



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



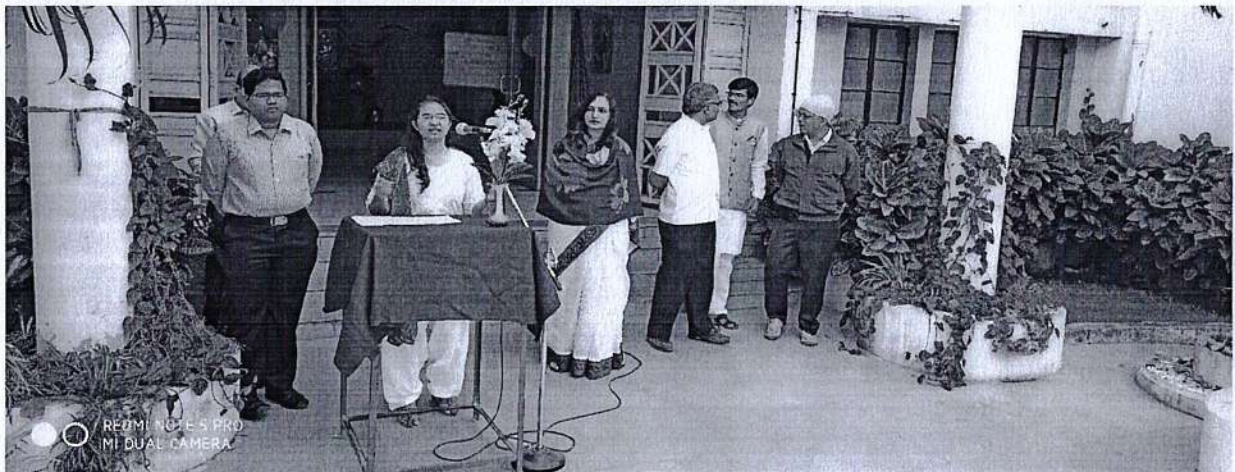
Index of gender sensitization programmes organized by the Institution during the last five years

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 Adolsence 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



Photos of the event

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

Photos of the event

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

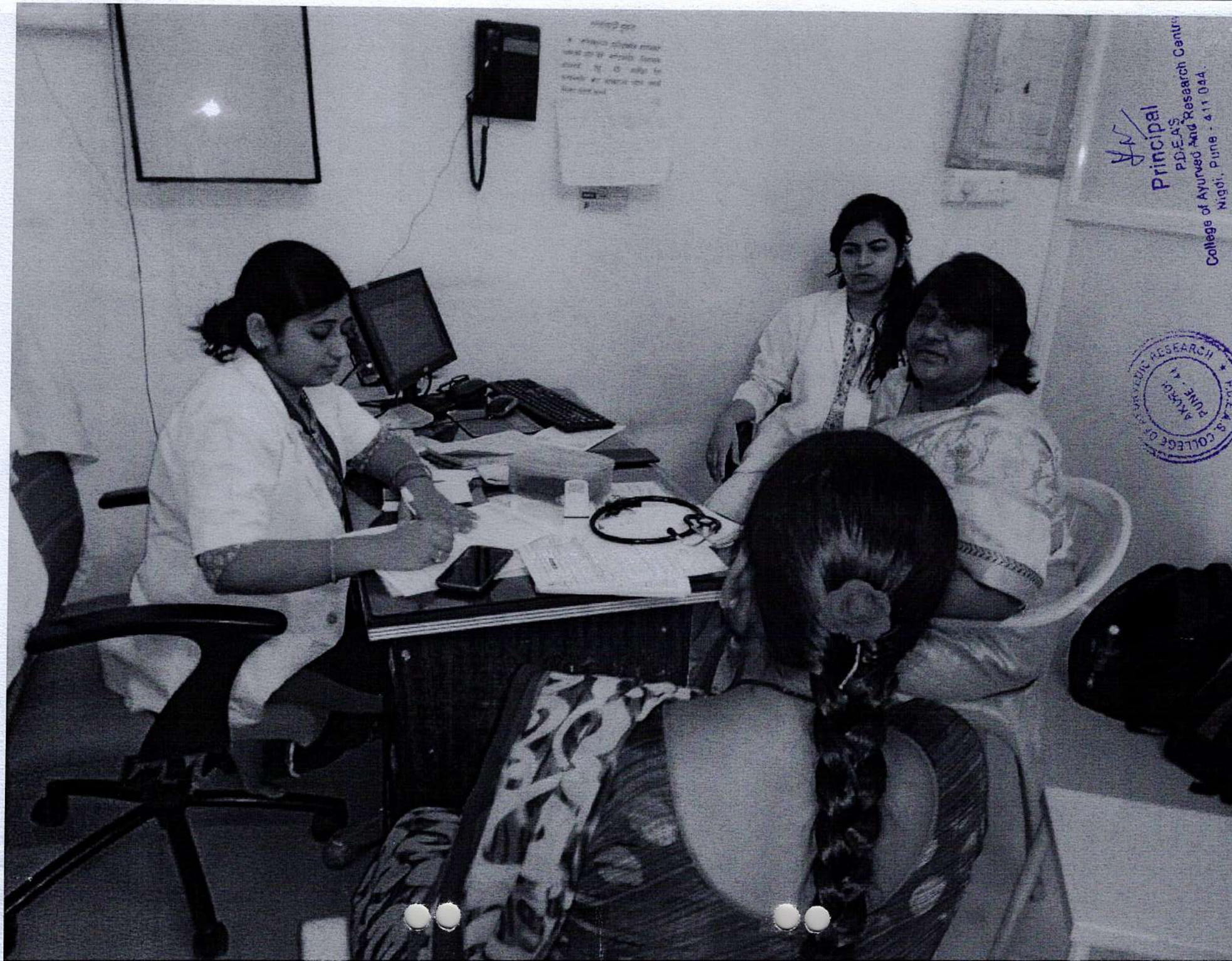


Participants of First Year BAMS students writing the essay


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



Principal
P.D.E.A'S
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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

