

**MES Night College of Arts & Commerce,
Karve Road, Pune**

Report on Women's Health

Date: 15/03/2021

Time: 4.00 p.m. to 5.00 p.m.

Guest Speaker: Dr. Rupa veehalekar

MES Night College of Arts & Commerce, under the guidance of Dr. Atul Kulkarni conducted workshops on women's health.

The session started at 4:00 p.m. with the introduction of the guest speakers of the guest speakers Dr. Rupa Veehalekar followed by the felicitation of the guest speakers. The speaker started with an explanation of what women need to do to be healthy:

If you're a girl, then there are a few special considerations to include in your self-care routine. Start by ensuring that your physical health is a priority by eating healthy foods, exercising, and avoiding things that could harm you, such as drugs, cigarettes, and alcohol.

How should a girl maintain her physical health?

1. Sweat it out. Exercise is key to anybody.
2. Run Forrest.
3. Jump in the pool.
4. Hit those weights.
5. Keep it healthy.
6. Get on that water and stay hydrated.
7. Better than breakfast.

Being healthy means many different things for teen girls. Building good habits of diet and exercise is important, and so is having good hygiene. Being healthy also means having a positive mental attitude, and making safe decisions about your body and behaviors.

The workshop session was arranged by Prof. Amardeep Gurme, Coordinator of the Programme. Prof. Ravindra Shinde and the student volunteers managed the workshop session. The support and cooperation of Non-Teaching Staff also contributed to making the Workshop Session successful and noteworthy.