



Pune District Education Association's

College of Ayurved & Research Centre

(I.D.No. P.U./P.N./AYU./081/1990)

Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.

Phone - 020 - 27653965 / 27659578, Fax :- 020 - 27659578, Website - www.pdeaayurvedcollege.edu.in

E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org

7.1.1

**Total number of gender equity sensitization
programmes organized by the institution
during the last five years.**

**Detailed Program Report
with Photographs**



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Index of gender sensitization programmes organized by the Institution during the last five years

Year	Title of the Gender sensitization programme
2018-19	Speech on Gender equality on the occasion of 70th republic Day flag hosting ceremony
	Gender Equity - Essay Writing on Campaign against female foeticide
	Health Check Up for women
2019-20	Arogya Vyakhyan & Free Health Check-up Camp on World Women's Day
	Medical Health Check-up & Social Service Camp
2020-21	Guest Lecture on Health Care of Girls in Covid-19 Pandemic and their problems in Adolscence by Dr. Deodas
	Arogya Vyakhyan on the occasion of international Womens Day
	The Menstrual Hygiene Day
	World Population control Programme -
2021-22	World Sight Day - Eye Check-up Camp
	Haemoglobin Check-up Camp for girls
	Guest Lecture on Role & responsibilities of Anti sexual Harassment Committee
	Celebration of Kranti Jyoti Savitribai Phule Jayanti, Maharashtra Girl Child Day, Stree Mukti Din
	Guest Lecture - Awareness of Gender Sensitization
	Girl Child Day on the occasion of Azadi ka Amrit Mahotsav
	E- Pledge for the fight against drug abuse
	Guest Lecture on World Women's Day
	International Women's Day – Flowers Distribution to ladies Staff
	National Level E- Poster Competition - Gender Equality
	Speech On Gender Sensitization by Dr. Madhavi Deodas
	Rangoli Competition on World Menstrual Hygiene Day
2022-23	Survey on awareness of sexual Harassment & violence against women
	Celebration of Kranti Jyoti Savitribai Phule Jayanti, Maharashtra Girl Child Day, Stree Mukti Din
	Mahila Mahaarogya Shibir Camp - Women's Day -
	Rally for Breast Cancer Awareness
	Poster Competition on Gender Equality
	National Online Poster Competition on World Menstrual Hygiene Day





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Year - 2018-2019

PDEA'S COLLEGE OF AYURVED & RESEARCH CENTER

Sector no. 25 Pradhikaran, Nigdi, Pune- 44

Post event summary report

Date 28/01/2019

Name of the event- Speech on Gender equality on the occasion of 70th Republic Day Flag Hoisting Ceremony

Date of the event- 26th Jan 2019

Time of the event- 8.30 am

Location of the event- Campus of college

Participants- Hon. Principal, Vice Principal, Directors of the college, teachers, non-teaching staff, Deputy Superintendent, RMO, Para-medical staff, UG and PG students.

Number of persons attending the event- Students- 82, Staff- 80

Organising committee- NSS

Contact person- Dr. Dinesh B. Naik

Telephone number- 9881371440

email address- drdineshnaik27@gmail.com

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय
द संशोधन केंद्र निगडी, पुणे-४११०४४.

आवक क्र. 3135/2019 दिनांक 28/1/2019
टेबल क्र.

Brief summary of the event

लेखनिक

प्राचार्य

Gender equality is not only an ultimate human right, but a necessary base for a peaceful, and prosperous world. There has been progress over the last decades, but the world is not on track to achieve gender equality by 2030. On the occasion of 70th Republic Day Flag Hoisting Ceremony our college student, Sharayu Ghatol gave speech on Gender equality.

In her speech she said- thinking of society is changing slowly. Many women are getting a quality education. But the true meaning of women empowerment will be achieved when gender equality will be established.

We need to give equal opportunities to women for equal pay, equal respect as equal to men. We look forward to such a nation. Equal rights in decision making, health, politics, infrastructure, profession, etc. will surely advance our society to a new level.


-Dr. Dinesh B. Naik


Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Photos of the event

26/01/2019

Speech on Gender equality on the occasion of 70th Republic Day Flag Hoisting Ceremony



Sharayu Ghatol gave speech on Gender Equality


Principal
P.D.E.A.S
College of Ayurved and Research Centre
Nigdi, Pune - 411 044.



PDEA'S COLLEGE OF AYURVED & RESEARCH CENTER

Sector no. 25 Pradhikaran, Nigdi, Pune- 44

Post event summary report

Date 8/02/2019

Name of the event- Gender Equity Program- Essay writing on- Campaign against female foeticide.

Date of the event- 4/2/2019

Time of the event- 11.00am.

Location of the event- Class room no. 1

Participants- First Year BAMS students.

Number of persons attending the event- Students- 14

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४.
आवक क्र. 3160/2019 दिनांक 8/2/2019
टबल क्र.

लेखनिक

प्राचार्य

Organising committee- NSS

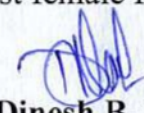
Contact person- Dr. Dinesh B. Naik

Telephone number- 9881371440

email address- drdineshnaik27@gmail.com

Brief summary of the event

In the Indian society, there has been prevalence of the practice of female foeticide as well as female infanticide. The individuals possess numerous viewpoints regarding the birth of female child and their desire for the male child has been extremely strong. Under Gender Equity Program, an essay writing on- Campaign against female foeticide was arranged by NSS for the First Year BAMS students to develop the seriousness and awareness of this topic. The participant students expressed their views regarding female foeticide in their essays. Many people possess this viewpoint that male children would effectively contribute in bringing wealth, fame and reputation to the families and female children are considered to be the liabilities. Students underline the importance of educating and empowering the next generation on the importance of a female child to engage students and parents to scale-up campaign against female foeticide.


-Dr. Dinesh B. Naik




Principal
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Nigdi, Pune - 411 044.

PDEA'S COLLEGE OF AYURVED & RESEARCH CENTER

Sector no. 25 Pradhikaran, Nigdi, Pune- 44

Photos of the event

04/02/2019

Gender Equity Program- Essay writing on- Campaign against female foeticide.



Participants of First Year BAMS students writing the essay


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Nigdi, Pune - 411 044.



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Pune District Education Association's
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Post event summary report

Name of the event- ZIST FOR THE WORLD WOMEN DAY CAMP-2019

Date of the event- Date 08/03/2019 **Time:** 9.00am to 4.00pm

Organising department/ committee- Streerog Prasutitantra

Location of the event-Online and OPD no 119, ARSMH, NIGDI, PUNE.

Number of attending the event -Patients -35 CAMP)

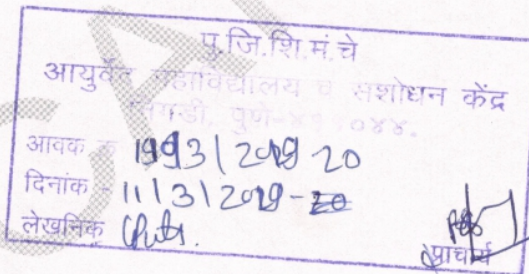
On the occasion of **International Women Day, 8 March 2019**, Streeroga and Prasutitantra department of PDEA's college of Ayurveda and Research Centre, Nigdi, Pune conducted following activities-

08/03/2019 Mahila Aarogya din-

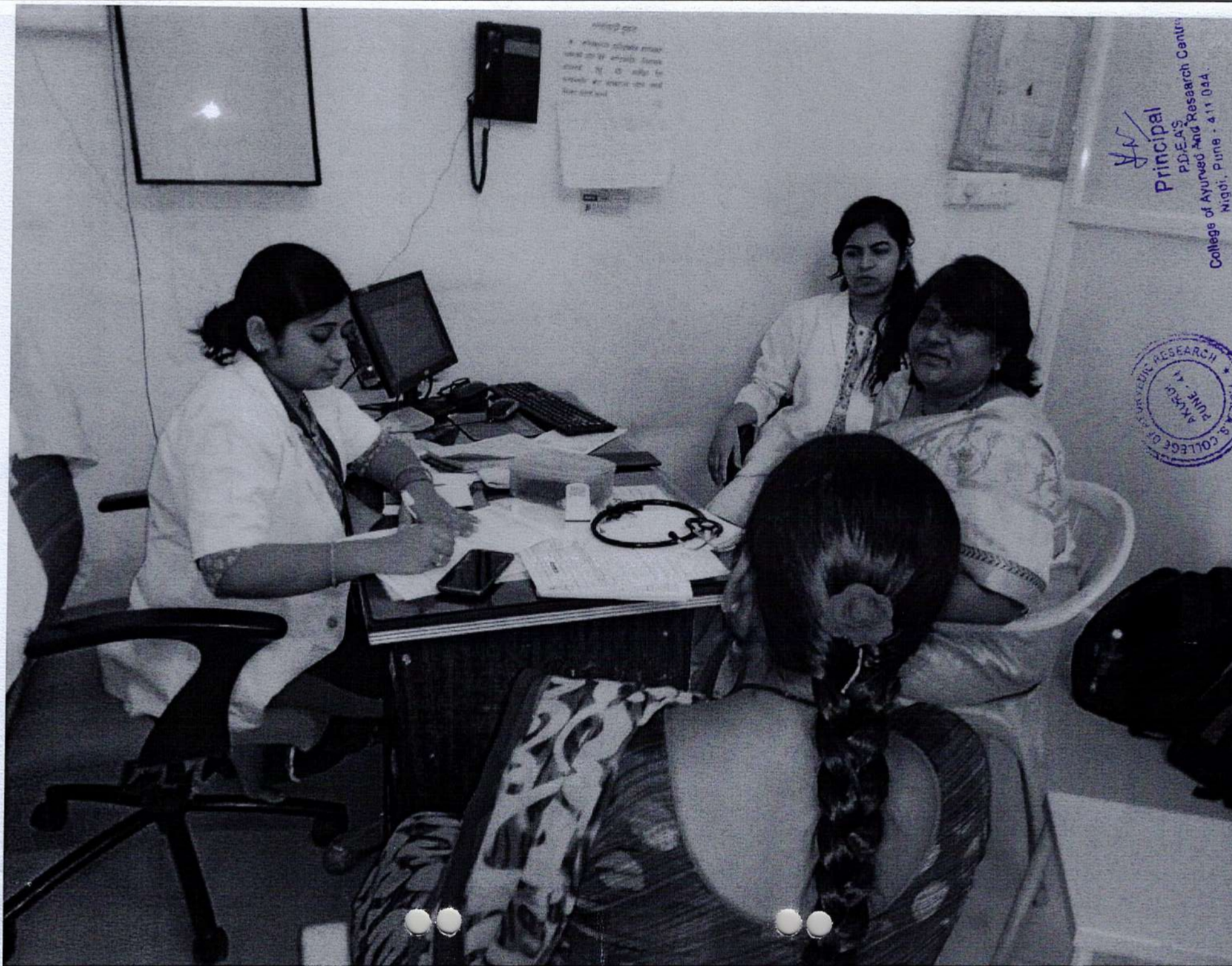
Clinical assessment and screening done at free of cost Following tests were conducted with minimum cost. Total 35 females are benefited with this camp.

1. CBC free cost
2. BSL R free cost
3. TSH- ONLY 50 rs.

The unique gift of iron and luxative medicines distributed to all patients at free of any charge.



Signature Anjali Jadhav
Designation H.O.D & Prot.
Name- Dr. Anjali Jadhav
डॉ. अंजली जाधव
विभाग प्रमुख - स्त्रीरोग प्रसूती तन विभा
आयुर्वेद जनरल हॉस्पिटल, आकुर्डी, पुणे







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Year - 2019-2020

WORLD WOMAN DAY- 8th MARCH 2020

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४.

आवक क्र. 24/1/1-2020 दिनांक 18/3/2020

टेबल क्र. ①

Event Summary Report-

- Name of the event - world woman day- 8th March 2020
- Date of the event -9th March - 14th March 2020
- Time -9am - 3 pm daily
- Location of the event- opd no .119. Streerog opd - arsmh,nigdi,pune
- Number of persons attending the event- 149
- bmd camp attended- 71+ 78=149
- Special attendance- PROF .DR.RAGINI R. PATIL.
- Speaker - Dr.Anjali V.Jadhav- H.O.D Streerog Dept.
- Organising members-Dr.V.K.Shinde, Dr.Neha Sanas, Dr.Trupti Kale.

लेखनिक

प्राचार्य

BRIEF SUMMARY OF THE EVENT-

Streeroga -Prasutitantra department of PDEA'S college of Ayurveda and Research Centre ,Nigdi , Pune in association with Matruja Ayurveda Pharma, organised a free health check up for woman . date-9th to 14 th march 2020.

Highlights-

- free check up for woman
- free bone density check up
- free antenatal / pregnant patient registration
- free infertility advice
- free contraceptive advise
- panchakarma procedures 20 % discounts
- sonography- abd+ pelvis only at 699/- (1200)
- mamography-999/-(2000/-)
- PAP SMEAR ONLY AT 100/-
- vit b12, vit D 3- 1500/-
- TSH - 50/-
- As above investigations are on less and discounted prize .almost all 150 females are benefited with the same.
- Presence of dean Dr. Ragini patil madam the programme was carried out.
- special lecture to all female health



AVJadhav

डॉ. अंजली जाधव

विभाग प्रमुख - स्त्रीरोग प्रसुती तंत्र विभा
आयुर्वेद जनरल हॉस्पिटल, आकुर्डी, पुणे



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Date :- 10 / 3 /2020

Metric No.7.1.1

Arogya Vyakhan 8.3.2020 and Free Health Check up camp

मोफत शिबीर
त्वस्ति नौदणी करा
महिलांसाठी मोफत अस्त्रेय तपासणी शिबीर
पुणे जिल्हा शिक्षण मंडळाचे
आयुर्वेद रुग्णालय अँड स्टर्लिंग मल्टीस्पेशलिटी हॉस्पिटल
आणि मातुज आयुर्वेद फार्मसी तर्फे

८ मार्च आरोग्यक सप्ताहा दिवसनिमित्त
महिला आरोग्य सप्ताह
दि. ७ मार्च ते १३ मार्च, रविवार-बुधवार ९ ते दुपारी ३

- मोफत महिला अस्त्रेय तपासणी
- Bone Density - कमळी घनता तपासणी मोफत
- स्तनदंडाचा मॅग्नेटिक शोका
- अर्बी बायोडायग्नोस्टिक संलग्न मोफत
- भविष्यनिर्णायक पद्धती तपासणे व राखणे मोफत
- पंचांगद्वारे ३०% सवलत
- अंतर्गोष्ठी - Abdomen with Pelvis - 1200/- 699/-
- अंतर्गोष्ठी - 2000/- 999/-
- अंतर्गोष्ठी तपासणी वॅकसीन - 100/-
- रक्त तपासणी साबरीटॅब - 50/-
- डिस्टेंशन 812, डिस्टेंशन D3 - 1500/-

पूर्व नोंदणी आवश्यक
OPD No. 119

संपर्क
डॉ. अंजली जाधव
(रक्त तपासणी तज्ज्ञ)
मो. 9649000000

डॉ. निहा गणेश
(रक्त तपासणी तज्ज्ञ)
मो. 9649000000

डॉ. तुली काळे
(रक्त तपासणी तज्ज्ञ)
मो. 9649000000

डॉ. कोमल हुमळे
(रक्त तपासणी तज्ज्ञ)
मो. 9649000000

अवकाश : आयुर्वेद रुग्णालय व स्टर्लिंग मल्टीस्पेशलिटी हॉस्पिटल,
सेक्टर नं. २५, प्रेडिकरन, निगडी, प्राधिकरण, पुणे-४११.