त्वरित नोंदणी करा

महिलांसाठी मोफत आरोग्य तपासणी शिबीर

पुणे जिल्हा शिक्षण मंडळाचे

आयुर्वेद रुग्णालय अँड स्टर्लिंग मल्टीस्पेशलिटी हॉस्पिटल

आणि मातृस आरुवेद फार्मसी तर्फे

८ मार्च आरोग्य जागरण दिवसानिमित्त

महिला आरोग्य सप्ताह

दि. १ मार्च ते ८ मार्च, सकाळ-रात्री ९ ते दुपारी ३

- मोफत महिला आरोग्य तपासणी
- Bone Density - अस्ती घनता तपासणी मोफत
- गर्वांतर माला-नीदणी मोफत
- क्वी अल्ट्रासोनिक तपासणी मोफत
- क्वी अल्ट्रासोनिक यकृत तपासणी मोफत
- यकृतमाला ३०% मासाला
- अल्ट्रासोनिक - Abdomen with Pelvis - 1200/- 699/-
- अल्ट्रासोनिक - 2000/- 999/-
- अल्ट्रासोनिक - 3000/- 100/-
- अल्ट्रासोनिक - 4000/- 50/-
- अल्ट्रासोनिक - 5000/- 1500/-

पूर्व नोंदणी आवश्यक

OPD No. 119

डॉ. अंजली जाधव
(अल्ट्रासोनिक तपासणी)

डॉ. मेधा गणपत
(अल्ट्रासोनिक तपासणी)

डॉ. तुषारी काळे
(अल्ट्रासोनिक तपासणी)

डॉ. कोमल हुमळे
(अल्ट्रासोनिक तपासणी)

अवकाश : आयुर्वेद रुग्णालय व स्टर्लिंग मल्टीस्पेशलिटी हॉस्पिटल,
सेक्टर नं. २५, प्रेडिकरण, निगडी, पुणे-४११०४४.

Flex | Size : 4 x 6 feet | 4



AVJadhav

DR Anjali Jadhav

HOD



Ragini Patil

Dr Ragini Patil

Principal
P.D.E.A.S

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



The teachers of the school gave vote of thanks.



The teachers of the school felicitated all consultants and volunteers.



Health check-up camp: students were checked.



Team of Consultants, PG Students and UG students




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Pune - 411 044.

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

DEPARTMENT OF KAUMARBHRITYA

EVENT PICTURES-



Signature & stamp of principal-




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



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Date :- 9/3/2021

Metric No.7.1.1

INTERNATIONAL WOMEN DAY 8 MARCH 2021

पुणे जिल्हा शिक्षण मंडळाचे
आयुर्वेद महाविद्यालय व संशोधन केंद्र, संचलीत
आयुर्वेद रुग्णालय व स्टर्लिंग मल्टिस्पेशलिटी हॉस्पिटल,
सेक्टर नं-२५ चेंब्र चौक, प्राधिकरण, निगडी, पुणे, ४११ ०४४

८ मार्च २०२१

जागतिक महिला दिनानिमित्त

Online आरोग्य व्याख्यान
मार्गदर्शक मार्गदर्शक

डॉ. शैलेश अगळे
आयुर्वेद विशेषज्ञ

डॉ. अमलनाथ विस्वानथन
आयुर्वेद विशेषज्ञ

डॉ. यश अंबाकर
आयुर्वेद विशेषज्ञ

डॉ. प्रतिकशा अंधले
आयुर्वेद विशेषज्ञ

Zoom ID: 401186421
Passcode: 742104

Close Participants (71)

Search

t Dr Trupti Kale (me)

DN Dr. Neha Sanas (Host)

M Mukund

OA OPPO A9 2020

V (02)-Laddha Vinay Nilesh

OA 01-Shailesh Aglave

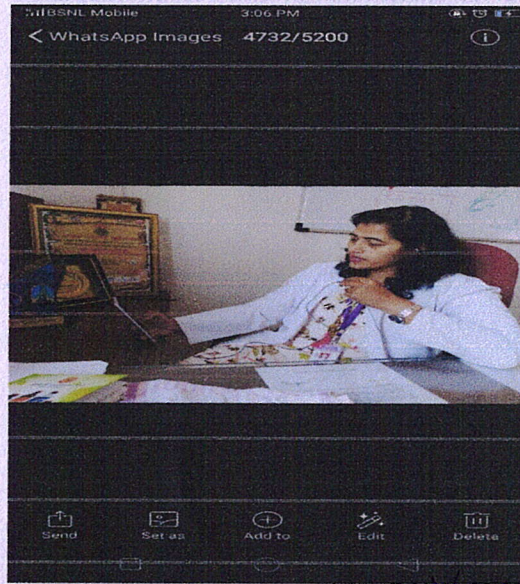
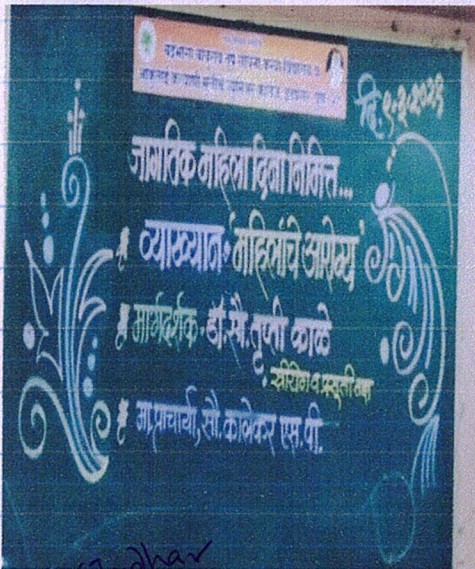
03 03-Sayali Alve

04 04-Amalnath Viswanathan

05 05- Yash ambalkar

06-Pratiksha Andhale

Invite



DR Anjali Jadhav

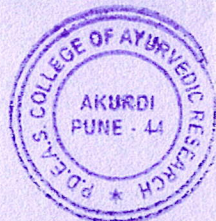
HOOD

Dr Ragini Patil

Principal

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Principal
PDE & Research Centre
College of Ayurvedic Research
Pune - 411 044.





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

Stabilized our mood



Enjoy



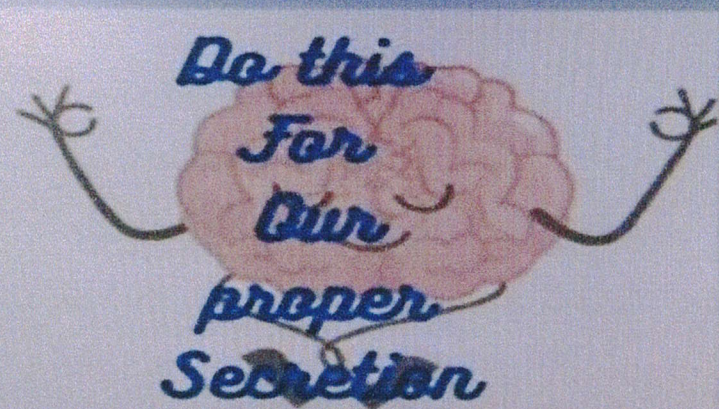
Achieving Target



Volunteering



Walking



Food With Tryptophan



Pet Hug



Dance



Listening to inspiring music



Giving Love



Laughing



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PERISTAL HYGIENE DAY



the awareness



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Nigdi, Pune - 411 044.



