyrat
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 Kapadi	TYBA '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 Chabukswar	TYBA (B)	Ritika
15)	Sakshi Jadhav	TYBA (B)	Sakshi
16)	Chhaya Mali	TYBA (B)	Chhaya
17)	Sandhya Shendge	TYBA (B)	Sandhya
18)	Pratibha Rupak	TYBA (B)	Pratibha

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PHOTOGRAPHS

Title: Guest Lecture on Women and Health

Date: Monday, 18th September, 2023



Dr Vaishali Joshi
Coordinator



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Principal Incharge