“येथे बहुतांचे हित”

“Techno-Social Excellence”
Marathwada Mitramandal’s
INSTITUTE OF TECHNOLOGY (MMIT)
Lohgaon, Pune-47
Accredited “A” Grade by NAAC

Academic Year (2024-25)

“Women’s Day Celebration report”

Held on

08th Mar 2025

Dr. Meghna Yashwante
Co-coordinator

M.INSTITUTE OF TECHNOLOGY ★ PUNE-47

Dr Amita Pal
Coordinator

Notice

"Techno – Social Excellence"
Marathwada Mitra Mandal's
INSTITUTE OF TECHNOLOGY (MMIT)
Lohgaon, Pune-411047.

Ref. No. MMIT/NSS/2024-25/ Date: 04/03/2025

Notice

Health and Wellness Workshop on Women's Day
Under NSS

Subject: Health and Wellness Workshops on Women's Day

Under the National Service Scheme (NSS), **Health and Wellness Workshop** will be organized on the occasion of **Women's Day**. The workshop will focus on various aspects of women's health, including mental well-being, nutrition, fitness, and preventive healthcare.

Date: 08/03/2025
Time: 10.30 am to 11.00 am
Venue: Seminar hall

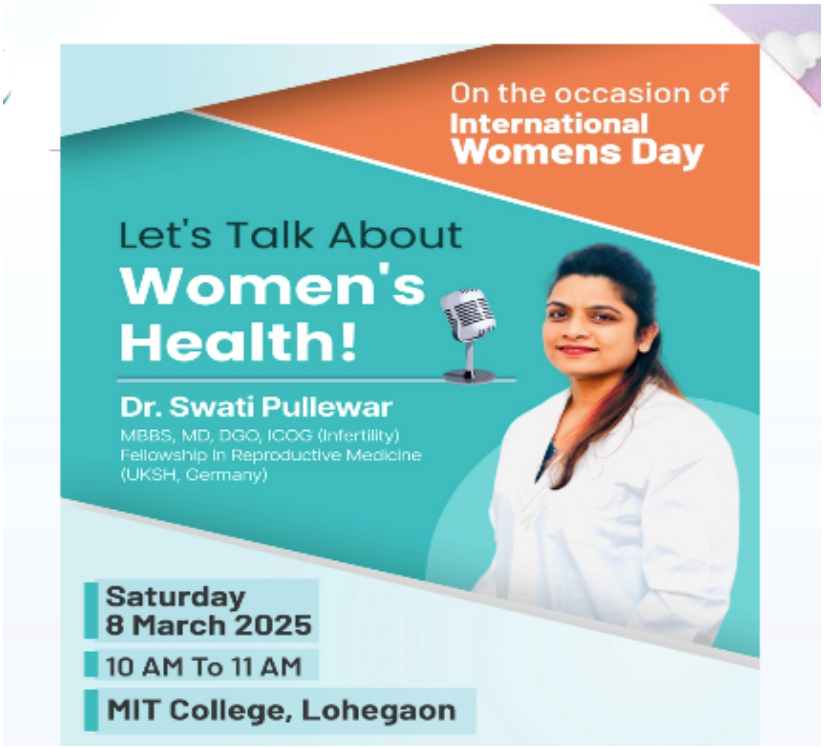
All girls students and staff are encouraged to participate and make the most of this informative session.

Dr Amita Pal
Coordinator

M. INSTITUTE OF TECHNOLOGY ★ PUNE-47

Dr M R Yashwante
Co-Coordinator

Copy to:
All Head of Departments
Dean, Student Affairs
All Committee Members



Details of Event:

Session : Health and wellness workshop on occasion of Women's Day

Date: 8th March 2025

Mode: Offline

Time: 10:30 to 11:30 AM

Trainers : Dr Swati Pullewar

No. of Participants: 50

Objectives:

- Raise Awareness – Educate women about key health issues, including menstrual hygiene, reproductive health, and preventive care.
- Promote Healthy Practices – Encourage the adoption of healthy lifestyle choices, including nutrition, exercise, and mental well-being.
- Address Myths & Taboos – Dispel common misconceptions related to women's health through expert discussions.
- Empower Women – Equip participants with knowledge and resources to take charge of their health and well-being.

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Outcomes:

- Increased Knowledge – Participants gain a better understanding of personal health, hygiene, and preventive care.
- Behavioral Changes – Encouragement of improved hygiene practices and healthier lifestyle choices.
- Community Engagement – Strengthened support networks among women for discussing and addressing health concerns.
- Access to Resources – Participants receive guidance on available healthcare services and support systems.