AVJadhav

DR Anjali Jadhav

HOD



Dr Ragini Patil

Principal
P.D.E.A'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Pune District Education Association's
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Post event summary report

Date- 15-3-2020

Name of the event- Medical health check-up and social service camp

Date of the event- 13-3-2020

Location of the event- PDEA's Shri. Shivaji Primary school, at Dehu Road, Pune.

Number of persons attending the event-

Consultants- 06 **PG Students-** 06 **UG Students-** 35 **Total-** 47

Students Checked- 150

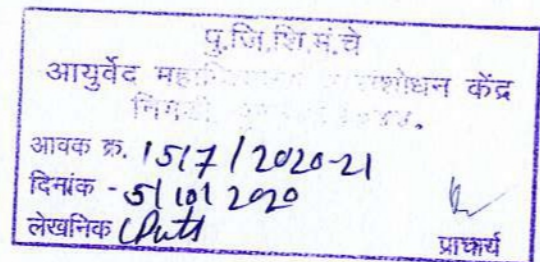
Beneficiary- School students from standard 1st to 4th boys and girls.

Organising committee- NSS

Contact person- Dr. Dinesh B. Naik

Telephone number- 9881371440

Email address- drdineshnaik27@gmail.com



Brief summary of the event

Gender equity means respecting all people without discrimination, regardless of their gender. It also means addressing gender inequalities that limit a person's ability to access opportunities to achieve better health, education and economic opportunity based on their gender.

Medical health check-up camp in PDEA's Primary school was arranged at Dehu road on 13-3-2020. Time- 9.00 to 1.00 pm. The teachers of the school felicitated all consultants and volunteers and gave vote of thanks. During health check-up camp 150 students from 1st to 4th class were checked. Ill students were treated with medicines.

The NSS candidates enjoyed the camp very much. The expressed their opinions regarding social service. And also mentioned the need of social service to develop the nation.


Dr. Dinesh Naik
Program Officer, NSS.


Principal
Principal
P.D.E.A'S
College of Ayurved And Research Centre

Medical Health Check-up & Social Service Camp

13/03/2020



The teachers of the school gave vote of thanks.



The teachers of the school felicitated all consultants and volunteers.

Medical Health Check-up & Social Service Camp

13/03/2020



Health check-up camp: students were checked.



Team of Consultants, PG Students and UG students




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Year - 2020-2021

PDEA's COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE

DEPARTMENT OF KAUMARBHRITYA

Post Event Summary Report

Name of the Event -	Guest Lecture
Date of the Event -	27/01/2021
Location of the Event -	Shree Mhalsakant Mahavidyalay, Akurdi, Pune
No. of persons attending the event -	500
Organising Committee -	Department of Kaumarbhritya and Department Department of Streerog
Contact Person -	Dr. Deodas Madhavi Sanjay Dr Jadhav Anjali Vijay
Telephone Number -	9423010818, 9850808899
Email address -	balrogdept@gmail.com

Summary of the Event

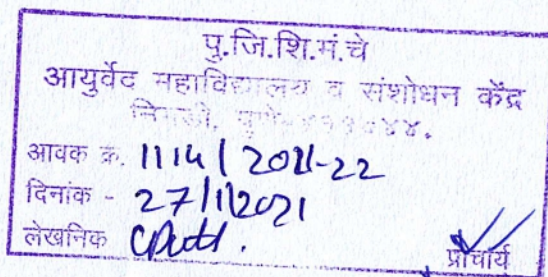
Shri Mhalsakant Mahavidyalay, Akurdi, Pune has organised the Awareness Program for girl students regarding their Health care in current Covid Situation and their Adolescent Problems.

For this lecture more than 500 participants got enrolled.

Dr. Madhavi Deodas very nicely elaborate on nutrition in adolescent age and preventive measures to be carried in current Covid situation. Also Dr Anjali Jadhav guided all girls regarding the health care during menses and explain the problems such as PCOD etc. Both the speakers shared their personal clinical experiences in their lecture. They also cleared doubts asked by students.

This lecture was helpful to all students and help to encourage students to counsel the parents about the diet and their nutrition and also adolescent problems.

Thanks, and Regards.



Deodas
Dr. Deodas Madhavi
Professor and HOD

H. O. D.
Dept. of Kaumarbhritya Tantra
College of Ayurved & Research Centre,
Nigdi

PDEA's COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE

DEPARTMENT OF KAUMARBHRITYA

27/01/2021

EVENT PICTURES- Guest Lecture on Health Care of Girls in Covid-19 Pandemic and their problems in Adolsence



Speakers-Dr. Deodas, Dr. Jadhav



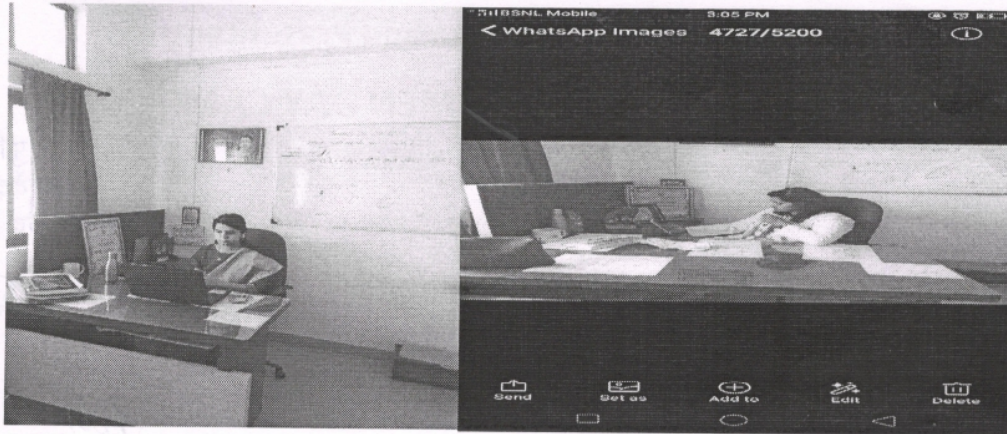
Audience

Signature & stamp of principal-

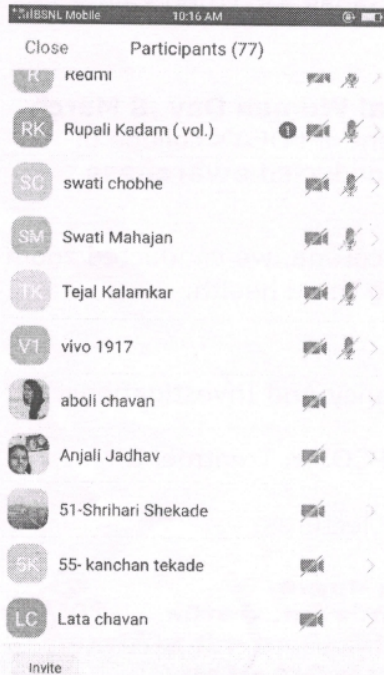


[Signature]
Principal
P.D.E.A.'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Principal
P.D.E.A'S
College of Ayurved And Research Centre
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Dr.Neha Sanas-delivering lect. Dr.Trupti Kale - Delivering lect



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Department of Streeroga and Prasutitantra

REPORT OF THE MENSTRUAL HYGIENE DAY

Venue: Online

Date: 28/05/2021 TO 05/06/2021

Time: 05/06/2021 upto 4.00pm

Organizer : Streeroga and Prasutitantra dept.

Dr. Anjali jadhav , Dr.V.k.Shinde, Dr.Neha Sanas, Dr.Trupti Kale,
Dr.Nikita Mahajan, Dr.Rohini Mate.

On the occasion of **MENSTRUAL HYGIENE AWARENESS**

Streeroga and Prasutitantra department of PDEA's college of Ayurveda and
Research Centre, Nigdi , Pune organized following programs –

1) National poster competition

**2) UG 3rd year menstrual awareness program – poster ,poem , rangoli
competition**

3) Short film by internee to aware menstrual hygiene

In this programme **total no. of 65 participants** were enrolled. From
various colleges. Digital posters and handmade poster are received.

Maharashtra participants –(70)

Out of Maharashtra participants- Karnataka,U.P-(6)

WINNERS OF THE POSTER COMPETITION₁

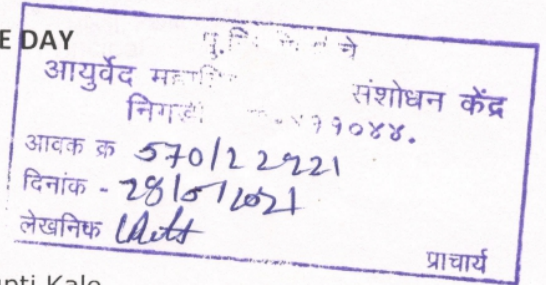
Hand made posters-

1. Dr . Pratiksha Andhale- 3yr B.A.M.S-CARC,Nigdi,Pune,Maharashtra
2. Dr . Shreya Dubey –Doon Institute Of Medical sciences,Sahaspur ,Dehradun,
Uttarakhand.
3. Dr. Sakshi Baldi – RT Ayurved Mahavidyalay , Akola. Maharashtra .

DIGITAL POSTERS-

1. Dr.Shreekant Dighe – GAC , Osmanabad,Maharashtra
2. Dr . Bhakti Mehta – SSAM ,
Hadapsar, Pune , Maharashtra.
- 3.Dr . Madhura Adsul – LRP , Islampur ,Maharashtra.

Poem – Dr. Sagarika Jamdade 3 rd yr carc ,Pune



Dr . Sharayu Ghatol.carc,pune

Rangoli – Dr. Shubhangi Nakade.carc ,pune.

Dr. Anagha Kirdant.,carc,pune.

For the purpose of awareness and education of menstrual hygiene and considering the pandemic menstrual hygiene awareness short film made by Tilak and Dangale batch this short film awareness with the help of you tube.

AVJadhav

Dr Anjali Jadhav

HOD

Streerog and Pasutitantra



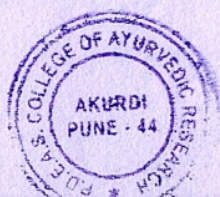
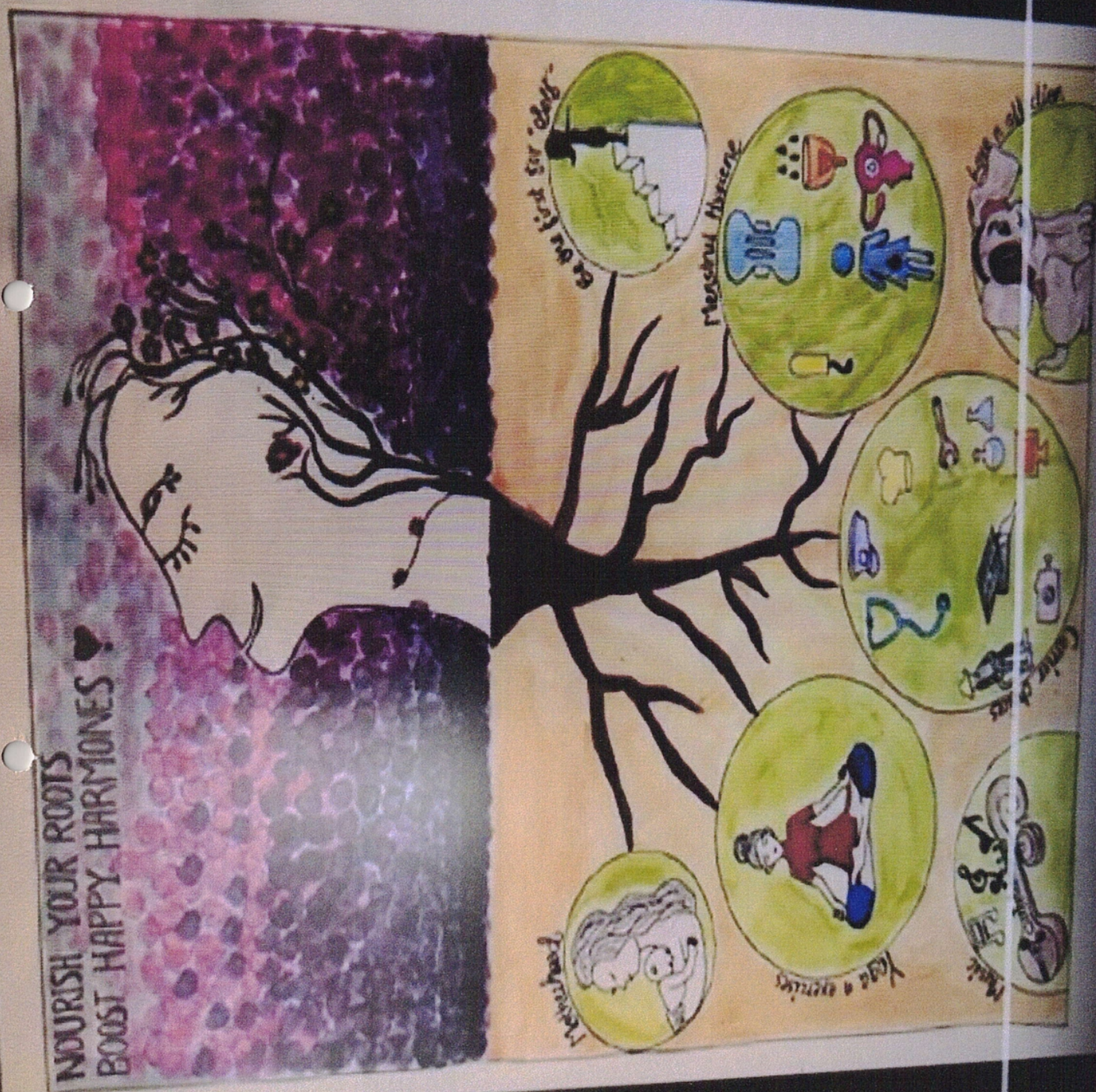
Hak
Principal

P.D.E.A.S.
Dr. Ragini Patil Research Centre
College of Ayurvedic Research
Nigdi, Pune - 411 044.
Principal

The Menstrual Hygiene Day

28/05/2021 to 05/06/2021

Poster competition

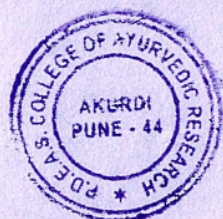


Principal
P.D.E.
College of Advanced Research Centre
Nigdi, Pune - 411 044.

