

“Dissemination of Education for Knowledge, Science and Culture”

-Shikshanmaharshi Dr. Bapuji Salunkhe

Shri Swami Vivekanand Shikshan Sanstha's

Vivekanand College, Kolhapur (Empowered Autonomous Institute)

07/07/2025

To
The Principal
Vivekananda College, Kolhapur
(An Empowered Autonomous Institute)

Sub-Permission to organize a guest lecture on Thursday 10th July 2025
from 10:30 am to 12:30 noon

Respected Sir,

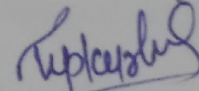
Women's Empowerment Cell (Sachetana Mandal) and IQAC Vivekananda College, Kolhapur (An Empowered Autonomous Institute) propose to organize Guest lecture on **'Women's Health and Diet'** on the occasion of 'मातृसुरक्षा दिन' the details are listed below for your kind consideration

- Name of the Activity - Guest Lecture
- Day and Date Thursday 10th July 2025
- Time - 10:30 am to 12:30 noon
- Duration Of the Event - 2 hours
- Venue - Smart Room no.11 Vivekanand College, Kolhapur
- Resource persona - Dr. Vinita Vadhvani
- Target beneficiaries : All Teaching and Non Teaching ladies staff
- Co-coordinator of the the activity :Dr Shruti Joshi, Dr Sampada Tipkurlle
- Approximate Budget For Honorarium ,Tea &Flowers :2000/-

We request you kindly sanction approval to organize this Guest lecture and also sanction approval to required things.

Thanking You,

Yours faithfully



Dr. Sampada Tipkurlle
Coordinator

Women empowerment cell

Allowed

PS
8.7.2025



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Vivekanand College, Kolhapur (Empowered Autonomous Institute)

Women Empowerment Cell (Sachetana Mandal) & IQAC

NOTICE

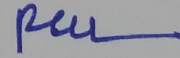
8/7/2025

All the Teaching and Non Teaching Ladies staff of Senior, Junior, Professional and Vocational Courses are hereby informed that Women Empowerment Cell (Sachetana Mandal), & IQAC Vivekananda college, Kolhapur (Empowered Autonomous institute) has jointly organized guest lecture on “**Women's Health and Diet**” on occasion of so be present at the time.

Day and Date Thursday 10th July 2025

Time 10 :30 am to 12:30 noon

Venue Smart Room No.----- Vivekanand College, Kolhapur



Dr. R. R. Kumbhar

PRINCIPAL
VIVEKANAND COLLEGE, KOLHAPUR
(EMPOWERED AUTONOMOUS) ✓



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उद्युक्त

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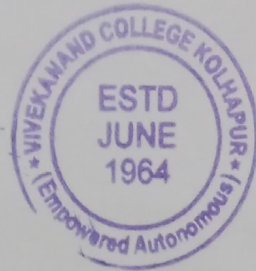
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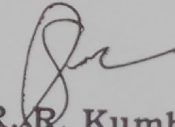
All the Teaching and Non Teaching Ladies staff of Senior, Junior, Professional and Vocational Courses are hereby informed that Women Empowerment Cell (Sachetana Mandal), & IQAC Vivekananda college, Kolhapur (Empowered Autonomous institute) has jointly organized guest lecture of Dr. Vinita Wadhwani , Consulting Nutritionist and Clinical Dietitian, Nourcure, Kolhapur. on "Women's Health and Diet" on occasion of मातृसुरक्षा दिन so be present at the time.