MENSTRUAL HYGIENE

Education About Menstruation Changes Everything!



Change Periods
12 Times
a Day



Use Your
Periodicals
Properly



Glorify Your Flow!
#Period Positive.



Don't let Period
be a bad thing
anymore



Keep Tampons
Clean

P.D.E.A.'s College of Ayurvedic Research
Akurdi, Pune - 44
100% Ayurvedic
Research Center
Pune - 44

Principal
P.D.E.A.'s Research Centre
College of Ayurvedic and
Nighi, Pune - 411 044

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



NAME: Andhale Pratiksha Babasaheb

HANDMADE POSTER RANK 1
 DR. PRATIKSHA ANDHALE



Signature
 Nigdi Pune 411 044.
 College of Ayurvedic Research Centre
 PUNE
 College of Ayurvedic Research Centre
 Nigdi Pune 411 044.

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



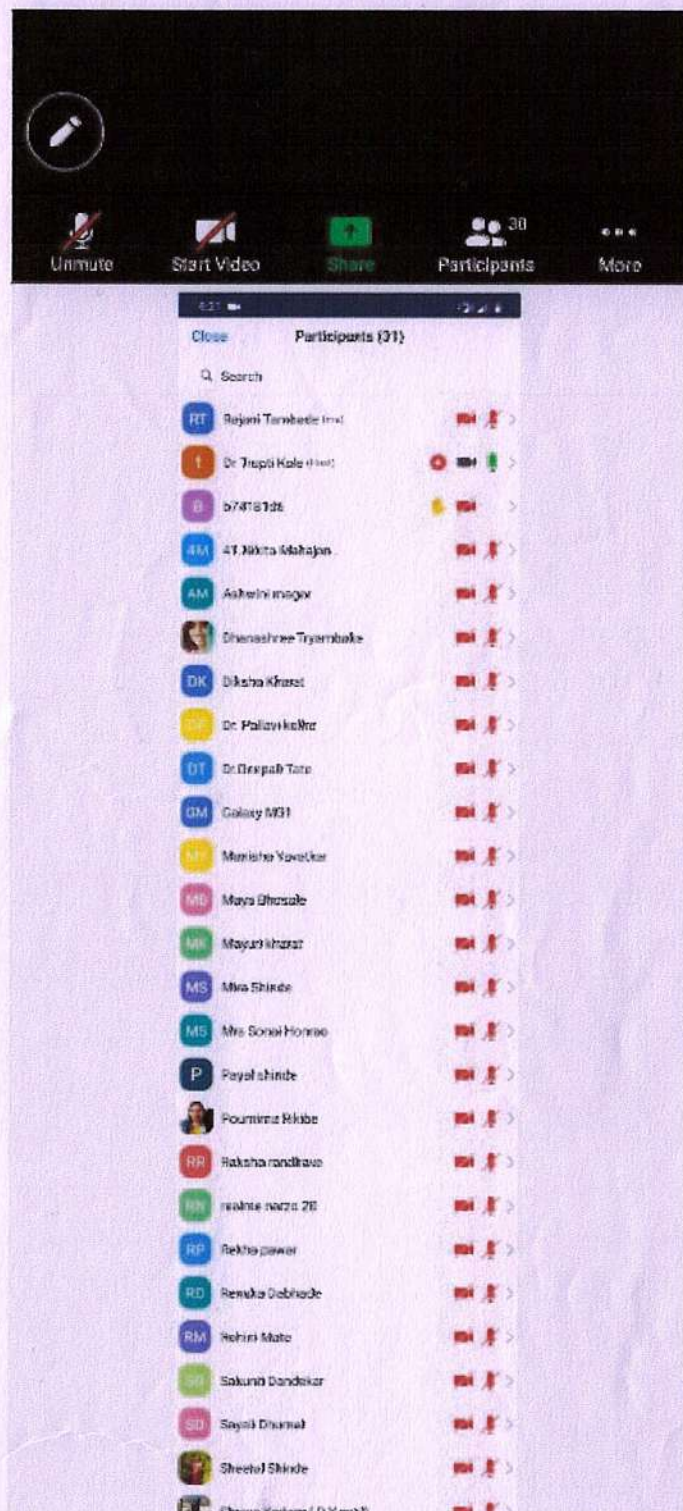

STREEROG PRASUTITANTRA DEPT
COLLEGE OF AYURVEDA AND RESEARCH CENTRE AKURDI PUNE
WITH
FAMILY PLANNING ASSOCIATION OF INDIA, PUNE
ON WORLD POPULATION DAY
COUNSELLING AND CONTRACEPTIONS
FREE





Contraceptive pills
 Mota B, Mota H
 Contraceptive injection
 Pili Unwanted 72

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




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

पुणे जिल्हा शिक्षण मंडळाचे आयुर्वेद कणालय 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. तुप्ती काळे ८००७२११४१८



पुणे जिल्हा शिक्षण मंडळाचे आयुर्वेद कणालय 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. तुप्ती काळे
स्त्रीरोगतज्ञ

दि २४/७/२१, सकाळी ११ ते १२
स्थळ - सुशिला मंगल कार्यालय
तळेगाव दाभाडे, मावळ पुणे



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

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

Photos of the Event

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 –on 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.