Glimpses of Session:

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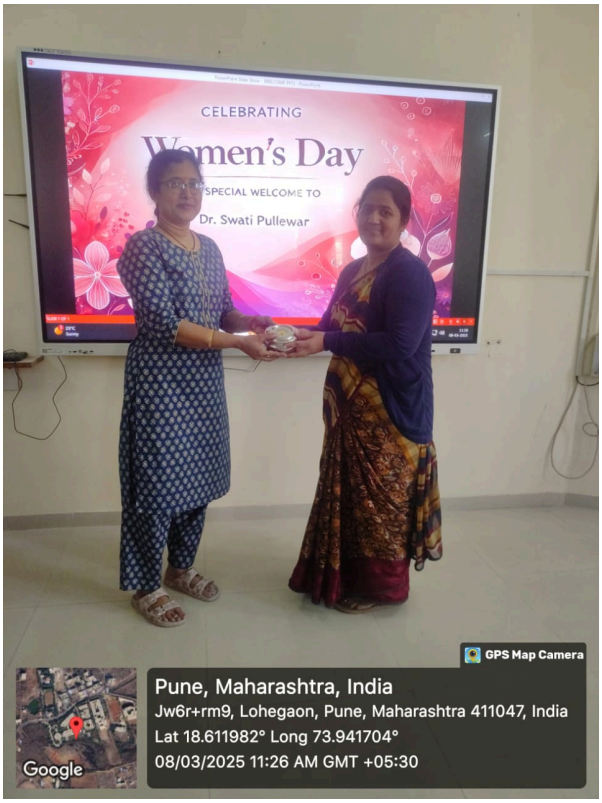

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Students Attendance & Feedback

Timestamp	Full Name	Class	Branch
3/8/2025 11:39:03	Vasudha sandip patil	FE	Computer
3/8/2025 11:39:05	Khandre Shreya Yogesh	FE	Computer
3/8/2025 11:39:07	Srushti Vilas Bendbhar	FE	Computer
3/8/2025 11:39:12	Gayatri kulkarni	FE	AI & DS
3/8/2025 11:39:12	Sanika Muley	FE	Computer
3/8/2025 11:39:34	Saranya Jeyaraman Thevar	FE	Computer

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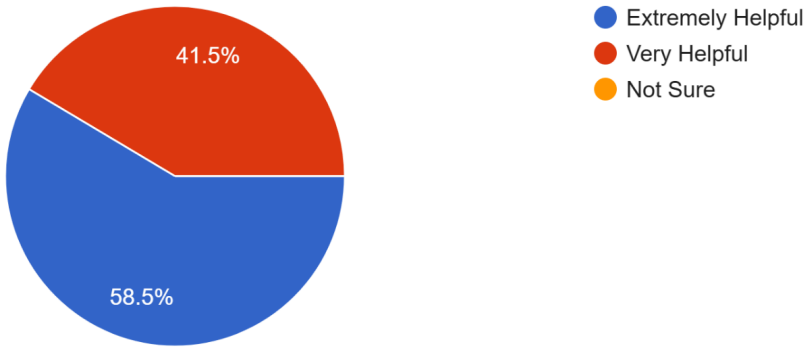
3/8/2025 11:39:34	Rutuja patil	FE	Computer
3/8/2025 11:39:41	Shweta Dnyaneshwar Shinde	FE	Mechanical
3/8/2025 11:39:45	Sampada Akkar	FE	AI & DS
3/8/2025 11:39:46	Kajal sahebrao waghmode	FE	AI & DS
3/8/2025 11:39:56	Tejal Patil	FE	Mechanical
3/8/2025 11:39:57	Gayatri Santosh Jagtap	FE	AI & DS
3/8/2025 11:40:14	Satpute Shweta Ramdas	FE	AI & DS
3/8/2025 11:40:16	Vaishnavi jotiram kale	FE	AI & DS
3/8/2025 11:40:19	Tanisha Nilesh Ubale	FE	Mechanical
3/8/2025 11:40:45	Suwarnkar Rupali Sudhakar	FE	Computer
3/8/2025 11:40:52	Shruti Arjun Bhor	FE	AI & DS
3/8/2025 11:42:18	Akanksha Shantaram Dabhade	FE	Engg Science
3/8/2025 11:43:13	Riddhi Nandurkar	FE	AI & DS
3/8/2025 11:43:21	Shinde Prachi Rajendra	FE	Engg Science
3/8/2025 11:43:32	Aarya Naresh Bhosale	FE	AI & DS
3/8/2025 11:43:33	Shubhangi Devidas Dhande	SE	Mechatx
3/8/2025 11:44:12	Divya Dattatray Chavan	FE	AI & DS
3/8/2025 11:44:29	Bhumi Anupam Bhavsar	FE	AI & DS
3/8/2025 11:45:36	Rupali Rajendra Dumbare	FE	Civil
3/8/2025 11:50:20	Pragati Balaji Timbole	FE	Civil
3/8/2025 11:51:45	KINJAL JADHAV	FE	AI & DS
3/8/2025 11:57:22	Roshni Honmane	FE	Engg Science
3/8/2025 11:59:14	Shreya Santosh Revate	FE	AI & DS
3/8/2025 12:14:54	Tanishka patil	FE	Engg Science
3/8/2025 12:54:33	Tanushri Satish choudhari	FE	AI & DS
3/8/2025 13:43:09	Anushka Bharti	FE	AI & DS
3/10/2025 9:55:14	Vidya Nadkarni	Faculty	Engg Science

