



KONKAN GYANPEETH URAN COLLEGE OF COMMERCE AND ARTS

Permanently Affiliated to University of Mumbai,
Re-Accredited with 'B' Grade by NACC, u.s.2 (f) & 12 (B) by U.G.C.–
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WOMEN DEVELOPMENT CELL

Annual Report - 2023-24

Programme

- 1) Guest lecture on "Health and Hygiene Awareness"
- 2) Webinar on awareness about the "Nutrition and Healthy Diet"
- 3) Celebration of International Women's Day with following Competition
 - a) Art of Cloth Competition
 - b) Bridal Makeup Competition

On 25/09/2023 at 09:00 am at College Premises, Women Development Cell organized Guest lecture on "Health and Hygiene Awareness". Dr. Priti Gadhe Guided about how osteoporosis is the most common bone problem faced by the women's after a certain age and how they can prevent it. Similarly the event continued by elaborating 'Urinary Tract Infection (UTI)' and its causes. Also explaining the 'Thyroid' effect on the younger generation because of poor diet and its treatment. How stress also plays a part in developing Thyroid. Most Important that she Explain the effects of Anemia and its symptoms which will affect the women's at a later stage because of low Hemoglobin count.

Celebration of International Women's Day the Women Development Cell and Women Wisdom Educational and Social Trust, Bokdvira Uran-Raigad jointly Organized **Competition of Art of Cloth, Bridal Makeup**. The competitions were held from 26th February to 27th February 2024. Most of the Girls students participated in the competition. Mrs. Tazmeen Saeed Tungekar the famous makeup artist of the town was called as judged for the competition. The Prize distribution was held on 27th February 2024. The Women Wisdom Educational and Social Trust, Bokdvira Uran-Raigad members and the judge were also called for the prize distribution. The Prize was given by Hon'ble principal K.A. Shama and directors of WWEST Mrs. Sarika Patil. We had a small celebration and concluded the programme.

On 28/02/2024 at 10:00 am organized Webinar on "Nutrition and Healthy Diet" all on Google Meet. It is an insightful online lecture on nutrition tailored to Girls Students health and well-being. Mrs. Rumeen Bubere famous Dietitian in Uran City was the Main Chief Guest and also give the valuable Guidance about the Diet. She delivered lecture on Diet, Important of diet in life, she also told the student that how the proteins, Carbohydrates and Calcium are important in Diet. She also Guided that Women need fewer calories than men, their requirements for certain vitamins and minerals are much higher. But they have Hormonal changes, associated with menstruation, child-bearing, and menopause. Such Cases women have a higher risk of anemia, weakened bones, and osteoporosis. So that Woman required a higher intake of nutrients such as iron, calcium, magnesium, vitamin D, and vitamin B9. Means they required Healthy Diet in regular life.

Mrs. A.R. Kamble
Chairman WDC

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