

**“Dissemination of Education for Knowledge, Science and Culture”**

**-Shikshanmaharshi Dr. Bapuji Salunkhe**

**Shri Swami Vivekanand Shikshan Sanstha's**

**Vivekanand College, Kolhapur**

**(An Empowered Autonomous Institute)**

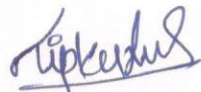
**Women Empowerment Cell (Sachetana Mandal), Sansthamata Sushiladevi  
Salunkhe Women Study Center, ICC,NCC, And IQAC**

**Women's Day -REPORT**

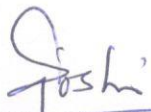
<b>Submission date</b> 12/3/26	<b>Submitted by Dr. Sampada Tipkurle</b>
<b>Activity Type</b>	<b>Women's Day - guest lecture and hands-on training -‘आरोग्याची गुरुकिल्ली : अॅक्युप्रेशर’</b>
<b>Activity Title</b>	<b>Resource Person -Mrs. Geetanjali Mane</b>
<b>No of Participants</b>	<b>Total 61Teachers and Staff</b>
	<p>A special guest lecture on -‘आरोग्याची गुरुकिल्ली : अॅक्युप्रेशर’ was organized at Vivekananda College, Kolhapur by the Women Empowerment Cell (Sachetana Mandal), Sansthamata Sushiladevi Salunkhe Women's Studies Center, Internal Complaints Committee (ICC), NCC, and Internal Quality Assurance Cell (IQAC).</p> <p>The program began with the institutional prayer followed by a plant watering ceremony symbolizing growth and positivity. Dr. Sampada Tipkurle welcomed the guests and delivered the introductory remarks. During the event, demonstrations of acupressure, lathi-kathi, and Zumba exercises were presented to highlight the importance of physical fitness and self-defense. Certificates were also distributed to the students who successfully participated in the Zumba Workshop conducted from 25 February to 7 March 2026.</p> <p>The chief guest, Mrs. Geetanjali Mane, emphasized that in today's fast-paced lifestyle, maintaining good health is essential. She explained that acupressure is a natural and simple healing technique that involves applying pressure on specific points of the body to relieve various health problems. Regular practice of acupressure helps improve blood circulation, reduce stress, and balance body energy. She also highlighted that women should give special attention to their health despite their busy schedules and responsibilities.</p>



	<p>In his presidential address, Principal Dr. C. B. Patil stated that health is true wealth, and a healthy mind resides in a healthy body. He appreciated the efforts of the Women Empowerment Cell for organizing such meaningful activities that contribute to the overall development of students and staff.</p> <p>The program was anchored by Dr. Supriya Patil, while the vote of thanks was delivered by Dr. Kavita Tiwade. The event received valuable support from Dr. Shruti Joshi The Zumba workshop trainer Omkar Shete, along with Dr. Urmila Khot, Major Sunita Bhosale, Raviraj Sutar, faculty members, administrative staff, and students were present in large numbers.</p>
<p><b>Desired outcomes</b></p>	<ul style="list-style-type: none"> <li>• Participants gained awareness about acupressure and natural health practices.</li> <li>• Students learned simple techniques for stress relief and improving physical well-being.</li> <li>• The program encouraged healthy lifestyle habits and self-care among women.</li> <li>• Demonstrations of Zumba and physical exercises promoted fitness and active living.</li> <li>• The activity contributed to women's empowerment and</li> </ul>



**Dr. S. S. Tipkurlle**  
 Coordinator  
 Women Empowerment Cell



**Dr. Shruti Joshi**  
 Coordinator IQAC  
**Vivekanand College,**  
**Kolhapur**



**Dr. C. B. Patil**  
 Principal  
 Vivekanand College, Kolhapur  
 (An Empowered Autonomous Institute)



**Felicitation of resource person – Mrs Geetanjali Mane by Prin.Dr.C.B.Patil**



**Hands- on training**

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**Women Empowerment Cell (Sachetana Mandal), Sansthamata Sushiladevi  
salunkhe women's studies Center, ICC &  
IQAC  
Vivekanand College, Kolhapur (Empowered Autonomous)**


**NOTICE**

9/3/2026

All the Teaching and Non Teaching staff are hereby informed that Women Empowerment Cell (Sachetana Mandal), Sansthamata Sushiladevi salunkhe womens studies Center, ICC and IQAC Vivekananda college, Kolhapur (An Empowered Autonomous Institute ) has organized guest lecture on 'आरोग्याची गुरुकिल्ली : अक्यूप्रेसर ' on Occasion Of International women's day so be present at the time.

Day and Date - Wednesday 11<sup>th</sup> March 2026  
Time - 10 :30 am to 12:30 noon  
Venue - library hall Vivekanand College, Kolhapur



  
**Dr. C.B. Patil**  
**I/c Principal**  
**Vivekanand College, Kolhapur**  
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2130, 'E' Tarabai Park, Kolhapur, Tal. Karveer, Dist. Kolhapur -416003  
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M.Sc.,B.Ed.