Photos of the Event-



Introduction speech



Audience

Sign & stamp of Principal-



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

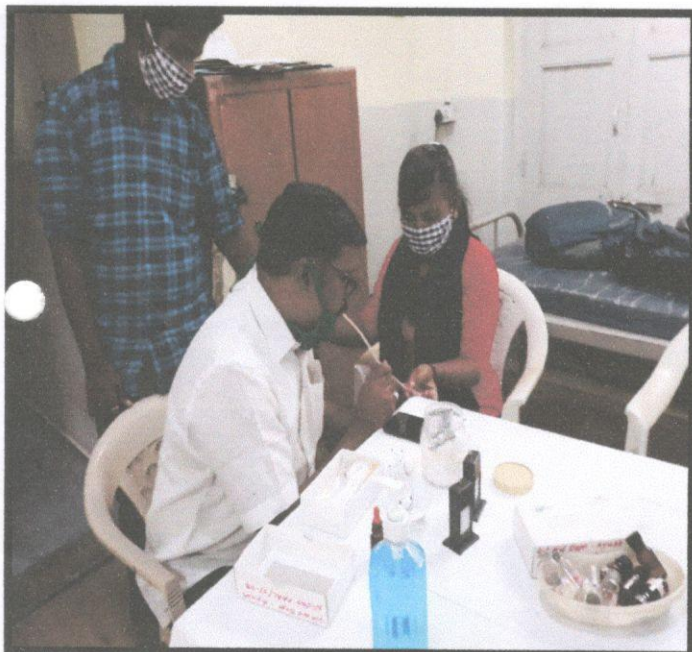
Name of the Department- Balrog

NAAC Metric No.- 7.1.1

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



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

College of Ayurved And Research Centre
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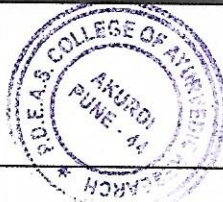
N.S.S. DEPARTMENT CELEBRATING

“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

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

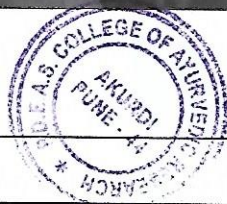
N.S.S. DEPARTMENT CELEBRATING

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

Place: -Classroom No - 01

Date: - 06/01/2022

Post event summery report

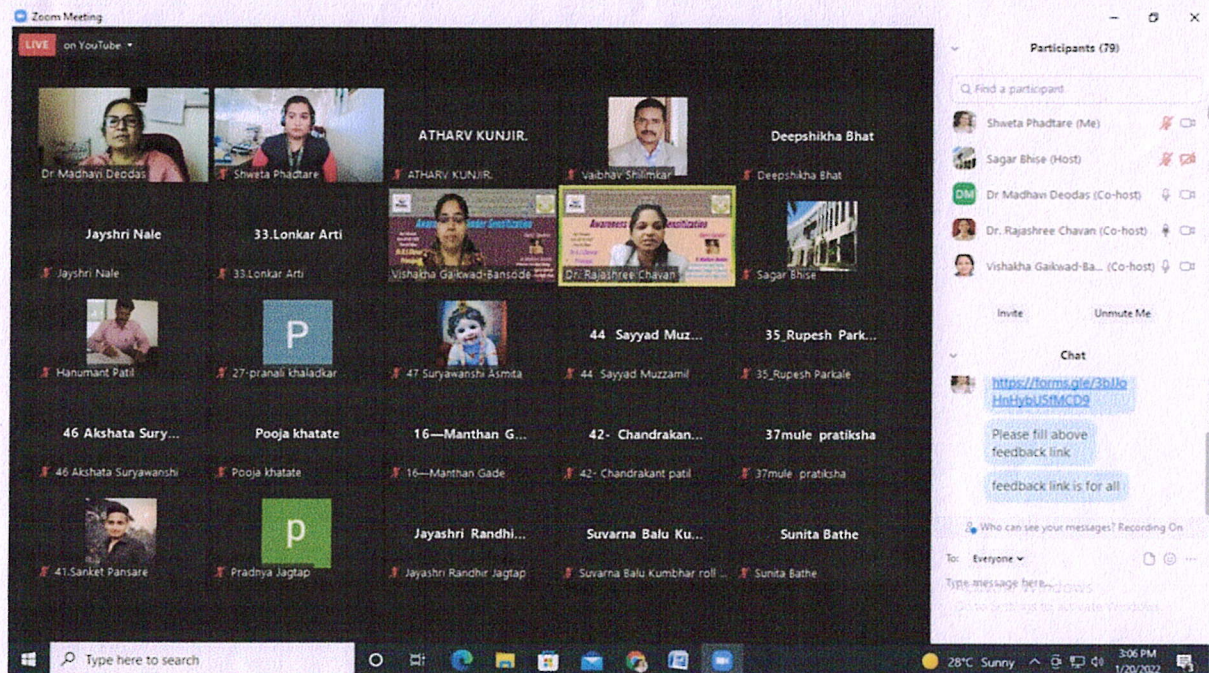


Principal
Principal
PDEA

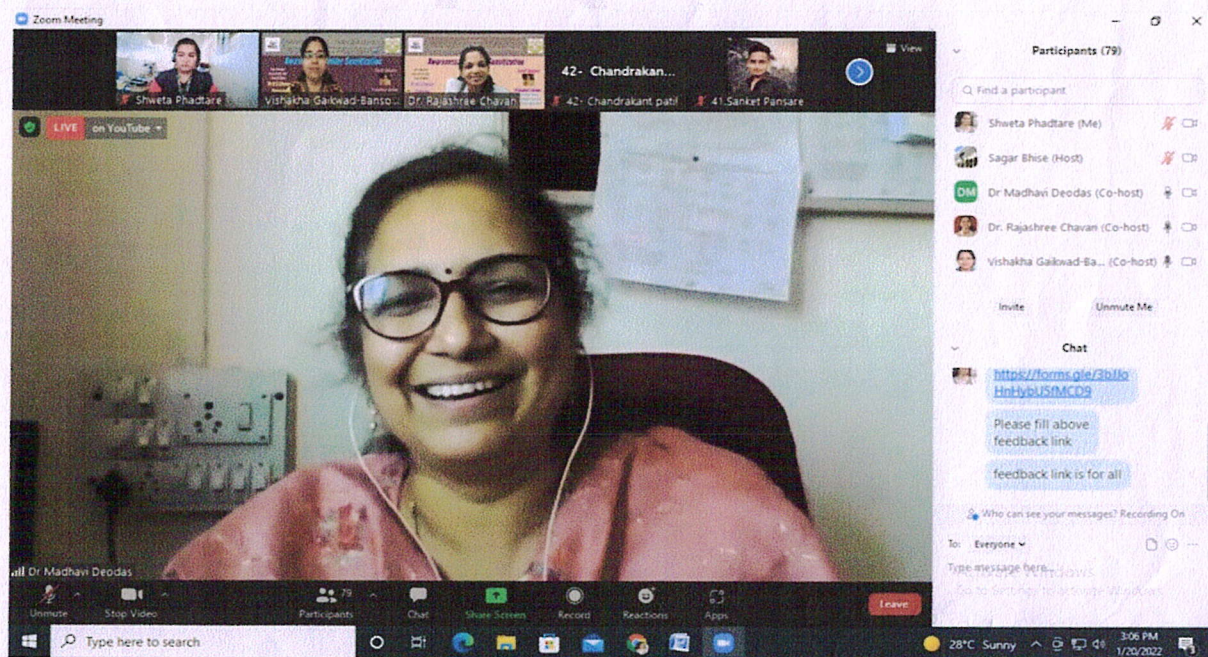
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