3/10/2025 9:56:34	Dr. Amita Pal	Faculty	Engg Science
3/10/2025 9:58:34	Dr. Pratibha S. Desai	Faculty	Engg Science
3/10/2025 10:00:33	Gayatri shridhar Kulkarni	Faculty	Engg Science
3/10/2025 10:00:53	Devyani jitendra Bonde	Faculty	Computer

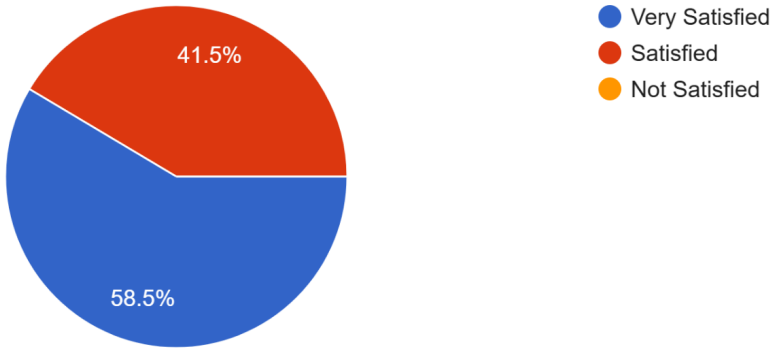
How Helpful was the Session for you?

41 responses



What is your level of satisfaction for the Session

41 responses



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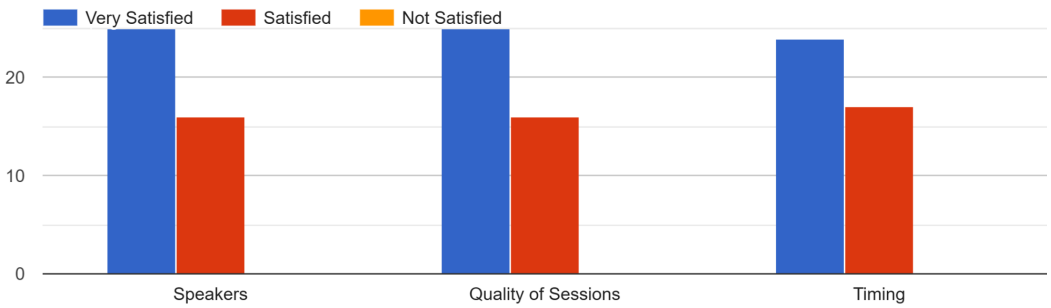
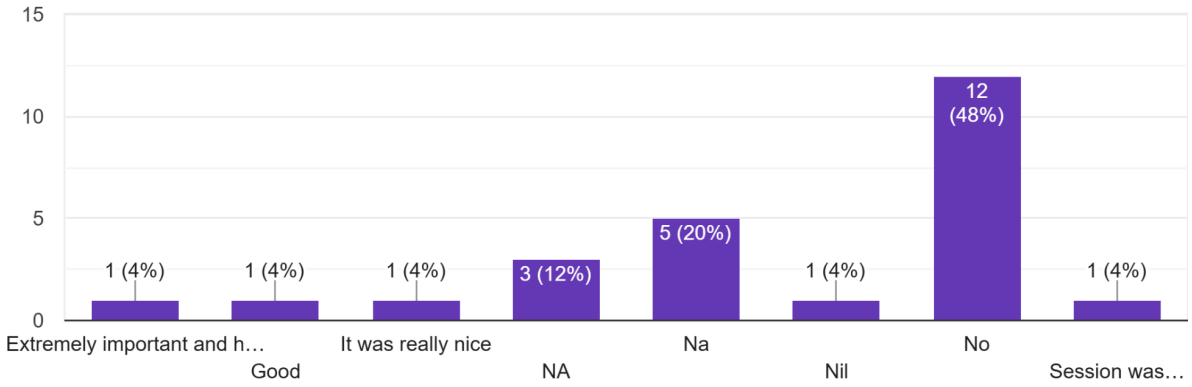
Please make indicative your satisfaction for the following aspects of the event



Any Suggestion

25 responses



Dr. Meghna Yashwante,Dr Amita Pal
Coordinators

Dr .Umesh Moharil
HoD