Day and Date : Thursday 10th July 2025

Time : 10 :30 am to 12:30 noon

Venue : Room No. 204 Vivekanand College, Kolhapur




Dr. R. R. Kumbhar

PRINCIPAL
VIVEKANAND COLLEGE, KOLHAPUR
(EMPOWERED AUTONOMOUS)

सि निभरु

"Dissemination of Education for Knowledge, Science and Culture"

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Shri Swami Vivekanand Shikshan Sanstha

Vivekanand College, Kolhapur

(Empowered Autonomous Institute)

Women Empowerment Cell (Sachetana Mandal) & IQAC

NOTICE

8/7/2025

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Dr. R. R. Kumbhar

PRINCIPAL

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Shri Swami Vivekanand Shikshan Sanstha's
Vivekanand College, Kolhapur
(Empowered Autonomous Institute)



Women Empowerment Cell (Sachetana Mandal) & IQAC Organize

Guest lecture

On

"Women's Health and Diet"

Thursday 10th July 2025

Programme Schedule

Time	Event	Resource Person
11:00 -11:10	Inauguration and Sanstha Prayer	Watering plant and audio Player
11:10-11:15	Welcome and Introduction	Dr.Pallavi Desai
11:15-11:17	Felicitation of Dignitaries	Dr.Vinita Vadhvani
11.17- 12:15	Chief guest speech	Dr.Vinita Vadhvani
12.15 – 12.25	Presidential speech	Dr. R. R. Kumbhar
12:25- 12:30	Vote of Thanks	Dr. Sampada Tipkurle
	Anchor	

Day and Date - Thursday 10th July 2025 Time -10:30 am to 12:30 noon

Venue - Smart Room No. 214 Vivekanand College, Kolhapur



Jr. College Recog.No. H.S.C./ 1074/R-1/DT : 8-8-1976
Jr. College Code No. 23-09-002
Jr. College U.Dise No. 27341301006

“ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षण प्रसार”
-शिक्षणमहर्षी डॉ. बापूजी साळुंके

Estd.: June 1964



Shri Swami Vivekanand Shikshan Sanstha's
VIVEKANAND COLLEGE, KOLHAPUR (EMPOWERED AUTONOMOUS)

2130, 'E' Tarabai Park, Kolhapur, Tal. Karveer, Dist. Kolhapur -416003

Affiliated to Shivaji University, Kolhapur (M.S.)

NAAC Reaccredited : "A" (CGPA3.24)

College with Potential for Excellence by U.G.C., New Delhi

"Star College" by D.B.T Govt. of India

ISO 9001 : 2015



(अधिकारप्रदत्त स्वायत्त)
कोल्हापूर

Ph. : 0231-2658612 | Fax : 0231-2658840 | Resl.: 0231-2653962 | Website : www.vivekanandcollege.ac.in | E-mail : info@vivekanandcollege.org

Founder
Dr. Bapuji Salunkhe
D.Lit.

President
Hon. Chandrakant Dada Patil
MLA

Chairman
Prin. Abhaykumar Salunkhe
M.A.

Secretary
Prin.Mrs. Shubhangi Gawade
M.Sc.,B.Ed.

Principal
Dr. R. R. Kumbhar
M.Sc.,M.Phil.,Ph.D.

Ref. No. VCK/ 805/2025-26

Date : 31/7/2025

To,
Dr. Vinita Vadhwani
Consulting Nutritionist and Clinical Dietitian,
Nourcure, Kolhapur.

Subject – Invitation as a resource person for the guest Lecture.

Respected Madam,

On behalf of Women's Empowerment Cell (Sachetana Mandal), & IQAC of Vivekanand College, Kolhapur(An Empowered Autonomous Institute), we cordially invite you as a resource person for the guest lecture on “Women's Health and Diet” on the occasion of ‘मातृसुरक्षा दिन’ on Thursday 10th July 2025 at 11.00 am

We are looking forward to your guidance on the subject. Our ladies teaching and non teaching staff will be certainly benefitted by your expertise

Thanking You

Yours faithfully,

Dr. R. R. Kumbhar

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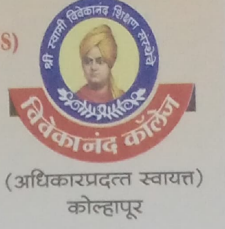
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M.Sc.,B.Ed.