N.S.S. Department

NAAC Metric No. 7.1.10



Audience



Speaker- Dr Deodas

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



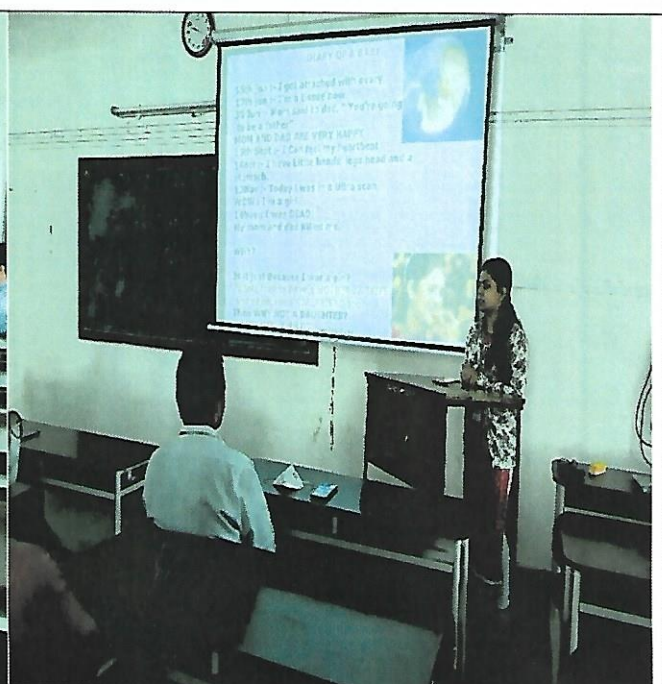
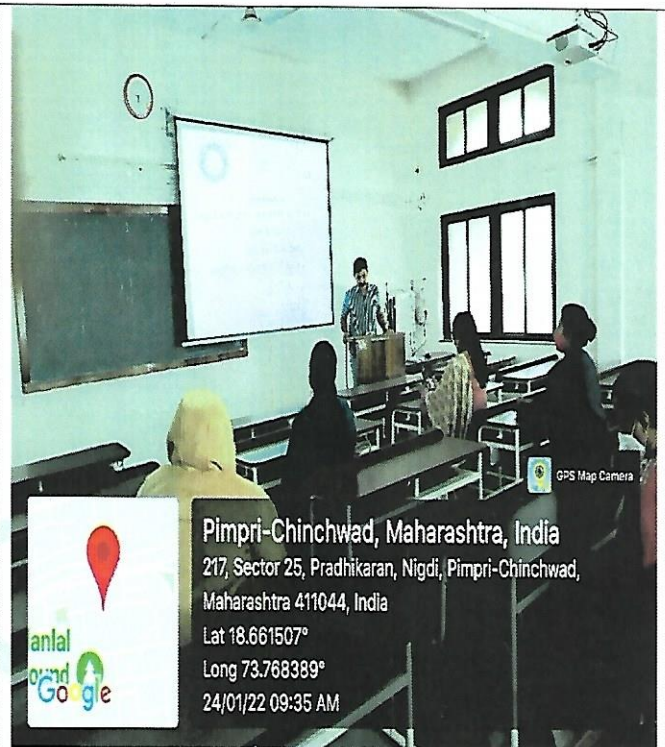
Principal
P.D.E.A.S.
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.
NAAC Metric No.

P.D.E. A's
COLLEGE OF AYURVED & RESEARCH CENTRE, NIGDI, PUNE 411044
N.S.S., BALROG & STRIROG DEPARTMENT CELEBRATING

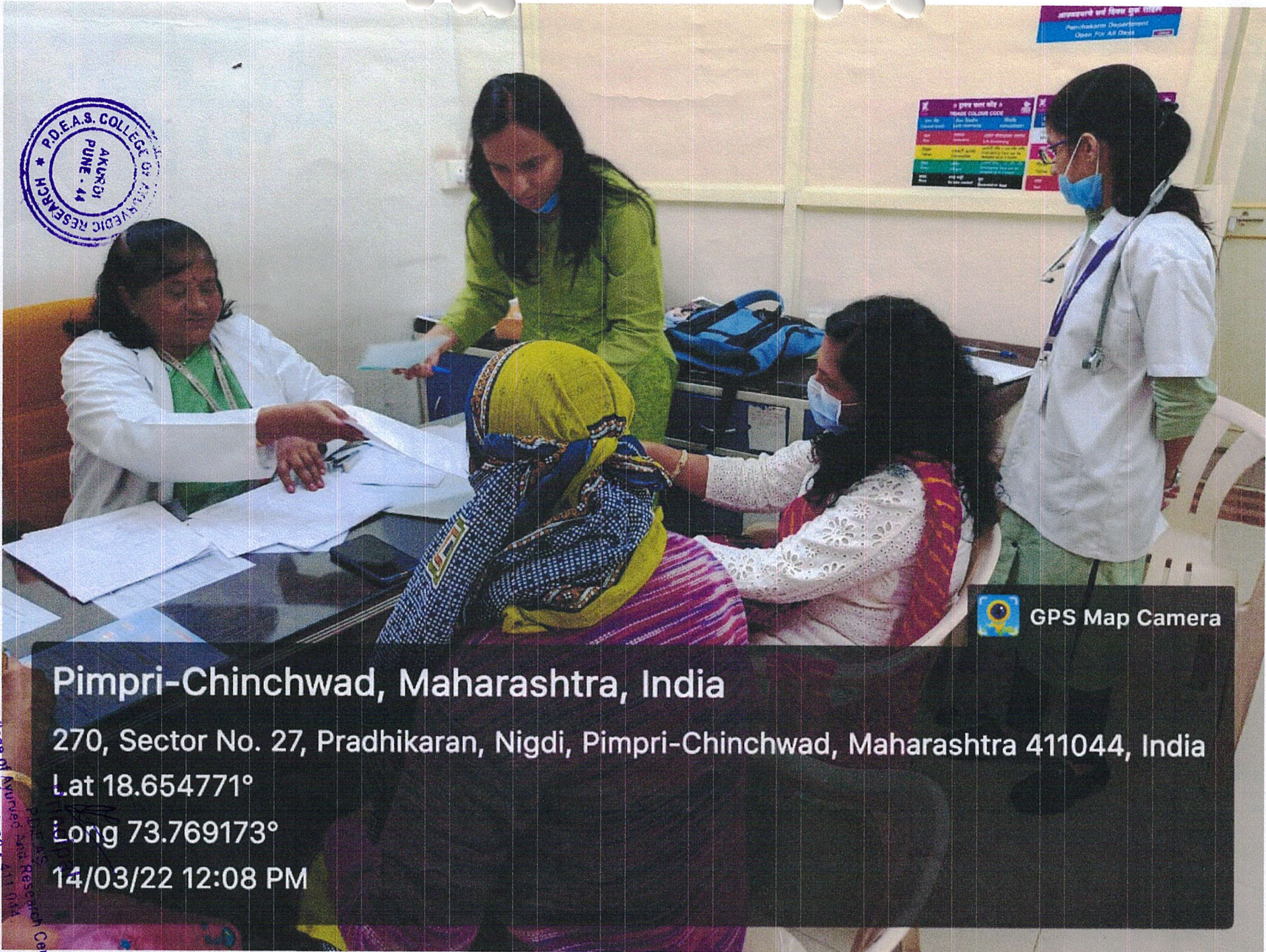
"NATIONAL GIRL CHILD DAY"