The Menstrual Hygiene Day

28/05/2021 to 05/06/2021

Poster competition



Principal
 P.D.E.A.S.
 College of Ayurved And Research Centre
 Nigdi, Pune - 411 044.

The Menstrual Hygiene Day

28/05/2021 to 05/06/2021

Poster competition



the awareness



Handwritten signature
Principal
P.D.E.A.S.
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

The Menstrual Hygiene Day

28/05/2021 to 05/06/2021

Poster competition



For
Principal
P.D.E.A.S.
College of Ayurved And Research Centre
Nigdi, Pune - 411 044

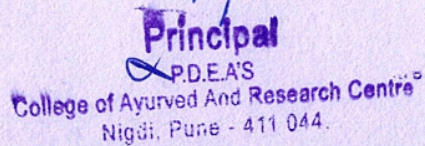
Poster Presentation Competition On the occasion of,
Menstaual Hygiene Day .28 May



HANDMADE POSTER RANK 1
 DR. PRATIKSHA ANDHALE



Dr. Pratiksha Andhale
 College of Ayurvedic Research Centre
 P.D.E.S., Pune - 41
 Nigdi, Pune - 411 044.



PDEA'S

COLLEGE OF AYURVED & RESEARCH CENTER

Sectorno.25PradhikaranNigdiPune44

Post event summary report Date - 26/8/21

पु.जि.शि.मं.चे

आयुर्वेद महाविद्यालय

व संशोधन केंद्र निगडी, पुणे-४११०४४.

Name of the event-World population control programme

आवक क्र. 2430/2021 दिनांक 15/9/2021

Date of the event - 11/7/21 to 11/8/21

टेबल क्र. 2

Organising department/ committee- streerog prasutitantra

लेखनिक

प्राचार्य

Location of the event- streerog prasuti department opd, Ipd different places where healthtalks wear organised

Number Of Persons Attending The Event-

Mode of event- Online/Offline

Link of online event --

Drive Link for Photos

-https://docs.google.com/document/d/1hgcmYhcu6pnM5MprxTPtD9nh4uRN
YIs0/edit?usp=sharing&ouid=111091522272945806691&rtpof=true&sd=true

Youtube linkforvideo--

Contact person- dr TRUPTI KALE

Telephone number-8007211418

Emailaddress-carcstreerog@gmail.com

Principal

P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Brief summary of the event- on the occasion of world population day
,Streerogprasutitantra dept has conducted many programmes this month.

1 Mou With Family Planning Association Of India

2 free contraceptives and counselling for onemonthforopd patients

3training to medical and nonmedical staff of contraceptive methods

4Online and offline healthtalks are delivered to the genera lpopulation about methods and myths about contraceptives.

5guest lecture of DrRatnmala desai Madam ,President Family planning association India.

Signature

AVJ.
H. O. D.
Dept. of Stree-roga Prasuti Tantra
College of Ayurved & Research Centre,
Nigdi

Designation

Assist prof.
Streerog.

Name-

Dr Kale. T.
18/8/21

Principal
P.D.E.A.S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Pdea's ,College of ayurveda and research
centre Nigadi , pune.

Streerog prasutitantra department

world population day, 11/7/21
11/7/21 to 11/8/21

Sr no	date	mode	On the occasion of world polution day ; world population control camp	participants	Consultant
1	11/7/21 to 11/8/21	Offline., online	Free comseling and contraception at opd for one month	125	4 dr a v jadhav dr v k shinde dr neha sanas dr trupti kale
2	11/7/21	offline	health talk at parandawadi maval	25	1 dr trupti kale
3	11/7/21	offline	health talk at shivane maval	20	1 dr trupti kale
4	11/7/21	offline	health talk at ohale maval	20	1 dr trupti kale
5					
6	12/7/21	offline	training to staff about contraceptions	75	4 dr a v jadhav dr v k shinde dr neha sanas dr trupti kale
7	13/7/21	online	online guest lecture of dr Rathnmala DESAI Madam PRESIDENT OF FPA	59	1 dr kale trupti
8	18/7/21	online	on line health talk contraception - Dr kale Trupti	30	1 dr kale trupti
9	24/7/21	offline	health talk to female police staff Dehuroad pune	100	2 dr a v jadhav dr trupti kale
				454	



For
H.O.D.
Dept. of Stree-roga Prasuti Tantra
College of Ayurved & Research Centre
Nigadi

Principal
PDEAS
College of Ayurved And Research Centre
Nigadi, Pune - 411 044.

HEALTH TALK FOR FEMALE POLICE STAFF



Principal
P.D.E.A.S.
College of Ayurvedic and Research Centre
Nigdi, Pune - 411 044.




STREEROG PRASUTITANTRA DEPT
COLLEGE OF AYURVEDA AND RESEARCH CENTRE AHURDI PUNE
WITH
FAMILY PLANNING ASSOCIATION OF INDIA, PUNE
ON WORLD POPULATION DAY
FREE
COUNSELLING
AND
CONTRACEPTIONS




Contraceptive pills
 Mota B, Mota H

Copper T

Nirodh
 Pill Unwanted 72

STREEROG PRASUTITANTRA, OPD NO 119
 11 TH JULY TO 11 AUGUST 2021
 TIME - 9AM TO 3 PM
 contact no - Dr Kale Trupti: 8007211418









6:31

Close Participants (31)

Search

PT	Rajani Tambhale Invt	Red
T	Dr Trupti Kale (Invt)	Red
B	b74161d6	Red
AM	4T Nikita Mahajan	Red
AM	Ashwini Inagur	Red
	Shenashree Tryambake	Red
DK	Diksha Khazat	Red
DT	Dr Pallavi Kulkarni	Red
DT	Dr Deepali Tate	Red
GM	Ganesh MGI	Red
MT	Manisha Vaidkar	Red
MB	Maya Ghoshale	Red
MR	Mayur Khazat	Red
MS	Mika Shinde	Red
MS	Mrs Sonal Honoo	Red
P	Pooja Shinde	Red
	Pournima Nikhe	Red
RR	Raksha Randhava	Red
RR	raahne narra 26	Red
RP	Rakha pawar	Red
RD	Rensha Dabholkar	Red
RM	Rohini Mate	Red
SD	Sakuna Dandekar	Red
SD	Sayali Dhanal	Red
	Sheetal Shinde	Red
	Shweta Kulkarni (TV mob)	Red



Principal
 P.D.E.A.S.
 College of Ayurved And Research Centre
 Nigdi, Pune - 411 044.

पुणे जिल्हा शिक्षण मंडळाचे आयुर्वेद कक्षालय व
स्टर्लिंग मल्टीस्पेशलिटी हॉस्पिटल
भेळ चौक, प्राधिकरण, निगडी, पुणे

स्त्रीरोग प्रसूतितंत्र विभाग
आयुर्वेद महाविद्यालय व संशोधन केंद्र, निगडी, पुणे

जागतिक लोकसंख्या दिवस
११ जुलै २०२१

जनजागृती व्याख्यान ११ जुलै २०२१
दुपारी - १२ वाजता

विषय - गर्भनिरोधक उपाय साधने आणि समज, गैरसमज
Contraception - Methods & Myths

संपर्क - डॉ. तुषी काळे ८००७२११४१८



पुणे जिल्हा शिक्षण मंडळाचे आयुर्वेद कक्षालय व
स्टर्लिंग मल्टीस्पेशलिटी हॉस्पिटल
भेळ चौक, प्राधिकरण, निगडी, पुणे

स्त्रीरोग प्रसूतितंत्र विभाग
आयुर्वेद महाविद्यालय व संशोधन केंद्र, निगडी, पुणे

जागतिक लोकसंख्या दिवस

महिला पोलिसांसाठी आरोग्य व्याख्यान
विषय- महिला आरोग्य समस्या, आहार आणि योग

विषय- गर्भनिरोधक उपाय आणि समज, गैरसमज

व्याख्यात्या
डॉ. अंजली जाधव स्त्रीरोगतज्ञ
डॉ. तुषी काळे स्त्रीरोगतज्ञ

दि २४/७/२१, सकाळी ११ ते १२

स्थळ - सुशिला मंगल कार्यालय
तळेगाव दाभाडे, मावळ पुणे



Principal
P.D.E.A.S.
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Principal
P.D.E.A.S.
College of Ayurved And Research Centre
Jai, Pune - 411 044.



Pune District Education Association's

College of Ayurved & Research Centre

(I.D.No. P.U./P.N./AYU./081/1990)

Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.

Phone - 020 - 27653965 / 27659578, Fax :- 020 - 27659578, Website - www.pdeaayurvedcollege.edu.in

E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org

7.1.1

**Total number of gender equity sensitization
programmes organized by the institution
during the last five years.**

Year - 2021-2022



Pune District Education Association's

College of Ayurved & Research Centre



Post event summary report

Date- 21/10/2021

Name of the event- महिलांसाठी नेत्र तपासणी व चिकित्सा शिबिर

On occasion of –world sight day-Under gender Equity.

Date of the event- Date-11 /10/2021 ते 16/10/2021, Time- 9am to 3pm.

Organising department/ committee- Shalakyatantra.

Location of the event- OPD NO 122 , PDEA's Ayurved Rugnalay & Sterling Multispecialty Hospital, Nigdi, Pune.

Number of persons enrolled in this camp.-111

Mode of event- Online/ Offline- Offline.

Drive Link for lecture recording –NA

Email address- shalakya.carc@gmail.com

Brief summary of the event-

Shalakyatantra department of PDEA's college of Ayurveda and Research Centre, Nigdi, Pune has organized - महिलांसाठी नेत्र तपासणी व चिकित्सा शिबिर under gender equity, on occasion of World sight day and Azadi ka Amrit Mahostav on 11/10/2021 to 16/10/2021 at OPD NO 122 , PDEA's Ayurved Rugnalay & Sterling Multispecialty Hospital, Nigdi, Pune. Total -111 patients enrolled in this camp.

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय व संशोधन केंद्र
निगडी, पुणे-४११०४४.
आवक क्र. 4929/2021-22
दिनांक - 21/10/2021
लेखनिक *Chaiti* प्राचार्य

Chaiti

Signature Dr. Virkar C.A.

Name & Designation

H.O.D.
Dept. of Shalakya Tantra
College of Ayurved & Research Centre
Nigdi

Name of the Department shalakyatantra

NAAC Metric No. 7.1.1



Photos of the Event

11/10/2021 to 16/10/2021

Name of the event- महिलांसाठी नेत्र तपासणी व चिकित्सा शिबिर

On occasion of –world sight day-Under Gender Equity.





PDEA's
Ayurved Rugnalay & Sterling Multispecialty Hospital
Sector no. 27, bhel chowk, pradhikaran, nigdi, pune-411044 (reg.no.-66)
DEPARTMENT OF SHALAKYATANTRA –an occasion of World sight Day





महिलांसाठी नेत्र तपासणी व चिकित्सा शिबिर

कॉम्प्युटर मुळे डोळ्यांवर येणारा ताण,
सतत वाढणारे चष्म्याचे नंबर,
मोतीबिंदू, डोळ्यांची अलर्जी,
कोरडेपणा डोळे लाल होणे,
मधुमेहामुळे डोळ्याच्या पडद्यावर होणारे परिणाम.

Date-11/10/2021 ते 16/10/2021
वेळ -सकाळी 9 ते 3



OPD NO
122






Principal
College of Ayurved & Research Centre
Akurdi, Pune - 411044.



Pune District Education Association's
College of Ayurved & Research Centre



Date: 28/10/21

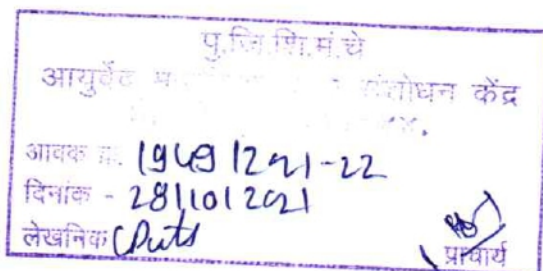
POST EVENT SUMMARY REPORT

Name of the Event- Guest lecture
Date of the Event- 28/10/2021
Organising Department/Committee- Anti-Sexual Harassment Committee
Location of the Event- Auditorium, PDEA'S CARC, Nigdi, Pune
Number of persons attending the event- 66
Student: 60 **Teachers:** 06
Mode of Event (Online/Offline)- Offline
Link of online Event- NA
Drive Link for geotagged Photos- <https://photos.app.goo.gl/31EuvUoTD6HoTxwa8>
You tube link for video- NA
Contact person- Dr. Deodas Madhavi Sanjay (Secretary ASHC)
Email address- carevishakha20@gmail.com

Brief summary of the event-

Guest lecture on "Roles and responsibilities of anti-sexual harassment committee" has been organised by PDEA'S CARC 'S anti-sexual harassments committee(ASHC), and the guest Speaker was Dr. Sangita Ghodke professor and HOD from Baragholap senior college, Sangvi, Pune. This lecture was on awareness of gender sensitization, gender equality, related problems at work place and college.