Principal
Dr. R. R. Kumbhar
M.Sc.,M.Phil.,Ph.D.

Ref. No. VCK/ 813/2025-26

Date : 10/7/2025

To,

Dr. Vinita Vadhwani

Consulting Nutritionist and Clinical Dietitian,
Nourcure, Kolhapur.

Respected Madam,

Thank you for your presence as a chief guest of a guest lecture on " Women's Health and Diet " on occasion of 'मातृसुरक्षा दिन' on Thursday 10th July 2025 & sharing your valuable thoughts with the faculty.

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

Thanking you,

Yours faithfully,

Dr. R. R. Kumbhar

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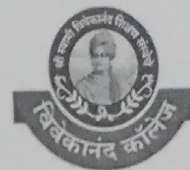
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**Women Empowerment Cell (Sachetana Mandal)
and IQAC**

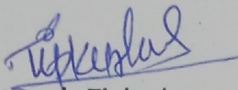


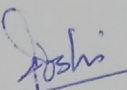
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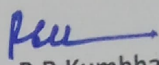
Activity report

Submission date 12/07/25	Submitted by Dr- Sampada Tipkurle
Activity Type	Guest Lecture
Activity Title	"Women's Health and Diet"
	<p>A vital component of the general well-being of families and society is the health of women. A healthy, well-balanced diet is essential for preserving women's physical and emotional well-being. Women frequently experience health problems such hormonal imbalances, anemia, osteoporosis, obesity, and stress-related difficulties as a result of today's fast-paced lifestyle. A healthy lifestyle and appropriate eating habits can help avoid these issues and enhance quality of life.</p> <p>A healthy family and society are built on the health of women. Long-term physical and mental well-being is ensured by a balanced diet, regular exercise, and conscious lifestyle choices. The "Healthy Inside, Healthy Outside" philosophy can help women live more active, contented and productive lives. hence Women empowerment cell (Sachetana Mandal), and IQAC organised a guest lecture on Women's Health and Diet".</p> <p>The program began with the introduction and welcome of the chief guest Dr. Vinita Wadhvani by Dr. Pallavi Desai. Dr. Wadhvani is a well-known health and nutrition expert, who has contributed significantly to spreading awareness about women's health, dietary patterns, and fitness.</p> <p>Chief Guest Dr. Vinita Wadhvani delivered an enlightening talk on the theme "Healthy Outside Starts from Healthy Inside." She highlighted the following key points: Importance of following the 80-20 rule: 80% healthy diet and 20% exercise or workout. Inclusion of fruits, nuts, proteins, and whole grains in the daily diet. Avoiding blind dietary trends, unhealthy junk food, and excessive traditional restrictions. Understanding the difference between needs and wants in food consumption. Limiting the overuse of social media that indirectly affects mental and physical health. Her speech emphasized that a nutritious diet, combined with mindful lifestyle choices, is essential for long-term wellness.</p> <p>The Presidential Speech was delivered by Principal Dr. R. R. Kumbhar, who appreciated the Women's Empowerment Cell for organizing such a relevant and beneficial program. He emphasized that women's health is the foundation of a healthy society and encouraged students and staff to adopt the practices shared by the chief guest. The program concluded with a Vote of Thanks delivered by Dr.</p>

	<p>Shruti Joshi, expressing gratitude to the chief guest, dignitaries, organizing team, and participants for making the session successful and informative.</p> <p>The event was organized under the guidance of Dr. Sampada Tipkurle, Convener of the Women's Empowerment Cell.</p>
Desired outcomes	<p>The session successfully raised awareness about women's dietary habits and overall health. Participants gained valuable insights on how simple lifestyle changes can prevent major health issues and improve quality of life.</p>