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.



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



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

MS (Ayurveda)
Level 2 Yoga teacher (GOI)
Garbhshanskrit consultant (BAA)

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

TOPIC

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

Platform -Online Zoom

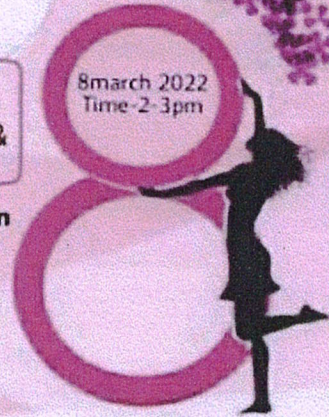


<https://us02w.zoom.us/j/914567890123>

Join our what's app group with this link
Registration is mandatory

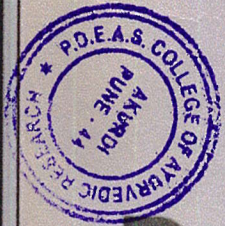
(But after registration a pin will be sent via what's app group for further details)

8march 2022
Time-2-3pm



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

video1490379570



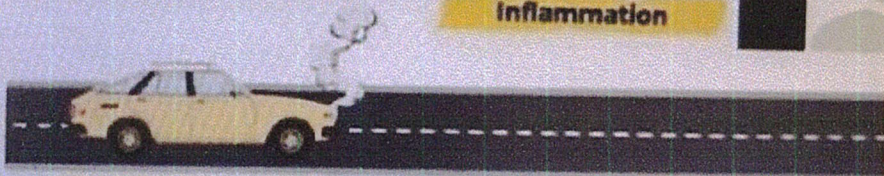
Drivers of PCOS



Insulin Resistance



Inflammation



Stress

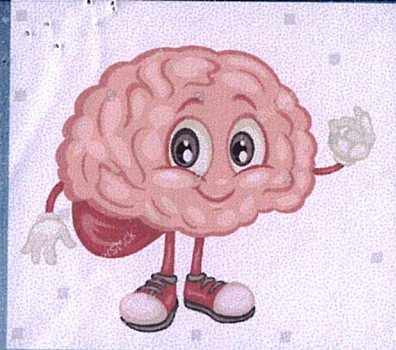


Gut health

26:35



2:14 PM
5/8/2023



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



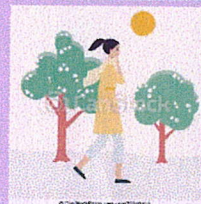
Enjoy



Achieving Target



Volunteering



Sunlight



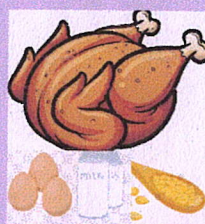
Exercise



Listening to
Inspiring Music



Giving Love



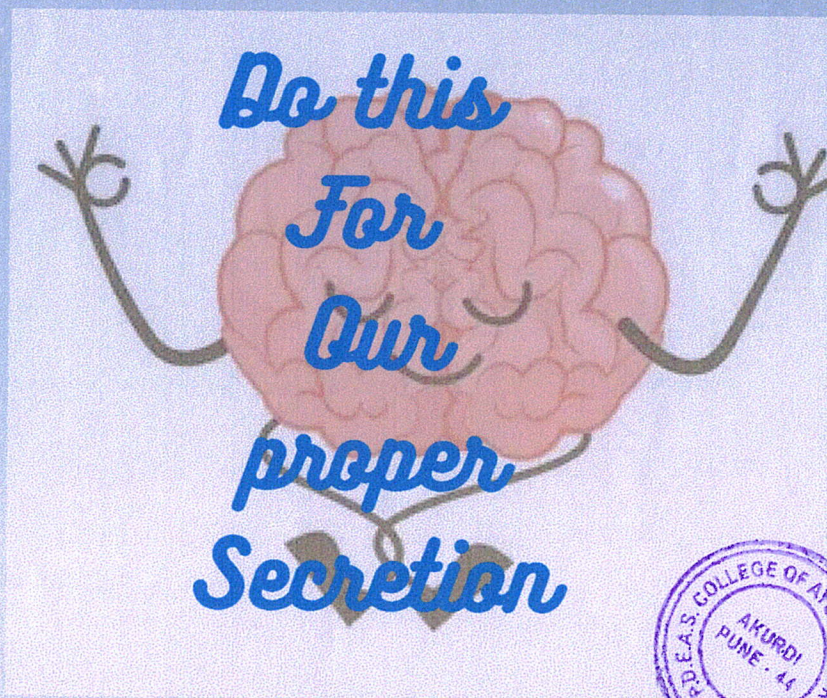
Food
With
Tryptophan



Pet Hug



Belly Laugh



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

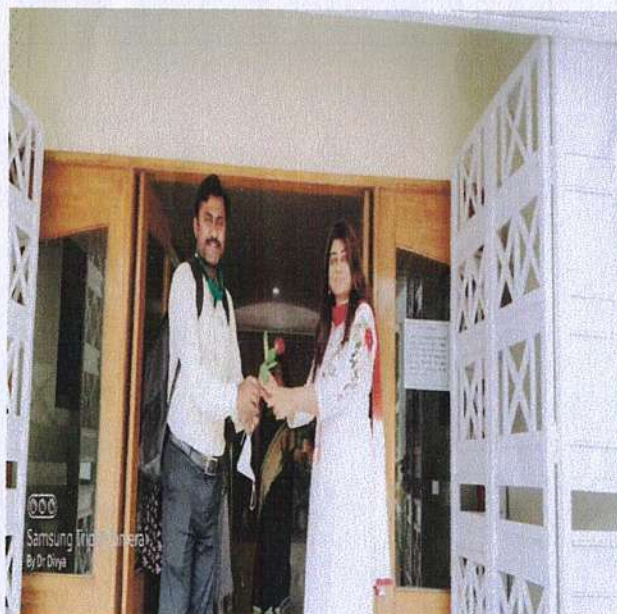
Principal
P.D.E.A.S.