The above lecture was attended by staff and students of our Ayurved college.



Signature
Name- Dr. Madhavi S. Deodas
Designation- HOD & Professor
H. O. D.
Dept. of Kaumarbhrutya Tantra
College of Ayurved & Research Centre,
Nigdi

Name of the Department- Balrog

NAAC Metric No.- 7.1.1

28/10/2021

Photos of the Event- Guest Lecture on Role & responsibilities of Anti sexual Harassment Committee



Introduction speech



Audience

Sign & stamp of Principal-



Principal
P.D.E.A.S.
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department- Balrog

NAAC Metric No.- 7.1.1

Post Event Summary report

Name of the Event – “Haemoglobin check –up camp for girls”

Date of the Event – 10/12/2021, **Time-** 10 am To 1 pm

Organizing Department/committee- Rognidan & Agadtantra Department , CARC,
NIGDI, PUNE

Location of the event – PHC, Dehugaon, Tal- Haveli, Dist- Pune

Number of Persons Attending the Event-

Students:09

Teachers:03

Others: Patients: 20, Lab Tech:01

Mode of Event- Offline

Link of online event- No

Drive Link For Geotagged Photos-

<https://drive.google.com/drive/folders/1XWfMARxE6Bf6EeHiKX1JG4FaSZWUR9GH?usp=sharing>

You tube Link For Video-

Contact Person – Dr. Rajesh Mhaske

Email Address- carcognidan@gmail.com

Brif summary of the event-

Under Gender equality event Rognidan Department has been conducted Haemoglobin Check-up camp for girls. This Camp was organized by Department of Rognidan Evam Vikriti Vigyan On 10/12/2021 for UG & PG Students.



पु. लि. शि. मं. चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४.
आयुर्वेद क. ३५२१२२ दिनांक ११/१२/२०२२
टेबल क्र. डॉ. फिरेके

लेखनिक

प्राचार्य

Signature

Designation

Name

AYURVED MAHA VIDYALAYA
& RESEARCH CENTRE, NIGDI, PUNE - 44

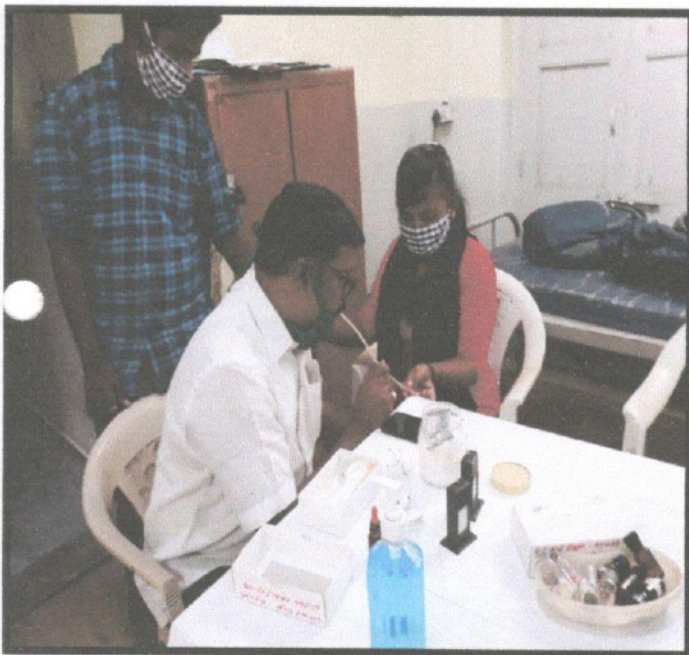
Name of the Department- Rognidan & V. V.

NAAC Metric No.

Hb check-up camp for girls on 10.12.2021.

Photos of Event

P.H.C. Dehugaon, Tal. Haveli, Dist. Pune.



HEAD OF DEPARTMENT
ROGNIDAN & VIKRUTI VIDNYAN
AYURVED MAHA VIDYALAYA

& RESEARCH CENTRE, NIGDI, PUNE 44



Principal
P.D.E.A.'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department- Rognidan & V. V.

NAAC Metric No.

N.S.S. DEPARTMENT CELEBRATING

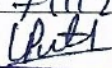
“क्रांतिज्योती सावित्रीबाई फुले जयंती, महाराष्ट्र बालिका दिन, स्त्री मुक्ती दिन”

Place: -Classroom No - 01

Date: - 06/01/2022

Post event summery report

Name of the event	Celebration of Kranti Jyoti Savitribai Phule Jayanti, Maharashtra Girl Child Day, Stree Mukti Din.
Date of the event	06/01/2022
Time of the event	03.00 pm
Location of the event	College Classroom No-01
Participants	NSS Volunteers, Teachers & Students
Number of persons attending the event	Teachers- 12 Students- 106 Others- 03 Total- 121
Organizing committee	N.S.S. Department
Contact person	Dr. Rajesh Mhaske
Email address	carens@gmail.com
Drive Link for Geotagged photos	https://drive.google.com/drive/folders/1coDxi7jBr32M2FPYmaL-6GjSoXyPtD9D?usp=sharing
Brief summary of the event	• Programme started at 03.00 pm • Welcome speech & Introduction of programme given by Dr. Mhaske. • Anchoring of whole programme done by fourth year student Miss. Sharayu Ghatol. • Fourth year student Miss Sanika Khokale has explained life story and social work of Savitribai Phule in very descent manner by PPT. • Hon. Principal Madam Dr. Ragini Patil madam gave a nice speech on the valuable social work of Savitribai Phule and Girl's Child Day, she also emphasizes on Women's Empowerment and guided students in a very descent manner. • Fourth year student Miss Pratiksha Andhale gave a very nice speech on Women empowerment. • Owais Khan, a student of fourth year gave speech on the social work of Savitribai Phule. • HOD of Dravyaguna Department & PhD Director Dr. Meenal Lad madam explained valuable social and educational work of Savitribai Phule. • UG Students, Teaching staff & non-teaching staff were participated in this Constitution Day celebration event. (Total121) • Vote of thanks given by fourth year student Rushikesh Thombare. • Thanks to Respected Principal mam for giving us such opportunity.

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय व संशोधन केंद्र
निगडी, पुणे-४११०४४.
आवक क्र. ५१०७१२२२
दिनांक ७/१/२०२२
लेखनिक  डॉ. फिरोज प्रचारे

PROGRAM OFFICER
NATIONAL SERVICE SCHEME
C.A.R.C., NIGDI, PUNE-44.

N.S.S. DEPARTMENT CELEBRATING

“क्रांतिज्योती सावित्रीबाई फुले जयंती, महाराष्ट्र बालिका दिन, स्त्री मुक्ती दिन”

Place: -Classroom No - 01

Date: - 06/01/2022

Post event summery report



Principal
Principal
P.D.E.A.S.

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

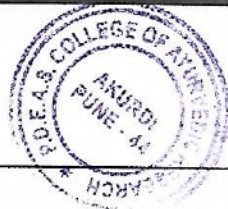
N.S.S. DEPARTMENT CELEBRATING

“क्रांतिज्योती सावित्रीबाई फुले जयंती, महाराष्ट्र बालिका दिन, स्त्री मुक्ती दिन”

Place: -Classroom No - 01

Date: - 06/01/2022

Post event summery report



Principal

PDEA'S
Principal

College of Ayurved & Research Centre
Nigdi, Pune - 411 044.

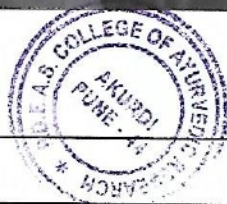
N.S.S. DEPARTMENT CELEBRATING

“क्रांतिज्योती सावित्रीबाई फुले जयंती, महाराष्ट्र बालिका दिन, स्त्री मुक्ती दिन”

Place: -Classroom No - 01

Date: - 06/01/2022

Post event summery report



Principal
Principal

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

N.S.S. Department

NAAC Metric No. 7.1.10



Pune District Education Association's

College of Ayurved & Research Centre



DEPARTMENT OF KAUMARBHRITYA

POST EVENT SUMMERY REPORT

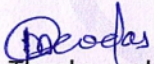
Name of the Event: Guest lecture
Date of the Event: 20/01/2022
Location of the Event: Department of Kaumarbhritya
No. of persons attending the event: 100
Organising Committee: Seth Govind Raghunath Sable College of Pharmacy (Polytechnic)
Contact Person: Dr. Deodas Madhavi Sanjay
Telephone Number: 9423010818
Email address: balrogdept@gmail.com
Platform of lecture: Zoom link and You tube
<https://us02web.zoom.us/j/8780945926?pwd=QIV6bkt0QWp5M3ljWXBVVGVMY0JwUT09>

<https://youtu.be/qQOAqWn-HA4>

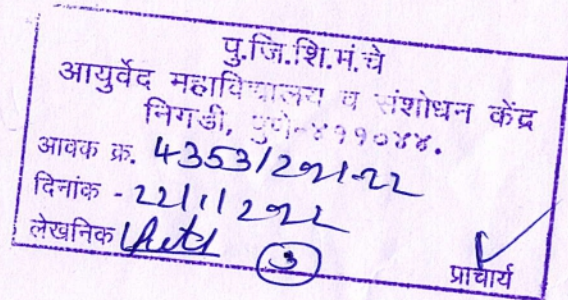
Summary of the Event:

Seth Govind Raghunath Sable College of Pharmacy (Polytechnic), Saswad had organised Guest lecture of Dr Madhavi Deodas on Awareness of Gender Sensitisation for their Staff and Students. This lecture was to aware the students regarding Gender Equality, Role of Gender sensitisation, to educate students about violence against women etc. In this lecture Dr Deodas also gave information about Antisexual harassment committee. And role of ICC committee. More than 100 participants were benefited by this lecture.

I am very much thankful towards Dr Rajashree Chavhan, Principle, Seth Govind Raghunath Sable College of Pharmacy (Polytechnic), Saswad, Purandar, Pune for giving me the opportunity for the same. I am also thankful of Dr Ragini Patil, Principle, College of Ayurved & Research Centre, Nigdi, Pune, for granting me the permission to deliver a lecture


Thanks, and regards.

H. O. D.
Dept. of Kaumarbhritya Tantra
College of Ayurved & Research Centre
Nigdi

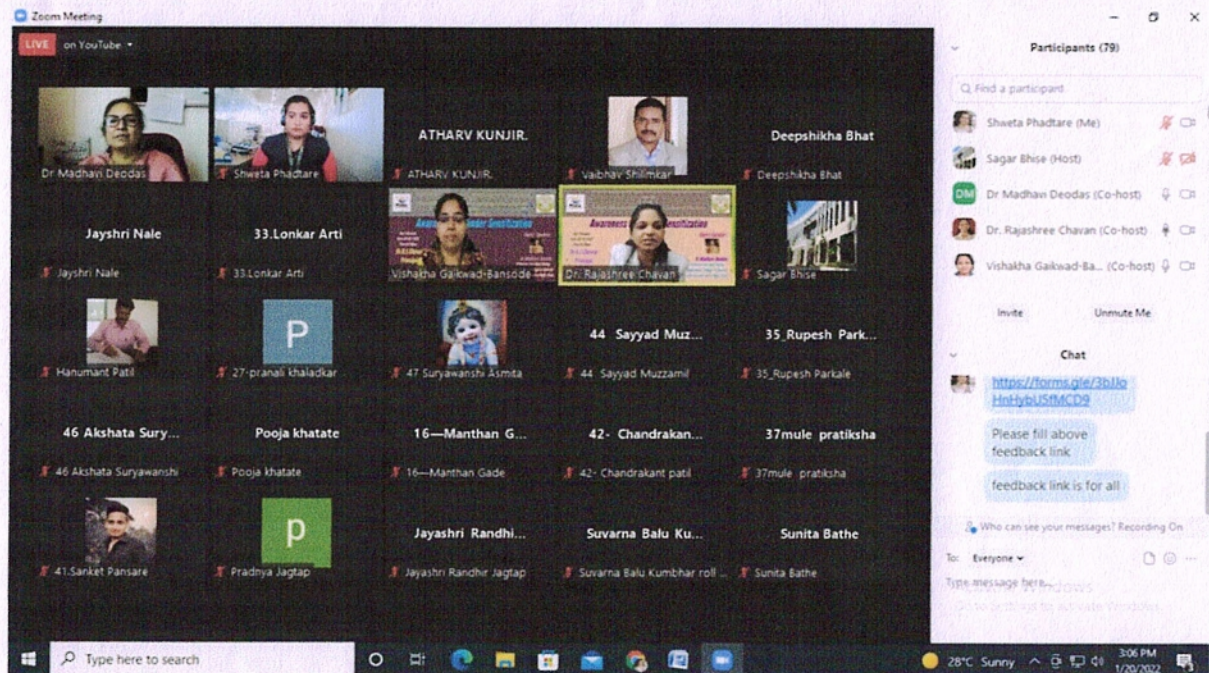


Name of the Department

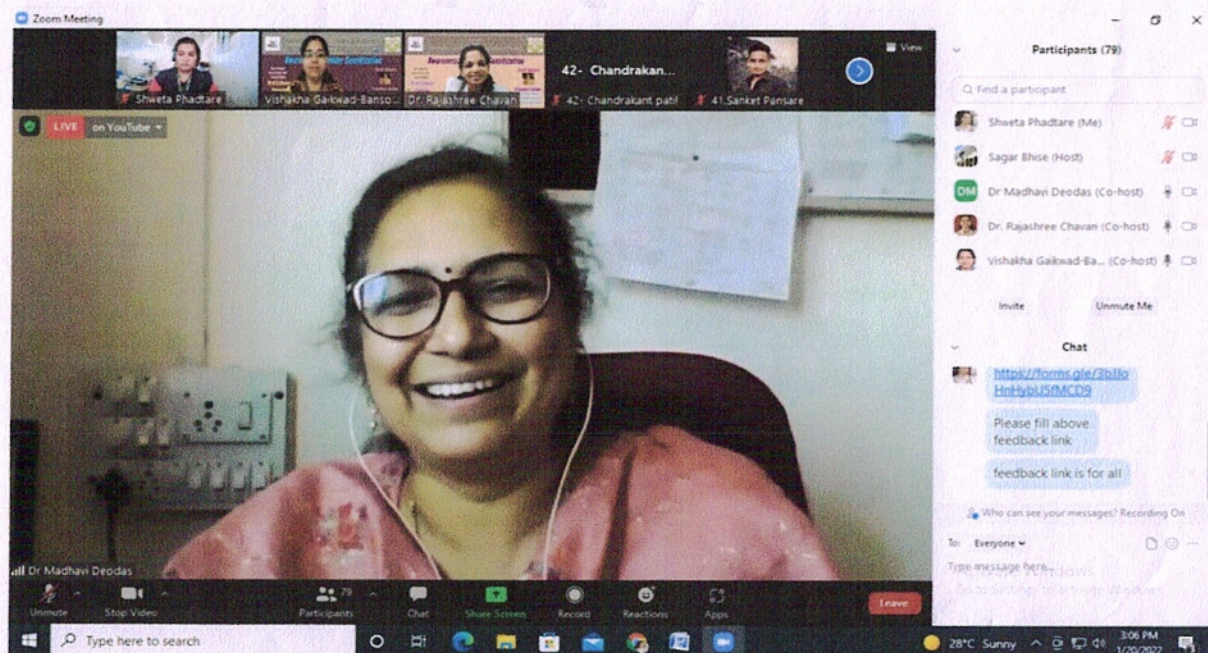
NAAC Metric No.