Incharge. Principal  
Prof.(Dr.) Sanjay Thorat  
M.Sc.,M.Phil.,Ph.D.

Ref. No. VCK/ 2824 /2025-26

Date : 10/3/2026

To,  
Mrs Geetanjali Mane  
Kolhapur.

**Subject – Invitation letter**

Respected Madam,

On behalf of Women Empowerment Cell (Sachetana Mandal), Sansthamata Sushiladevi Salunkhe women studies Center, ICC and IQAC of Vivekanand College, Kolhapur (Empowered Autonomous), we cordially invite you as a chief guest of a guest lecture on 'आरोग्याची गुरुकिल्ली : अॅक्यूप्रेशर' Wednesday 11<sup>th</sup> March 2026 by 11 am to 12:00 noon

Please share your thoughts on the topic.

Thanking You

Yours faithfully,

Dr. C. B. Patil

**I/c Principal**  
Vivekanand College, Kolhapur  
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Women Empowerment Cell (Sachetana Mandal), Sansthamata  
Sushiladevi Salunkhe Womens Studies Center, ICC, NCC

&

IQAC

Organize

Guest lecture

On

**'आरोग्याची गुरुकिल्ली :अॅक्यूप्रेशर'**

Wednesday 11<sup>th</sup> March 2026

### Programme schedule

- Inauguration and sanstha prayer : Watering plant and audio Player  
Welcome and Introduction : Dr. Sampada Tipkurlle  
Felicitation of Dignitaries : Mrs.Geetanjali Mane  
Mr.Onkar Shete  
Demonstration : Lathikathi and Zhumba  
Certificate Distribution : certificate distribution of p[participants  
in zhumba workshop  
Chief guest speech : Geetanjali Mane  
Presidential speech : Dr.C.B.Patil  
Vote of Thanks : Dr. Kavita Tiwade  
Anchor : Dr.Supriya Patil

Day and Date - Wednesday 11<sup>th</sup> March 2026 Time -11:00 am to 12:00 noon

Venue – Library hall ,Vivekanand College, Kolhapur



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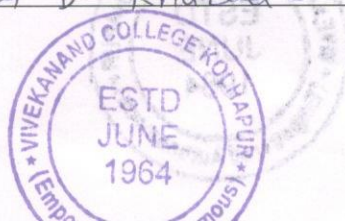
Women Empowerment Cell (Sachetana Mandal),

Sansthamata Sushiladevi Salunkhe Women study Centre, ICC, NCC &

IQAC

Attendance of participants

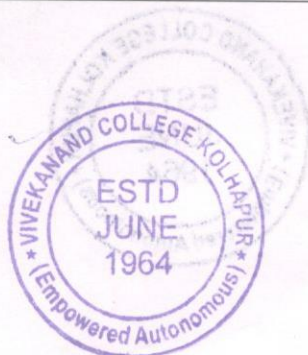
Sr. No.	Name of the Participant	Designation & Department	Sign
1.	Dr. Nisha Ashish Surve	Asst. Prof. Geography	Nisha
2.	Dr. Shubhangi Suresh Kale	— " —	Shubhangi
3.	Prof. Rohini Gajanan Telekar	Asst Prof. Marathi	Rohini
4.	Dr. Naurata A. Narewadikar	Asst. Prof.	Naurata
5.	Snehal S. Wankar	Asst. Prof.	Snehal
6.	Dr. Kanla Tiwade	Associate Prof	Kanla
7.	Dr. Asmita S. Tapase	Asst Prof. Chemistry	Asmita
8.	Ms. V-C Shinde	Asso. Prof	V-C
9.	Samiksha Farnkar	Assistant Professor	Samiksha
10.	Mrs. Mayuri R. Barale	Physics	Barale
11.	Mrs. Poojya T. Patil	Assit. Prof. physics	Patil
12.	Mrs. Rutuja R. Sawant	Asst. Prof. Maths	Rutuja
13.	Ms. Akanksha D. Patil	Asst. Prof. Mathematics	Akanksha
14.	Dr. Shaheen M Bargar	— " —	Shaheen
15.	Dr. Suvastha D. Kharade	chemistry	Kharade