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

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

Place: -College

Date: - 08/03/2022



[Signature]
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

Gender Equality - Sex Determination

GIRL



BOY



Gender bias sex selection

Female foeticide
It is defined as aborting a female fetus after sex determination test.

Female infanticide
It occurs often as a deliberate murder or abandonment of a young girl or infant.

Gender bias is based on centuries-old religious beliefs and savings from ancient times. Discrimination is reflected in denial or ignorance of female children's educational, health, nutrition, and recreational needs. Female infanticide and selective abortion of female fetuses are other forms of discrimination.

Gender inequities

- Strong patriarchal society
- Sex selection & infanticide
- Sex ratio disparities
- Health care issues
- Nutritional status



46 million girls lost to gender bias: A Report

In India, around 4.6 million girls are missing - which means they have not been born due to sex-selective abortion - each year between 2013 and 2017, as per United Nations Population Fund (UNFPA) report.

Of India (97%) and India (48%) together account for around 90% of the estimated 5.2 million girls lost annually to female foeticide.

Legal initiative

- Pre-conception & Prenatal Diagnostic Act (PCPNDT Act 2003)
- The Medical Termination Of Pregnancy Act (MTP Act)
- Beti Bachao Beti Padhao Scheme
- Maternal Mortality Scheme

Dr. Divyani Chaudhari, MD 1st year Agad Tantra, IFRA
Guided by Dr. Sushant Sud & Dr. Varsha Solanki

1st Prize : Diviyani Chaudhari

GENDER EQUALITY

OH! HUMAN
DON'T THINK ABOUT GENDER;
IT IS ONLY FOR IDENTIFICATION
AND NOT FOR DISCRIMINATION.

Idea to Promote Gender Equality within and among Development Organizations BY C&D

1. Connect to UN SDG targets
2. Consider progress on gender equality as criterion for funding decisions
3. Encourage and equip staff to check their implicit biases
4. Establish an accountability and a responsibility for them
5. Launch a peer review process

SOME GENERAL EQUALITY RESOLUTIONS

Take action for equality before is started.
Speak up for human rights.
Hold leaders accountable.
Learn from women role models.
Defy gender stereotypes.
Empower them around you.

Shruti Gupta
9772818337
College of Ayurved and Research Center, Pune

2nd Prize : Shruti Gupta

GENDER EQUALITY

DON'T CONFUSE IT WITH WOMEN EMPOWERMENT!
MEN OR WOMEN WE BOTH ARE EQUAL PILLARS OF THE SOCIETY.

TWO DIFFERENT PHYSICAL BUILDS OF SAME RACE HUMAN

Home making or career should be by choice

Let them chase with their dreams

Financial independence is her right

Support during difficult time e.g. pregnancy

Explore world to understand woman's world

Normalize her long working hours

Financial stability is not men's responsibility

He can own hobbies

Emotional support in breakdown phase needed

Spending quality time with family is necessary

Occasional breaks to recharge himself

Normalize coexistence in home & work

Let's our child be whatever they want to rather being slaves of our expectations

Dr. Sarita P. Murade
PHD NO. - 0767688001
3rd PG Swasthivrita & Yoga
NAAC - ACCREDITED - 2018

3rd Prize : Sarita Murade

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

Name of the Department - Agadtantra

We are equal & Unique

NAME - ROHAN DATTA
MOBILE - 9097690321
COLLEGE - NORTH EASTERN
INSTITUTE OF
AYURVED AND
UNIVERSITY,
CHOLUWA
GUWAHATI

Consolation prize: Rohan Datta, Guwahati



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Principal

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

Nigdi, Pune - 411 044.

NAAC Metric No. 7.1.1

Date 17/05/2022

Photographs of the Lecture- Gender sensitization



Speech Gender sensitization by Dr. Madhavi Deodas



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COLLEGE OF NURSING RESEARCH
PUNE
AKRISHA

Principal
College of Nursing Research Centre
Pune, Pune - 411 004



Principal
PDEAS
College of Ayurvedic Research Centre
Nigri, Pune - 411 049

पुणे जिल्हा शिक्षण मंडळाचे

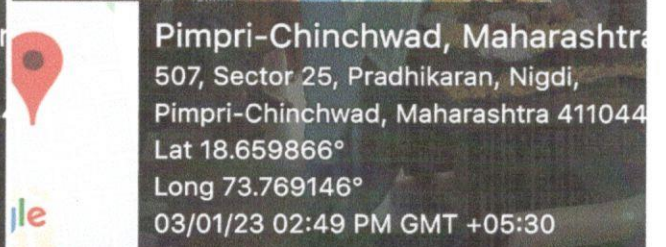
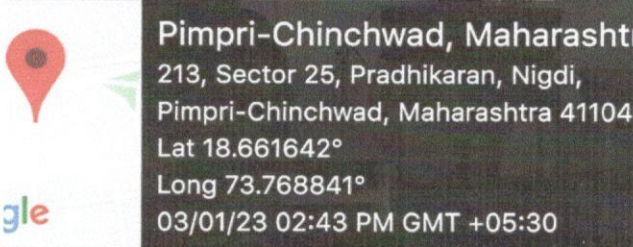
आयुर्वेद महाविद्यालय व संशोधन केंद्र, निगडी, पुणे ४११०४४

राष्ट्रीय सेवा योजना विभाग साजरी करत आहे
क्रांतिज्योती सावित्रीबाई फुले जयंती

दि. ०३.०१.२०२३

वेळ:- दुपारी ०२.३० वा

स्थळ:- वर्ग क्र. ०२



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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 - 02

Date: - 03.01.2023

Post event summery report



Pimpri-Chinchwad, Maharashtra
213, Sector 25, Pradhikaran, Nigdi,
Pimpri-Chinchwad, Maharashtra 411044
Lat 18.661642°
Long 73.768841°
03/01/23 02:43 PM GMT +05:30