Guest Lecture - Awareness of Gender Sensitization

20/01/2022



Audience



Speaker- Dr Deodas

Deodas
H. O. D.
Dept. of Kaumarbhrutya Tantra
College of Ayurved & Research Centre
Name of the Department



Principal
P.D.E.A.S.
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.
NAAC Metric No.



Pune District Education Association's
College of Ayurved & Research Centre



**N.S.S., BALROG & STRIROG DEPARTMENT CELEBRATING
"NATIONAL GIRL CHILD DAY"**

Place: -Classroom No - 02

Date: - 24/01/2022

Post event summery report

Name of the event	Celebration of "Girl Child Day" on the occasion of Azadi ka Amrit Mahotsav 75
Date of the event	24/01/2022
Time of the event	09.30 am
Location of the event	College Classroom No 02
Participants	Teachers & Non-Teaching Staff
Number of persons attending the event	Teaching -21, Non-Teaching - 01, Total -22
Organizing committee	N.S.S., Balrog & Streerog Department
Contact person	Dr. Rajesh Mhaske/ Dr Madhavi Devdas/ Dr. Neha Sanas
Google Drive Link	https://drive.google.com/drive/folders/1rkx8Udy-jvBcl3I2cL24PM04xbXesH0?usp=sharing
Email address	carcnss@gmail.com
Brief summary of the event	• Programme started at 09.30 am • Welcome speech & Introduction of programme given by Dr. Mhaske as NSS Programme Officer. • Importance of celebration of National Girl's Child Day explained by Dr. Rajesh Mhaske. • Dr. Madhavi Devdas Madam, HOD Balrog dept gave an excellent lecture on Nutrition for Girls. • Dr. Neha Sanas, Lect. Streerog Dept gave an excellent lecture on Prevention of Sex determination & prevention of female infanticide. • Vote of thanks given by Dr. Anjali Jadhav, HOD Streerog Department. • Teaching staff & non-teaching staff were participated in this National Girls Child Day celebration event. (Total 22) • Thanks to Respected Principal mam for giving us such opportunity.

पु.जि.शि.सं.चे
आयुर्वेद महाविद्यालय व संशोधन केंद्र
निगडी, पुणे-४११०४४.
आवक क्र. ५३५९/२०२१-२२
दिनांक - २४/११/२०२२
लेखनिक (३)
प्रचार्य



PROGRAM OFFICER
NATIONAL SERVICE SCHEME
C.A.R.C., NIGDI, PUNE-44.

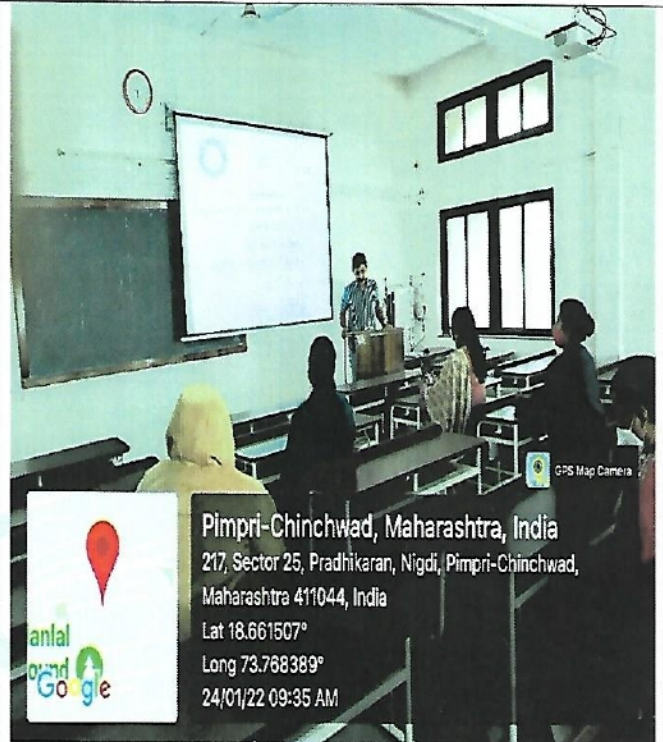
P.D.E. A's

COLLEGE OF AYURVED & RESEARCH CENTRE, NIGDI, PUNE 411044
N.S.S., BALROG & STRIROG DEPARTMENT CELEBRATING

"NATIONAL GIRL CHILD DAY"

Place: -Classroom No - 02 Date: - 24/01/2022

Post event summery report



Principal

Principal
P.D.E.A'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Pune District Education Association's

College of Ayurved & Research Centre



N.S.S. DEPARTMENT PARTICIPATING IN FIGHT AGAINST DRUG ABUSE E-PLEDGE

Place: -Online

Date: - 07/03/2022

Post event summery report

Name of the event	Participation in taking E-Pledge to fight against Drug abuse
Date of the event	07/03/2022
Time of the event	02.00 pm
Mode of Event	Online Pledge
Location of the event	Online
Participants	NSS Volunteers, Teachers & Students
Number of persons attending the event	Teachers- 10 Students – 130 Total- 140
Organizing committee	N.S.S. Department
Contact person	Dr. Rajesh Mhaske
Email address	carcnss@gmail.com
Drive Link for Geotagged photos	https://drive.google.com/drive/folders/1etHeOCvdvErA7X1oRs5th0Sag9oM4WFH?usp=sharing
Brief summary of the event	- To prevent today's youth from the addiction and consumption of Narcotic substances by participating in E-Pledge drive, conducted by NSS Department. - This event is conducted as per the letter received from our Sanstha and ATS Unit Pune Police. - Link of the E-Pledge has been shared on college's Teaching, Non-teaching and student's groups. - All the participants had taken E-Pledge and shared certificates with NSS Department. - Total participant till evening was 140 (Teachers-10, Students-130) - Teachers, PG Students, UG Students and NSS Volunteers were participated in this drive. - Thanks for giving such opportunity.

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय व सशोधन केंद्र
निगडी, पुणे-४११०४४.
आवक क्र ५९७६/२१-२२
दिनांक - ९ MAR 2022
लेखनिक

PROGRAM OFFICER
NATIONAL SERVICE SCHEME
C.A.R.C. NIGDI, PUNE-44.



Pune District Education Association's College of Ayurved & Research Centre



राष्ट्रीय सेवा योजना विभाग
अमली पदार्थ सेवन विरोधी ई-प्लेज मोहिम
प्रमाणपत्र

०७/०३/२०२२

  NARCOTICS CONTROL BUREAU Say Yes to Life, No to Drugs <i>Certificate</i> This is to certify that <u>Pooja Anil Khandolkar</u> has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life. 5682336685  March, 07 2022	  NARCOTICS CONTROL BUREAU Say Yes to Life, No to Drugs <i>Certificate</i> This is to certify that <u>Keshav Ramakrishna Vaidyanathan</u> has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life. 4884440280  March, 07 2022
  NARCOTICS CONTROL BUREAU Say Yes to Life, No to Drugs <i>Certificate</i> This is to certify that <u>Arshita Balagutta</u> has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life. 5623342952  March, 07 2022	  NARCOTICS CONTROL BUREAU Say Yes to Life, No to Drugs <i>Certificate</i> This is to certify that <u>Pragati Dhanale</u> has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life. 7527626289  March, 07 2022
  NARCOTICS CONTROL BUREAU Say Yes to Life, No to Drugs <i>Certificate</i> This is to certify that <u>Tajashree Shikhar Prasad</u> has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life. 7509438532  March, 07 2022	  NARCOTICS CONTROL BUREAU Say Yes to Life, No to Drugs <i>Certificate</i> This is to certify that <u>Santosh Khatke</u> has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life. 7274324044  March, 07 2022

कार्यक्रम अधिकारी
राष्ट्रीय सेवा योजना
महा. व संशोधन केंद्र
फोन: ८९९ ०४४



Principal
P.D.E.A'S
College of Ayurved And Research Centre

N.S.S. Department

NAAC Metric No.

Pune District Education Association's
College of Ayurved & Research Centre



Post event summary report

Name of the event- ZIST FOR THE WORLD WOMEN DAY CAMP-2022

Date of the event- Date 09/03/2022 to 14/03/22. **Time:** 9.00am to 3.00pm

Organising department/ committee- Streerog Prasutitantra

Location of the event- Online and OPD no 119, ARSMH, NIGDI, PUNE.

Number of attending the event -Patients -71(CAMP)

Total participants for poster competition =35

Mode of event- Online and offline

Drive Link for Photos- U tube link-https://youtu.be/ZdEpfvq4g_k

On the occasion of **International Women Day, 8 March 2022**, Streeroga and Prasutitantra department of PDEA's college of Ayurveda and Research Centre, Nigdi, Pune conducted following activities-

1.08/03/2022- Online Guest Lecture-

Topic- Boost women's health with ancient science(Ayurvedic diet & Yoga)

for awareness of women's health- Guest lecture by Dr.Pallavi Wani- Sulakshane by zoom platform 2-4 pm

2.09/03/2022 TO 14/03/2022- "Mahila Aarogya Saptah"

Clinical assessment and screening done at free of cost Following tests were conducted with minimum cost. Total 71 females are benefited with this camp.

1. CBC free cost
2. BSL R free cost
3. TSH- ONLY 50 rs.

The unique gift of uterine tonic syrup along with rasayan medicines distributed to all patients , free of any charge.

3.National level Poster competition-

Topic- Happy Hormones

Digital posters and hand made posters via online (mail)

Total participants =35 from various state like Maharashtra, Gao, Gujarat, Uttarakhand, Hariyana.

Participants- Ug, Pg student's, Faculties.

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय व संशोधन केंद्र
निगडी, पुणे-४११०४४.
आवक क्र 1558/2022
दिनांक 28/3/2022
लेखनिक *Archi*
प्राचार्य

College of Ayurved & Research Centre

Hand-made poster competition

- 1.Dr. Ashwini bangar.. CARC Nigdi
 - 2.Dr. Prachi jadhav.. YMT, Mumbai
 - 3.Dr. Divya Naik.. Gomantak Ayu. Clg,Gao
- &
Dr. Bhagyashri Tandel. JS ayurved, Gujarat

Digital poster

- 1.Dr. Shibna-Dr. Anjana...Murlidhar ayu clg RAJKOT Gujrat
 - 2.Dr. Amraja Gaikwad.. CARC Nigdi
 - 3.Dr Supriya Padekar YMT Kharghar
- &
Dr. Dipika Chakole MGACH, Wardha

Consolation..

- 1.Dr. Manasi Thomar.. Ayu clg Rutaki, Uttarakhand
- 2.Dr. Ketaki Dhawale, YAC Kodoli, Kolhapur
- 3.Dr. Jagruti Chaple MGACH Wardha

All participants are felicitated with E certificate.


Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Signature

AVJadhav

Designation

विभागेप्रमुख
जीरोग प्रसुति तंत्र विभाग
अभुवे नहाविद्यालय संशोधन केंद्र

Name-



PDEA's COLLEGE OF AYURVEDA AND RESEARCH CENTRE, Nigdi Pune

Welcome you all to
"Women's Day Celebration"

Organized by
Streerog evam Prasutitantra Department

CHIEF GUEST
Dr Pallavi Sulkshane Wani
M.S (Ayurveda)
Level 2 Yoga teacher (GOI)
Gaibhasanskar consultant (IAA)

TOPIC
Boost Women's Health with Ancient Science (Ayurvedic diet & Yoga)

Platform -Online Zoom

CHIEF PATRON
Dr. Ragini Patil
Principal and Dean of CARC, Nigdi Pune

CO PATRON
Prof.Dr. Anjali Jadhav
HOD streerog Dept.CARC, Nigdi Pune

Coordinator
Dr. Neha Sanas
Asst Professor CARC,Nigdi,Pune

Any query Contact **Dr. Ashwini** -9767610075
Dr. Nikita -7276564561

8march 2022
Time-2-3pm

Registration is mandatory*

video1490379570

Women's day celebration - Online guest lecture

08/03/2022



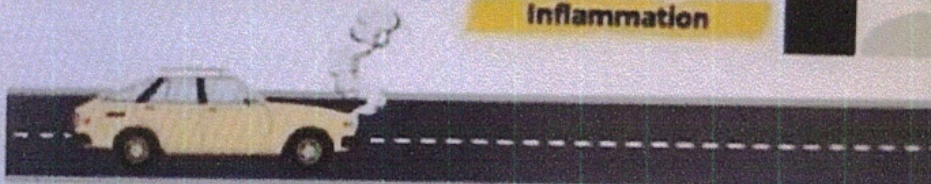
Drivers of PCOS



Insulin Resistance



Inflammation



Stress



Cut health

26:35



2:14 PM
5/8/2023

Women's day celebration - Health check up camp

09/03/2022 to 14/03/2022



GPS Map Camera

Pimpri-Chinchwad, Maharashtra, India

270, Sector No. 27, Pradhikaran, Nigdi, Pimpri-Chinchwad, Maharashtra 411044, India