 Dr. Sampada Tipkurle
 Coordinator
 Women Empowerment Cell


 Dr. Shruti Joshi
 Coordinator
 IQAC

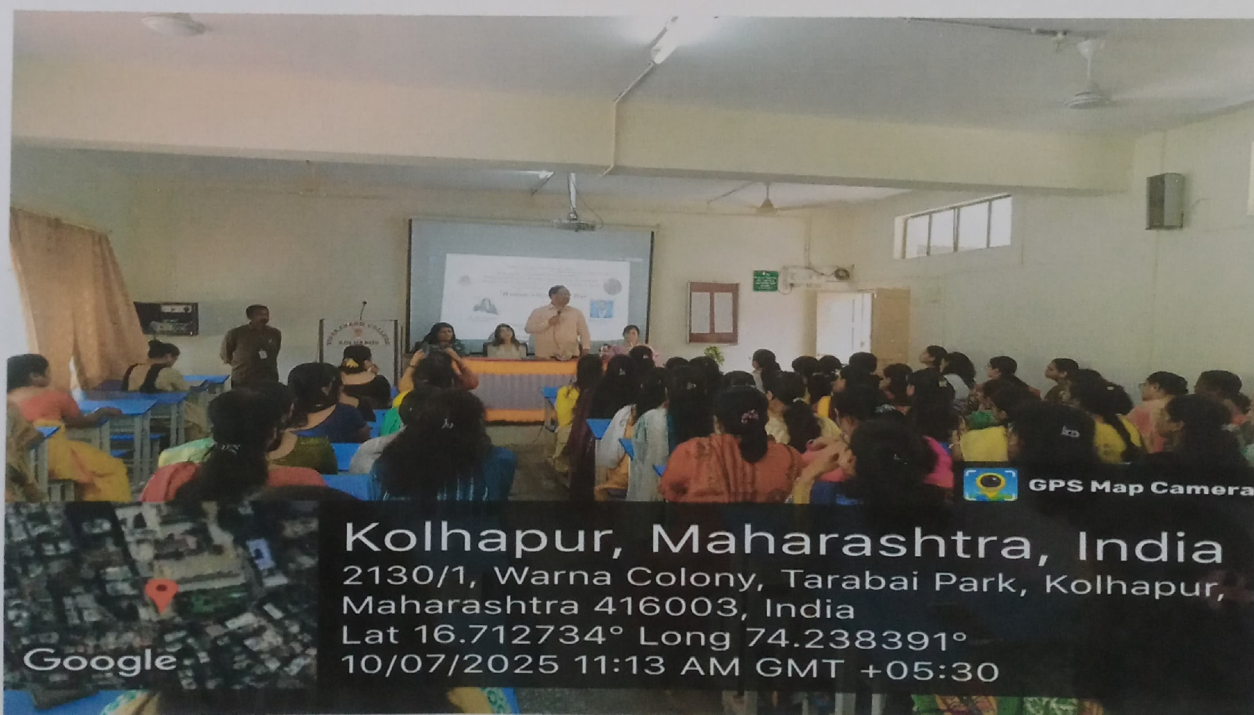

 Dr. R.R. Kumbhar
Principal
 Vivekanand College, Kolhapur
 (An Empowered Autonomous Institute)



Name of the Department-Women Empowerment Cell (Sachetana Mandal),
& IQAC

Name of the activity- Guest lecture On Women,s Health and Diet Wednesday 10/07/2025