Pimpri-Chinchwad, Maharashtra
507, Sector 25, Pradhikaran, Nigdi,
Pimpri-Chinchwad, Maharashtra 411044
Lat 18.659866°
Long 73.769146°
03/01/23 02:49 PM GMT +05:30



Pimpri-Chinchwad, Maharashtra
217, Sector 25, Pradhikaran, Nigdi,
Pimpri-Chinchwad, Maharashtra 411044
Lat 18.661409°
Long 73.768352°
03/01/23 03:56 PM GMT +05:30



Pimpri-Chinchwad, Maharashtra
217, Sector 25, Pradhikaran, Nigdi,
Pimpri-Chinchwad, Maharashtra 411044
Lat 18.661409°
Long 73.768352°
03/01/23 03:56 PM GMT +05:30

Principal

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



57



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

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

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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 महविद्यालय व संशोधन केंद्र
निगडी
Dr. Anjali Jadhav
HOD



Dr. Ragini Patil
Dr Ragini Patil
Principal
Principal
PDEA'S

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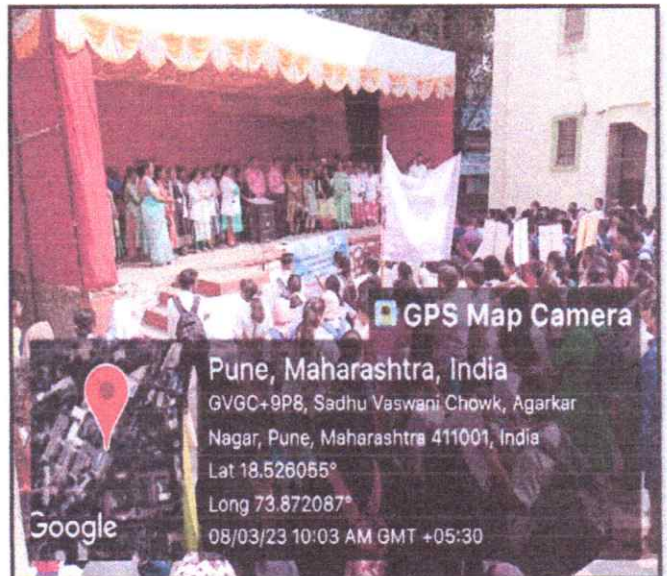
E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



Date :- 08 /03/2023

Metric No.

Photos of Rally for Breast Cancer Awareness



AV Jadhav
विभागप्रमुख
श्रीदेव प्रसूति तंत्र विभाग
आयुर्वेद महाविद्यालय, व संशोधन केंद्र
HQP
Department of Sutrroog & Prasutitantra

Dr Ragini Patil
Principal
Principal

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

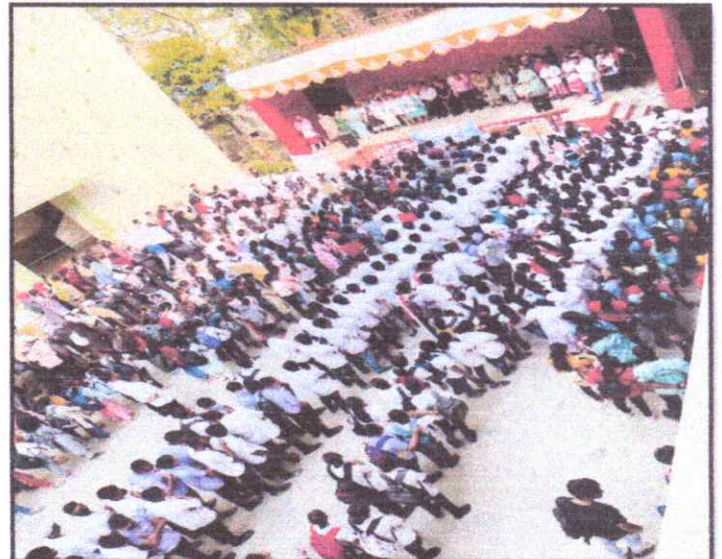
E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



Date :- 08 /03/2023

Metric No.

Photos of Rally for Breast Cancer Awareness



Arjunan

विभागप्रमुख

स्त्रीरोग प्रसूति तंत्र विभाग
आयुर्वेद महाविद्यालय, वसंतराव नाईक
NOD

Department of Streerog & Prasutitantra



Dr Ragini Patil

Principal

Principal

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College of Ayurved & Research Centre
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(I.D.No. P.U./P.N./AYU./081/1990)

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

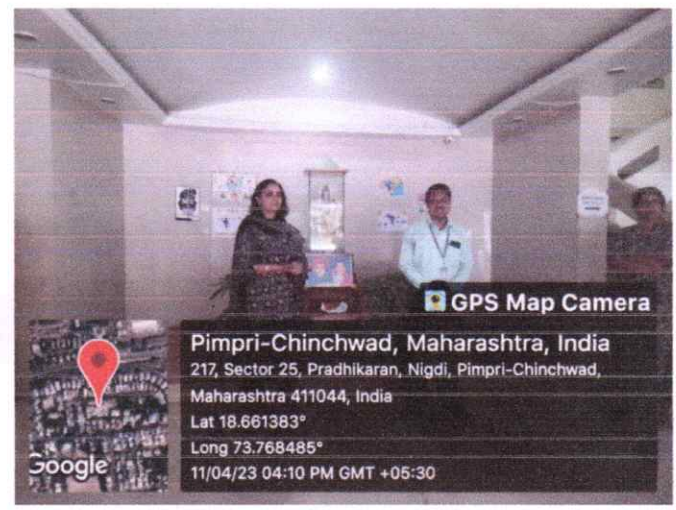
E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook-acrc_akurdi@pdeapune.org



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.



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**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.

Patil

Dr. Ragini Patil

Principal

PDEA's CARC, Nigdi,





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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.

[Signature]
Principal

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



[Signature]

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

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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,

MENSTRUATION

LOVE YOUR CYCLE



Sanitary Napkins



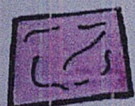
Tampons



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 regular
- Meditation or relaxation
- Hydrate with water + herbal tea.



Kar

Principal
P.D.E.A.S

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



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.

MADE By ÷ KAJAL, MAI BHAGO AYURVEDIC MEDICAL COLLEGE, SHRI MUKTSAR SAHIB (PUNJAB)