Lat 18.654771°

Long 73.769173°

14/03/22 12:08 PM



We are Happy Hormone

ENDORPHINS -

Helps to deal with
physical pain

OXYTOCIN

Love Hormone ;
Plays Larger role in
women's Physiology and
happiness

DOPAMINE

Drive Brain
Reward Chemical

SERATONIN
Stabilised our
mood



Enjoy



Achieving Target



Volunteering



Sunlight



Exercise



Listening to
Inspiring Music



Giving Love



Food
With
Tryptophan



Pet Hug



Belly Laugh

Do this
For
Our
proper
Secretion



Dr. Dipika A. Chakole, 28yrs, Mo. No. - 7709880377
(Asst. Prof, Kayachikitsa) MGACH & RC, Salod(H), Wardhane

Principal
P.D.E.A.S.
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Pune District Education Association's

College of Ayurved & Research Centre



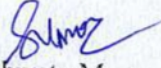
CULTURAL COMMITTEE CELEBRATING "International Women's Day-2022"

Place: - CARC

Date: - 08/03/2022

Report

Name of the event	Celebration of International Women's Day
Date of the event	08/03/2022
Time of the event	9.30am
Location of the event	College entrance
Participants	Female Teaching, Nonteaching Staff
Number of persons attending the event	Total -65
Organizing committee	Cultural committee
Contact person	Dr. Shweta More
Telephone number	9730473931
Email address	carccultural2018@gmail.com
Link for photos	https://www.instagram.com/p/CbKN0ejjria/?igshid=MTc4MmM1Yml2Ng== https://drive.google.com/drive/folders/1esJitUinBw0fZdWjROBspGAXiY18XvIX?usp=drive_link
Brief summary of the event	8th march is celebrated worldwide as international Women's day aims to raise awareness about gender equality in all spheres of life. - Every year in our college, we celebrate this day. This year on 8th march 2022 we have celebrated the day by giving a rose flower and chocolates to all female teachers and female non-teaching staff by the hands of male teaching staff. 65 female teaching and non-teaching staff of college & hospital were given a flower and chocolates as a token of respect and appreciation for their work in all fronts of life- family, professional and social. - Group photos were clicked to cherish the day. - To celebrate the International Women's day, this month's (March) C3 board display theme was also kept as Women empowerment.


Dr. Shweta More
Cultural Committee


Principal
PDEA'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department -Cultural

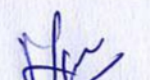
NAAC Metric No. 7.1.1

**CULTURAL DEPARTMENT CELEBRATING
"Women's Day"**

Place: -College

Date: - 08/03/2022




Principal
Principal
P.D.E.A'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department -Cultural

NAAC Metric No.7.1.1



Pune District Education Association's
College of Ayurved & Research Centre



Date: 22/4/2022

Post Event Summary Report

Name & Date of the event: Celebration of Mahatma Phule Jayanti by organizing National Level e-poster competition on "Gender Equality"

Date: 11/4/2022

Organising department/ committee: Agadtantra Department

Location of the event: E-posters were submitted by students in soft copy on carcagadtantra@gmail.com

Number of persons attending the event: 70

Mode of event: Online/ Offline: Online

Drive Link for Photos:

Brief summary of the event:

On the occasion of Mahatma Phule jayanti Agadtantra department was organised E – Poster competition. Theme was given "Gender Equality". Huge response received from all over India. Total 70 entries received from various states like Maharashtra, Goa, Karnataka, Gujarat etc. Assessment of these posters were done by Dr Ila Bhor (Asso. Prof dept of Dravyaguna) & Dr Tushar Khairnar (Asso Prof, dept of Agadtantra). 10 points were given in all based on content, presentation, Design, Layout & Graphics. 3 winners were selected from these entries as follows;

1st: Divyani Chaudhari from Jamnagar,

2nd: Shruti Gupta from CARC

3rd: Sarita Murade from hadapsar.

The contest was specifically digital e-poster, but we received 10 to 12 hand drawings on the theme, hence One consolation prize was given to Rohan Datta from Guwahati for his excellent concept of depiction of gender equality in Ardhanarineshwar.

HOD *Dr. Phadke*
DR. PHADKE J.J.

M.D. (AYU), P.G.D.M.L.S.
Professor & Head of the Dept.
Agada Tantra & Vyavaharayurveda Vibhag,
C. A. R. C. Akurdi, Pune - 44.

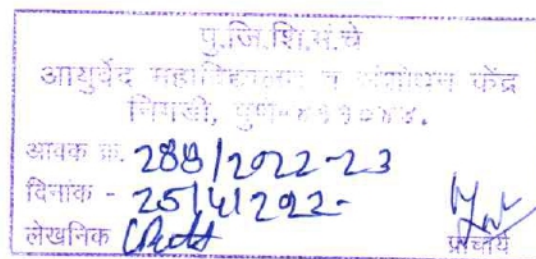
Hak
Principal

Principal

P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department - Agadtantra

NAAC Metric No. 7.1.1





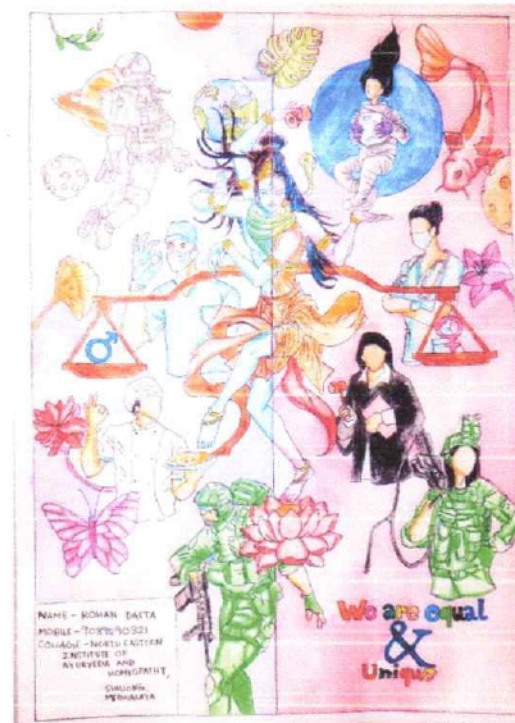
1st Prize : Divyani Chaudhari



2nd Prize : Shruti Gupta



3rd Prize : Sarita Murade



Consolation prize: Rohan Datta, Guwahati

HOD DR. PHADKE J.J.
M.D. (AYU), P.G.D.M.L.S.
Professor & Head of the Dept.
Agada Tantra & Vyavahar Ayurveda Vibhag,
C.A.R.C. Akurdi, Pune - 44.

Name of the Department - Agadtantra



Principal
Principal
P.D.E.A.S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.
NAAC Metric No. 7.1.1



Pune District Education Association's
College of Ayurved & Research Centre



Date 18/05/2022

Post event summary report

Name of the event- Speech: Gender sensitization by Dr. Madhavi Deodas

Date - 17/05/2022

Time - 02.00 -3.00

Location of the event- Class room no. 1

Participants- First Year BAMS students.

Number of persons attending the event- Students- 60

Organising committee- Academic coordinator, Transitional Curriculum.

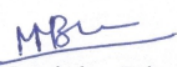
Contact person- Dr. Manisha Bhanage

Telephone number- 9130099663

Brief summary of the event

Under the Transitional Curriculum program lecture of Dr. Madhavi Deodas was arranged for the students of the First Year BAMS new admission. In her speech Dr. Madhavi Deodas emphasized the importance of gender equity. She said- In a society, everyone has the right to lead his/her life without any discrimination. When this state is achieved where all individuals are considered to be equal irrespective of their caste, gender, color, profession, and status, we call it equality. But there is a lot of discrimination.

The age-old social structure dictated that women need to stay inside the home taking care of all when men go out to earn. This has been practiced for ages when the world outside was not safe. Now the time has changed and we have successfully made our environment quite safer, women can step forward, get educated, pursue their passion, bring economic balance in their families, and share the weight of a family with men. This, in a cumulative way, will also make a country's economy progress faster and better.


Dr. Manisha Bhanage
Academic coordinator


Dr. Ragini Patil
Principal
P.D.E.A.S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department Academic coordinator

NAAC Metric No. 7.1.1

Date 17/05/2022

Photographs of the Lecture- Gender sensitization



Speech Gender sensitization by Dr. Madhavi Deodas




Principal
P.D.E.A.'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Department of Streeroga and Prasutitantra
ZIST FOR WORLD MENSTRUAL HYGEINE DAY -2022

Venue: PDEA's CARC , NIGDI, PUNE.

Date: 28/05/2022

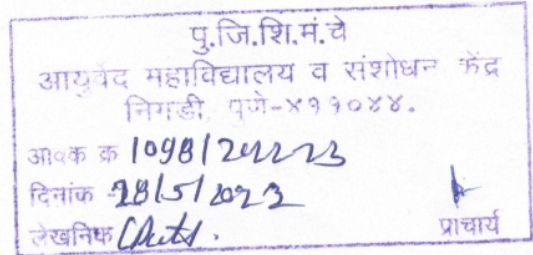
Time: 10.00am to 11.00am

On the occasion of **WORLD MENSTRUAL HYGEINE DAY, 28 May 2022**, Streeroga and Prasutitantra department of PDEA's college of Ayurveda and Research Centre, Nigdi, Pune organised Rangoli competition. Program started with Dhanvantari Poojan & Deep-Prajwalan by Dr.Jamdade madam. HOD (Samhita dept.)

Topic - Menstrual Hygiene Awareness.

Participants- UG, Interns, PG student's, Faculties.

- UG-08/11
- Interns -02
- PG -00
- Faculties-02



Total participants =13

Rank 1. Bhagyashree Kshirsagar, Shweta Marane.

Rank 2. Maithilee Shivange, Devyani Joshi.

Rank 3. Deepa Kale.

Consolation.

1. Dr.Anuja Wadadekar, Dr.Divyashree K.S. (Assi.professor)
2. Neha Gavhane, Aaditi Bandgar.
3. Pradnya Kapse, Sejal Polawar, Pranjal Shirsale.

All participants are felicitated with certificate and prize by Dr. Anjali Jadhav madam (HOD Streerog dept).Dr. Mokashi sir (PG director).Dr. Lad madam (HOD Dravyaguna Dept)

All participant Rangoli photos attached to the given link-

<https://drive.google.com/drive/folders/1aokMsFme-AalTUQAt28A5inNDq67gDlu?usp=sharing>



AnJadhav
डॉ. अंजली जाधव
 विभाग प्रमुख - स्त्रीरोग प्रसूती तंत्र विभाग
 आयुर्वेद जनरल हॉस्पिटल, आकुर्डी, पुणे

Hok
Principal
 PDEA'S
 College of Ayurved And Research Centre
 Nigdi, Pune - 411 044.

Rangoli Competition on World Menstrual Hygiene Day

28/05/2022



COLLEGE OF AYURVEDIC RESEARCH
PUNE
AKURDI

Principal
College of Ayurvedic Research
Pune
Nigdi, Pune - 411 044



Principal
P.D.E.A.S.
College of Ayurvedic Research Centre
Akurdi, Pune - 411 004



Pune District Education Association's

College of Ayurved & Research Centre

(I.D.No. P.U./P.N./AYU./081/1990)

Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.

Phone - 020 - 27653965 / 27659578, Fax :- 020 - 27659578, Website - www.pdeaayurvedcollege.edu.in

E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org

7.1.1

**Total number of gender equity sensitization
programmes organized by the institution
during the last five years.**

Year - 2022-2023

Event - Survey on awareness of sexual Harassment & violence against women

Date of Survey – August 2022

Organising Department – Department of Ayurved Samhita Siddhant

Location of Survey – PDEA's College of Ayurved & Research Centre

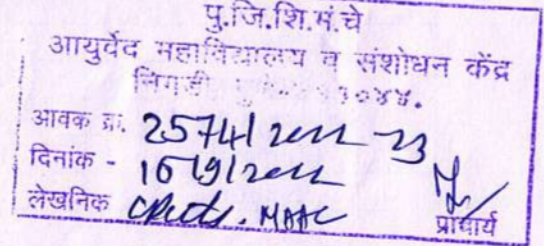
Number of Participants – 100

Mode of Survey – Online

Link - <https://forms.gle/WHLG8afWHbUoTs3a6>

Contact person – Prof. Vd. Yogita Jamdade, HOD

Email ID – carcsamhita2022@gmail.com



Summary of Survey-

Department of Samhita & Siddhanta, PDEA's College of Ayurved & Research Centre conducted this online survey through Google form; under Gender equity sensitization program for 2022. Questions included in this survey were asked for purpose of spreading and assessing awareness of Sexual Harassment & violence against women. The questionnaire was validated by the Vishakha Committee Members Dr. Madhavi Deodas and Dr. Arti Firke before circulating it to the respondents. Students at the college and other staff were asked to voluntarily submit responses in the survey. Responses recorded in this survey can be used by institute to evaluate awareness. Responses recorded in this survey were not considered as a complaint against anyone. Identity of responder was not necessarily required. Identity of responder will not be revealed.

Total Responses were – 100, Male – 42, Female – 52, 2 – Opted not to reveal gender, 4 rejected participations in the survey. 5 respondents voluntarily shared their name. Among them 1 was female and 4 were male. Participants were from 22 different cities across Maharashtra. Among them 55 were residents of the Pune or Nigdi.

Among these participants 13 have experienced some sort of sexual harassment. 3 were not Aware of it.

Age Group	Participants
18 to 20	59
21 to 23	32
24 to 26	1
27 yrs or elder	4

After reading information about types of Sexual Harassments & violence 12 participants revealed that they have experienced some sort of Sexual Harassment or violence more than once; in 2 responses it was 4 times up till now.

Type of Harrassment	Responces
Unwanted physical contact	10
Suggestive remarks	3
Jokes of a sexual nature	1
Display of sexually offensive materials in public space	0
Unwanted comments on dress	8
Invasion of personal space	3
Staring or Leering	15
Intimidating presence (e.g followed in proximity)	5

Who did do this to them	Responses
Friend	7
Colleague	3
Classmate	2
Stranger	28
Service provider	4
Employer	1
Senior	1

Place of Harassment	Responses
Work	4
School	3
Public transport	16
Street	16
Shop	4
Public building	7
Lift, Covid Hospital	1
Dmart	1

How did it make them feel	Responses
Afraid	13
Nervous	9
Embarrassed	6
Angry	23
Uncomfortable	21
Upset	8
Degraded	2
Intimidated	1
Defiant	2
Neutral (used to the behavior)	10

Among these participants in total 61 times, they felt that they needed immediate support, but they got it only 50 times. They got support 23 times from friends and family and 4 times through helpline. 7 of them had to change their route or place. 40 % of the participants didn't knew about Vishakha Committee in our institute at the time of survey.