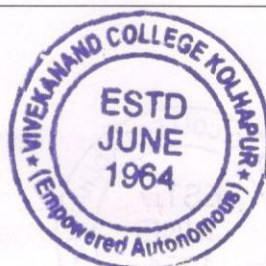
16)	Dr. Shiroe S.D.	Chemistry	<u>Shiroe</u>
17)	Dr. Meeta Pandurang Patil	Library	<u>Meeta</u>
18)	Mrs. M.B. Alman	BCA	<u>Mbalman</u>
19)	M <sup>rs</sup> . Shivai Subhash Kagale	BCA	<u>Shi.</u>
20)	Ms. Sai Satish Patil	Home Science	<u>SaiPatil</u>
21	Major Sumita Bhosale	NCC, Biology	<u>Sum</u>
22.	Ms. Pallavi V. Ransubhe.	Statistics	<u>Pavsh</u>
23.	Dr. Mrunalini Nilesh Desai	Botany	<u>Dr. D</u>
24.	Ms. Aishwarya A. Bogare	Botany	<u>Aishwarya</u>
25	Dr. Poonam Swapnil Jadhav	Electronics	<u>Poonam</u>
26	Mrs. Sujata S. Bobhate	BCS (Electronics)	<u>Bobhate</u>
27	Miss. Supriya H. Chougale	Chemistry	<u>Supriya</u>
28	Mr. Satish Vinayak Upalavikar	B.Voc. GD	<u>Satish</u>
29.	Chame. H.V	Sociology	<u>Chame</u>
30.	Dr. A.L. Mohite	Commerce	<u>A.L.</u>
31.	Dr. Vitthal M. Patil	Geography	<u>Vitthal</u>
32.	Dr. Datta Jadhav	Political sci.	<u>Datta</u>
33	AB Wasekar	Economics	<u>Wasekar</u>



34	Dr. Pravin R. Bagade	Assi Prof Electronic	<u>Dr. Pravin R. Bagade</u>
35	Mr. Kadam Satish S.	Assi Prof Chem.	<u>Satish S. Kadam</u>
36	Dr. Abhijeet R. Kasarkar	Asst. Prof - Botany	<u>Abhijeet R. Kasarkar</u>
37	Dr. B. T. Dangat	<u>u</u>	<u>B. T. Dangat</u> 11.03.26
38	Cdt Shivani Uttam Londhe	Ncc Dep.	<u>Shivani Londhe</u>
39	Cdt. Purva Vijay Kole	Ncc Dep.	<u>P. Kole</u>
40	Cdt. Sai Shamrao Chechae	Ncc Dep.	<u>Sai Chechae</u>
41	Dr. S. R. Kattimani	History	<u>S. R. Kattimani</u>
42	Dr. A. K. Jambhale	History	<u>A. K. Jambhale</u>
43	Bhargavi R. Kugaji	BCS	<u>Bhargavi R. Kugaji</u>
44	Kusade Saloni	BCS	<u>S. Kusade</u>
45	Ms. Yogita Sandip Patil	Asst. Prof. Home-science	<u>Yogita Sandip Patil</u>
46	Ms. Ashwini R. Khavale	Asst. Prof of History	<u>Ashwini R. Khavale</u>
47	Ms. Vaishnavi A. Kotemire	Asst. prof of BCA	<u>Vaishnavi A. Kotemire</u>
48	Dr. Annapurna. R. Alvikar	Botany.	<u>Annapurna R. Alvikar</u>
49	Ms. Aradhana S. Delavi	BCA	<u>Aradhana S. Delavi</u>
50	Ms. Rutuja Dadasa Bavche	BCA	<u>Rutuja Bavche</u>
51	Ms. Prajakata Popat Misal	BCA	<u>P. Misal</u>



52	Miss. Bagal Kajal Vilas	BCA	<del>Bagal</del>
53	Dr. Sarita D. Shirde	Asst. Prof. Chemistry	<del>Shirde</del>
54	Sneha R. Hiremath	BCA	<del>Hiremath</del>
55	Nidha A. Bagwan	BCA	<del>Nidha Bagwan</del>
56	Manali V. Kamble	BCA	<del>Kamble</del>
57	Anjali P. Ulape	BCA	<del>Ulape</del>
58	Kajal S. Dalvi	BCA	<del>Dalvi</del>
59	Kamble Manisha P.	BCA	<del>Kamble</del>
60	Dr. Supriya Mohan Patil	Asst. Prof. English	<del>Patil</del>
61	Dr. Sampada Sachin Pipkure	Asst. Prof. Economics	<del>Pipkure</del>





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Ref. No. VCK/ 2825/2025-26

Date : 10/3/2026

To,  
Mrs. Geetanjali Mane  
Kolhapur.

Respected Madam ,

Thank you for your presence as a chief guest of a guest lecture on ‘आरोग्याची गुरुकिल्ली : अंकयूप्रेशर’ on occasion of ‘International Womens day’ on 11<sup>th</sup> march 2026 & sharing your thoughts with the faculty.

It was greatly appreciated and received by the participants. Women Empowerment Cell (Sachetana Mandal) Sansthamata Sushiladevi Salunkhe Women Studies Centre, ICC and IQAC Vivekanand College, Kolhapur (An Empowered Autonomous Institute).would like to express deep sense of gratitude for valuable guidance.

Thanking you,

*Geetanjali Mane*

Yours faithfully,

*Dr. C. B. Patil*

Dr. C. B. Patil

I/c Principal

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