18 participants didn't know about any helpline. 52 participants didn't know about any Safety apps. All of them came to know about these facilities during this survey. 55 participants haven't enabled emergency contacts in their mobile phones. 42 % of the participants are trained in some or other self-defense techniques. 70 % of the participants do not carry any kind of self-defense equipment. 13 responses were found negligent about helping a woman being sexually Harassed or violated.

Vd. Yogita Jamdade
HOD

Department of Samhita and Siddhant

H.O.D.

Dept of Ayurved Samhita Siddhant
College of Ayurved & Research Centre
Pune, Pune



Pune District Education Association's

College of Ayurved & Research Centre

N.S.S. DEPARTMENT CELEBRATING

“क्रांतिज्योती सावित्रीबाई फुले जयंती, महाराष्ट्र बालिका दिन, स्त्री मुक्ती दिन”

Place: -Classroom No - 02

Date: - 03.01.2023

Post event summery report

Name of the event	Celebration of Kranti Jyoti Savitribai Phule Jayanti, Maharashtra Girl Child Day, Stree Mukti Din.
Date of the event	03.01.2023
Time of the event	02.30 pm
Location of the event	College Classroom No-02
Participants	NSS Volunteers, Teachers, Non-Teaching Staff & Students
Number of persons attending the event	Teachers- 13 Students – 87 Non-Teaching - 09 Total- 109
Organizing committee	N.S.S. Department
Contact person	Dr. Rajesh Mhaske
Email address	carencss@gmail.com
Drive Link for Geotagged photos	https://drive.google.com/drive/folders/1YncLk_C0YV1Cw3bRqPqsHjMkCa0mM3hW?usp=share_link
Brief summary of the event	• Celebration of 192th Kranti Jyoti Savitribai Phule Jayanti held by NSS Department. • Welcome speech & Introduction of programme given by Dr. Mhaske. • Anchoring of whole programme done by fourth year student Miss. Pradnya Jadhav. • Pratima poojan held with hands of Resp. PhD Director Dr. Meenal Lad & dignitaries. • Fourth year student Miss Prapti Dhawale presented one act play “Me Savitri Bolatey” in a very descent manner. • Speeches given by students Abhay Kasle, Sohel Shaikh, Owais Khan & Mahesh Shirphule. • Presentation of poem presented by Miss. Nikita Pate. • Song presentation done by fourth year students Miss. Shivpriya Nambiar & Miss. Deepa Kale. • Dr. Meenal Lad madam gave a nice speech on the valuable social work of Savitribai Phule and Girl’s Child Day, she also emphasizes on Women’s Empowerment and guided students in a very descent manner. • UG Students, Teaching staff & non-teaching staff were participated in this Constitution Day celebration event. (Total 109) • Vote of thanks given by fourth year student Akshay Gadade. • Thanks to Respected Principal mam for giving us such opportunity.

पुणे जिल्हा शिक्षण मंडळाचे

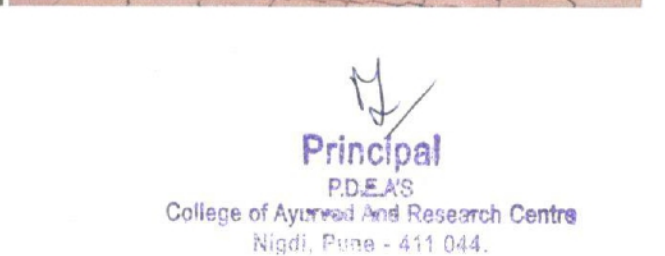
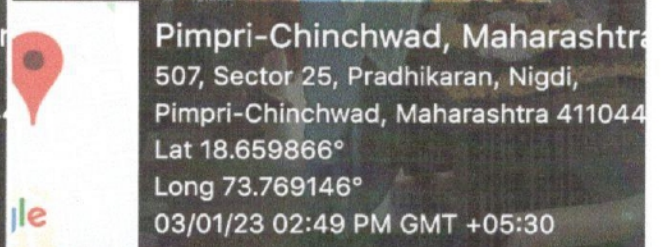
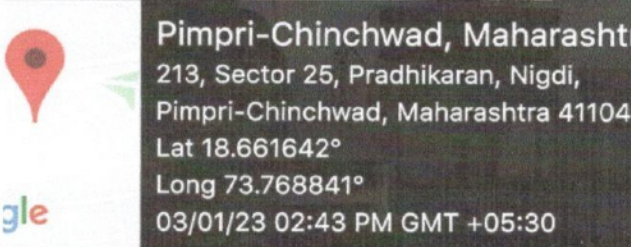
आयुर्वेद महाविद्यालय व संशोधन केंद्र, निगडी, पुणे ४११०४४

राष्ट्रीय सेवा योजना विभाग साजरी करत आहे
क्रांतिज्योती सावित्रीबाई फुले जयंती

दि. ०३.०१.२०२३

वेळ:- दुपारी ०२.३० वा

स्थळ:- वर्ग क्र. ०२



Principal
P.D.E.A'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

College of Ayurved & Research Centre

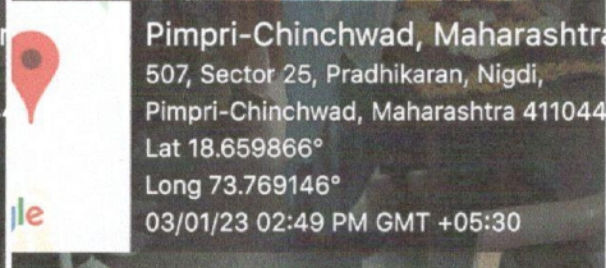
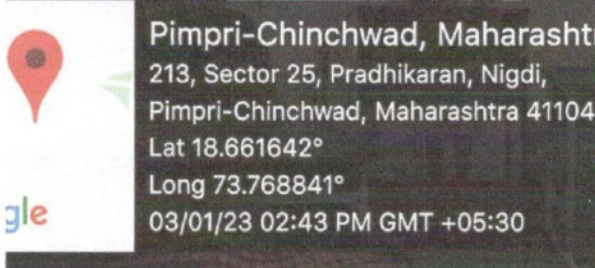
N.S.S. DEPARTMENT CELEBRATING

“क्रांतिज्योती सावित्रीबाई फुले जयंती, महाराष्ट्र बालिका दिन, स्त्री मुक्ती दिन”

Place: -Classroom No - 02

Date: - 03.01.2023

Post event summery report



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E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



Date :- 08/03/2023

Metric No. 7.1.10

REPORT OF THE WORLD WOMEN DAY CAMP-2023

Name of the event: Mahila Mahaarogya Shibir(Camp)
Venue: OPD no 119, ARSMH, NIGDI, PUNE
Organizing department: Department of Streeroga and Prasutitantra
Date of event : 01/03/2023 to 08/03/2023
Time: 9am to 4pm
No of participated: Faculty - 08
 Students - 05

पु. नि. शि. मं. चे
 आयुर्वेद महाविद्यालय व संशोधन केंद्र
 निगडी, पुणे - ४११०४४.
 आवक क्र. ५५२/२०२३-२४
 दिनांक - ३१/३/२०२३
 लेखनिक *[Signature]*
 प्राचार्य *[Signature]*

Drive link for photos-

https://drive.google.com/file/d/1GEqNtBrEBMoep7qx3rPWmHtntil1j8yf/view?usp=share_link

Brief summary of the event-

On the occasion of **International Women Day ,8 March 2023**, Streeroga and Prasutitantra department of PDEA's college of Ayurveda and Research Centre, Nigdi, Pune conducted **Mahila Arogya Shibir**. Total Beneficiary Patient 27 and Total No of Karmas - 470 .

Participants: Streeroga and Prasutitantra dept.

Dr, Anjali jadhav ,Dr Deodas,,Dr Virkar,Dr Khobragade,Dr.V.k.Shinde, Dr.Neha Sanas ,Dr.Yugandhara More,Dr .Megha Bhosale,Mrs Laxmi Shingare -Retired extension officer,pg students,interns,hospital staff, On Following Karmas 50% discount given

Ayurvedokt Snehan.

Swedan

Shirodhara

Matra Basti

Ayurvedokt Facial

Av Jadhav
 विभागप्रमुख
 स्त्रीरोग प्रसूति रज विभाग
 आयुर्वेद महाविद्यालय व संशोधन केंद्र
 निगडी, पुणे
Dr Anjali Jadhav
 HOD

Department of Streerog & Prasutitantra

[Signature]
Dr Ragini Patil
 Principal
Principal
 P.D.E.A'S

College of Ayurved And Research Centre
 Nigdi, Pune - 411 044.





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E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org

Date :- 08/03/2023

Metric No. 7.1.10

Mahila Mahaarogya Shibir

Date:08/03/2023



विभागप्रमुख
स्त्रीरोग प्रसूति तंत्र विभाग
आयुर्वेद महाविद्यालय व संशोधन केंद्र
नंदी
Dr. Anjali Jadhav
HOD



Dr Ragini Patil
Principal
Principal
PDEA'S

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Date :- 08 /03/2023

Metric No. 7.1.10

REPORT OF THE INTERNATIONAL WOMEN DAY 2023

Name of the event: Rally for Breast Cancer Awareness
Venue: Rally started from BJ Medical college & ends at Tilak Ayurved college
Organizing department: Department of Streeroga and Prasutitantra
Date of event : 08/03/2023
Time: 8.30am to 10.30am
Drive link for photos- https://drive.google.com/drive/folders/1T-jCqa1Xuth-MeuIRCrlbCvQSLghSUP4?usp=share_link

Brief summary of the event-

On the occasion of **International Women Day ,8 March 2023, and Silver Jubilee year of Department of Medical Education & Maharashtra University of health science,Nashik** and according to guidance of Mr Girish Mahajan ,Minister of Medical Education Rural Development and Sports & Youth welfare & association with MUHS conducted rally for breast cancer awareness program,Rally started from BJ Medical college, Pune,inaugurated by Dr Muralidhar Tambe,and concluded at Tilak Ayurved college,Pune by Dr Sadanand Deshpande, Streeroga and Prasutitantra department of PDEA's college of Ayurveda and Research Centre, Nigdi, Pune also participated in that rally,also many colleges from Pune takes part in that rally

Total No of Participants:500

Dr Murlidhar Tambe,Dr Sadanand Deshpande,NSS cordinators, Dr Megha Bhosale,Dr Pooja Gaikwad ,Dr Ashwini Bangar,Interns-Nikita patange,Renuka Dhavale,Megha Slosed

AVJadhav
 विभागीय प्रमुख
 श्रीरोग प्रसूति तंत्र विभाग
 आयुर्वेद महाविद्यालय, पुणे
 Dr Anjali Jadhav
 HOD
 Department of Streerog & Prasutitantra

Dr Ragini Patil
 Principal
 Principal
 PDEA'S

College of Ayurved And Research Centre
 Nigdi, Pune - 411 044.

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 आयुर्वेद महाविद्यालय व संशोधन केंद्र
 निगडी, पुणे-४११०४४.
 आवक क्र. 5543/29123
 दिनांक - 31/3/2023
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 प्रो.वि.





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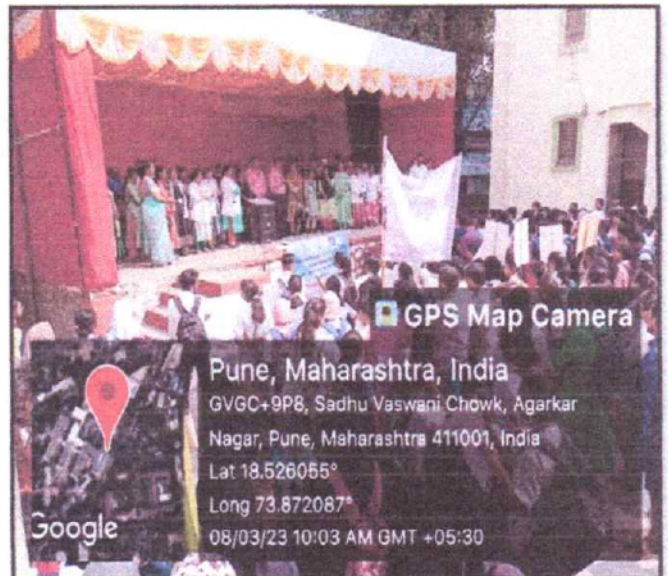
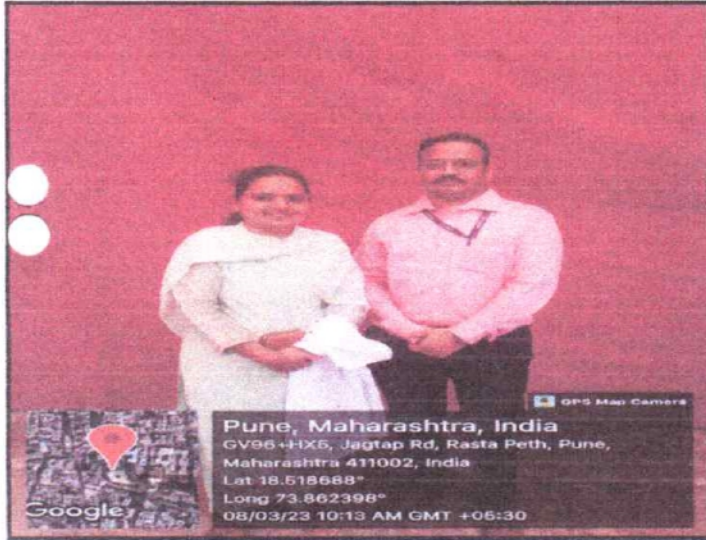
E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



Date :- 08 /03/2023

Metric No.

Photos of Rally for Breast Cancer Awareness



AV Jadhav
विभागेप्रमुख
श्रीनिवास प्रसन्न नाना विभागे
आयुर्वेद महाविद्यालये व संशोधन केंद्रे
HOD
Department of Surogog & Prasutitantra

Dr Ragini Patil
Principal
Principal

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Nigdi, Pune - 411 044.





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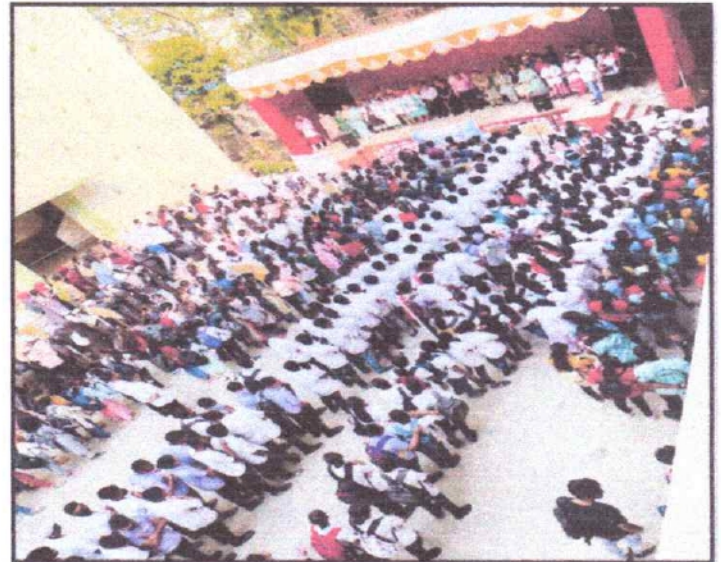
E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



Date :- 08 /03/2023

Metric No.

Photos of Rally for Breast Cancer Awareness



Arjun Jadhav

विभागप्रमुख

स्त्रीरोग प्रसूति तंत्र विभाग
आयुर्वेद महाविद्यालय, धनसिंगी, पुणे

HOD

Department of Streeerog & Prasutitantra



Dr Ragini Patil

Principal

Principal

PDEA'S

College of Ayurved & Research Centre
Nigdi, Pune - 411 044.



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Date : 12/4/2023

Metric No. 7.1.1

Post Event Summary Report

Name of the Event- Celebration of Mahatma Phule Jayanti by Organizing Poster Competition on "Gender Equality"

Date - 11/4/2023

Organising Department - Agadtantra Department

Location of the Event - P.D.E.A.'s College of Ayurved & Research Centre, Nigdi, Pune-44.

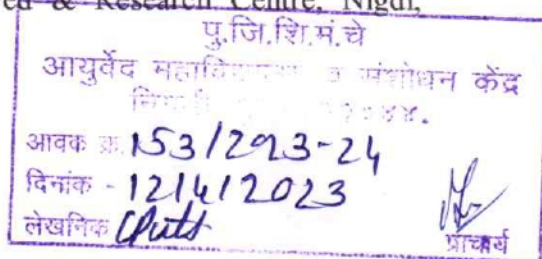
Number of Persons Attending the Event - 06

Mode of Event- Online/ Offline - Offline

Drive Link for Photos -

[https://Drive.Google.Com/Drive/Folders/1xz7d78ipcmvqqzu7Gsfoy-](https://Drive.Google.Com/Drive/Folders/1xz7d78ipcmvqqzu7Gsfoy-Mgtvqhwoi?Usp=Share_Link)

[Mgtvqhwoi?Usp=Share Link](https://Drive.Google.Com/Drive/Folders/1xz7d78ipcmvqqzu7Gsfoy-Mgtvqhwoi?Usp=Share_Link)



Brief summary of the event- On the occasion of Mahatma Phule Jayanti Agadtantra department had organised Poster competition for all UG students. Theme was given "Gender Equality". Total 06 entries were received from UG Students. Assessment of these posters was done by Dr. Meenal Lad (Prof. & HOD, Dept of Dravyaguna) & Dr. Shweta More (Asso. Prof, Dept of Kriya-sharir). 10 points were given in all based on content, presentation, Design, Layout & Graphics. 3 best posters were selected from these entries as follows;

- Sayali Arude (3rd B.A.M.S)
- Arati Chaudhary (3rd B.A.M.S)
- Anurag Patil (1st B.A.M.S)

All participants were given certificates and winners were given prize and certificate.



Dr. Phadke
DR. PHADKE J.J.
M.D. (AYU), P.G.D.M.L.S.
Professor & Head of the Dept.
Agada Tantra & Vyavaharayurveda Vibhag,
C. A. R. C. Akurdi, Pune - 44.



Pune District Education Association's

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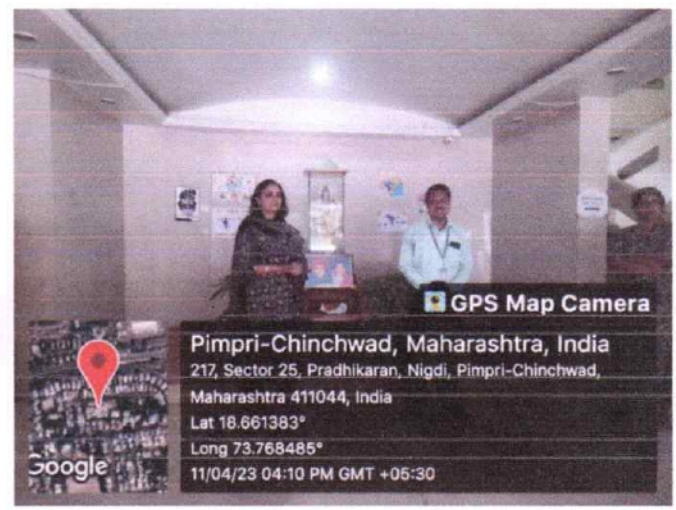
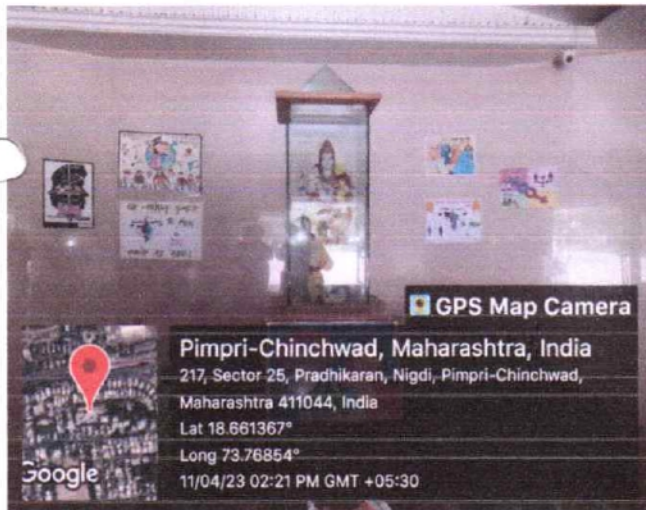
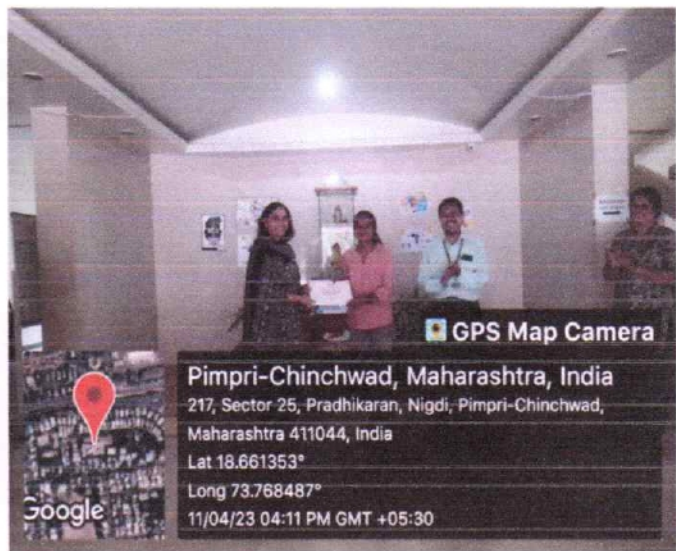
E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook-acrc_akurdi@pdeapune.org



Date : 12/4/2023

Metric No.

Photos of Celebration of Mahatma Phule Jayanti- Poster Competition on "Gender Equality"



Dr. Phadke
DR. PHADKE J.J.
 M.D. (AYU), P.G.D.M.L.S.
 Professor & Head of the Dept.
 Agada Tantra & Vyavahar Ayurveda Vishag,
 C.A.R.C. Akurdi, Pune - 44.



Principal
Principal
 P.D.E.A.S
 College of Ayurved & Research Centre
 Nigdi, Pune - 411 044.



Pune District Education Association's



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Date- 30/05/23

Metric No.-7.1.1

WORLD MENSTRUAL HYGEINE DAY -2023

Topic - Menstrual Hygiene Awareness.
Venue: PDEA's CARC , NIGDI, PUNE.
Date: 28/05/2023

Participants:

On the occasion of **WORLD MENSTRUAL HYGEINE DAY, 28 May 2023**, Streeroga and Prasutitantra department of PDEA's college of Ayurveda and Research Centre, Nigdi, Pune organised **NATIONAL ONLINE POSTER**

COMPETITION

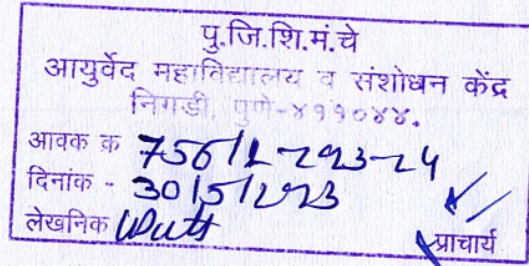
You tube link : [HTTP://youtu.be/Ruil85gTUy4](http://youtu.be/Ruil85gTUy4)

Participants- UG, Interns, PG student's, Faculties [ALL INDIA LEVEL]

Total participants = 69

State-wise Participant's list :

1. Maharashtra = 43
2. UP = 10
3. Gujarat = 07
4. Punjab = 06
5. Karnataka = 03
6. Delhi = 01



Winners:

1. Dr.Kajal (Punjab) Mai bhago ayurveda medical college, Punjab
2. Dr. Arti choudhari (MH) PDEA's CARC Pune
3. Dr Muskan Kausar (Karnataka) GAMC Terdal Karnataka

Faculty Participated

1. Dr.Jignesh patil Assi.Prof
Parul university, Gujrat
2. Dr.Aishawarya Narayan Assi Prof Arihant medical clg Gujarat
3. Dr. Priyanka Dolhare Assi prof
Parul uni Gujarat
4. Dr Sangita More Asso Prof
CARC Pune MH

All participants are felicitated with E certificate and winners got prize

AV Jadhav
विभागप्रमुख
स्त्रीरोग प्रसूति तंत्र विभाग
आयुर्वेद महाविद्यालय व संशोधन केंद्र
निगडी



Principal
Principal
College of Ayurved & Research Centre
Nigdi, Pune, 411 044.



**PDEA'S COLLEGE OF AYURVEDA AND
RESEARCH CENTRE, NIGDI, PUNE,
MAHARASHTRA.**

CERTIFICATE

This is to certify that

DR. KAJAL

MAIBHAGO AYU MEDICAL COLLEGE, PUNJAB

Awarded **FIRST RANK** in the National Poster Competition on
the Occasion of **"WORLD MENSTRUAL HYGIENE DAY"**

Organised by

Department Of Streerog And PrasutiTantra

On 28 May 2023

A. V. Jadhav

Dr. Anjali Jadhav

HOD

Dept of streeroga prasutitantra.

Principal

P.D.E.A'S
College of Ayurved And Research Cent
Nigdi, Pune - 411 044.

Ragini Patil

Dr. Ragini Patil

Principal

PDEA's CARC, Nigdi,





**PDEA'S COLLEGE OF AYURVEDA AND
RESEARCH CENTRE, NIGDI, PUNE,
MAHARASHTRA.**

CERTIFICATE

This is to certify that

**DR. MUSKAN ,
GAMC KARNATAKA.**

Awarded **THIRD RANK** in the National Poster Competition on the
Occasion of

" WORLD MENSTRUAL HYGIENE DAY "

Organised by

Department Of Streerog And PrasutiTantra

On 28 May 2023

A.V. Jadhav

Dr. Anjali Jadhav

HOD

Dept of streeroga prasutitantra.

Principal

**P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.**



Ragini

Dr. Ragini Patil

Principal

PDEA's CARC, Nigdi,



**PDEA'S COLLEGE OF AYURVEDA AND
RESEARCH CENTRE, NIGDI, PUNE,
MAHARASHTRA.**

CERTIFICATE

This is to certify that

DR. NIHARIKA KAMBLE

Participated in the National Poster Competition on the Occasion of

"WORLD MENSTRUAL HYGIENE DAY"

Organised by

Department Of Streerog And Prasuti Tantra

On 28 May 2023

A V Jadhav

Dr. Anjali Jadhav

HOD

Dept of streeroga prasutitantra.

Principal
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MENSTRUATION

LOVE YOUR CYCLE



Sanitary Napkin



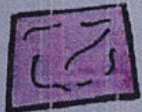
Tampons



MENSTRUAL Cup



Reusable cloth Pad



Clean & hygienic cloth



Biodegradable Pad

Myths Facts

- Women/girls are dirty & impure during their periods and should be kept in isolation.
- Menstruation is a normal biological process for women/girls.
 - Physical activity and certain food items should be avoided during periods.
 - Physical activity during periods relieves bloating and food does not affect menstruation at all.
- Women/girls should not take a bath during their periods.
- Regular bath and hair wash help women/girls stay hygienic during their periods.
- Wash hands with soap before and after changing pad-cloth/cup.
- Carry extra pads prior and during menstruation days.
- Do not use soaps, creams, perfumes in and around vaginal areas. Use plain water to wash it.
- Change sanitary pad/cloth/cup every 5 to 6 hours to avoid staining and odour.
- Exercise regularly
- Meditation or relaxation
- Hydrate with water + herbal tea.



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WHILE MENSTRUATION HAS BEEN MADE 'TABOO' AND UGLY, IT'S ACTUALLY A GREAT BLESSING. NATURE HAS BLESSED US WOMEN WITH THE ABILITY TO LIVE ACCORDING TO A SACRED CYCLE. THIS SACRED CYCLE HELPS US TO HONOR OUR ENERGETIC, SEXUAL, EMOTIONAL AND SPIRITUAL NEEDS EACH AND EVERY MONTH.