Name of the Resource Person-Dr.Vinita Wadhvani

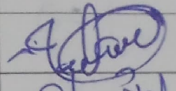
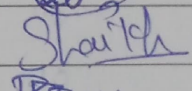
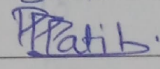
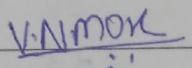
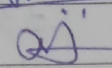
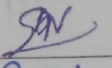
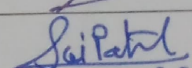
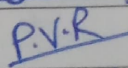
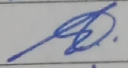
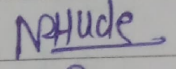
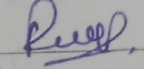
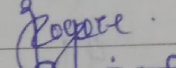
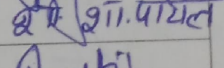
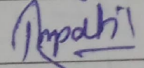
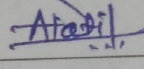
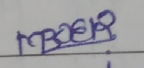
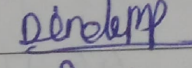
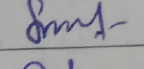
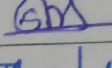
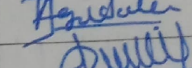
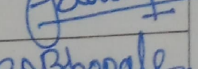
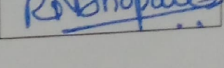


Kolhapur, Maharashtra, India
2130/1, Warna Colony, Tarabai Park, Kolhapur,
Maharashtra 416003, India
Lat 16.712734° Long 74.238391°
10/07/2025 11:13 AM GMT +05:30





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Women Empowerment Cell (Sachetana Mandal) and IQAC
Organize Guest Lecture on
"Diet and Women's Health"
Thursday 10th July 2025
ATTENDANCE

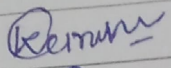
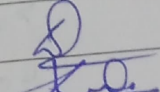
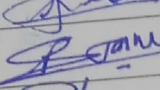
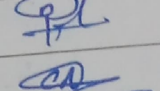
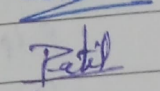
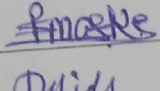
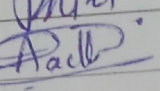
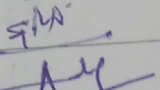
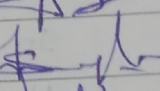
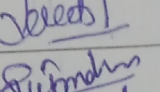
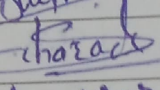
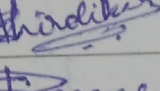
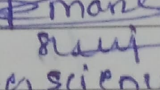
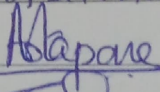
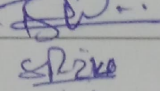
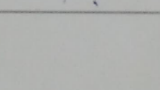
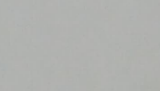
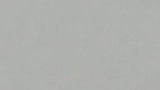
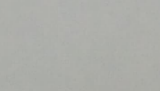

Sr.No.	Name of the Participant	Designation /Class	Signature
1.	Snehal S Woneru	Asst. Prof	
2.	Sharikh Samiya S.	Asst. Prof	
3)	Patil Pratibha Pushkaraj	Asst. Prof.	
4.	Vinaya Namdev More	Asst. prof	
5)	Bansode S.V.	lecturer	
6)	Nalwade S.P.	lecturer	
7)	Ms. Sai Patil	Asst Prof.	
8)	Ms. Pallavi V. Ramsubhe.	Asst. Prof. Stat	
9)	Ms. Akanksha D. Patil	Asst. Prof. Maths	
10)	Ms. Nikita R. Hude	Asst. prof. comp science	
11)	Ms. Rekha S Mudadunge	Lab Asst comp	
12)	Miss. Aishwarya A. Bogare	Asst. Prof Botany	
13)	Ms. Sheela S. Patil	Peon.	
14)	Ms. Radhika M. Patil	Asst. Prof.	
15)	Ms. Ashwini Pradeep Patil	Asst. Teacher	
16)	Ms. Megha B. Lohar.	Asst. Prof.	
17)	Ms. Mrunal P. Dinde	Asst. Prof. compsci.	
18	Sanita Shirish Jadhav	Rector	
19.	Ms. Oshika Niznan Chavan	Asst. Teacher	
20.	Mrs. Khopade Tejswi Santaji	Lecturer chem.	
21	Ms. Sumanjya J. Jumele	Asst. Prof	
22.	Ms. Bhopale Rohini N.	Asst. Teachers	



Sr.No.	Name of the Participant	Designation /class	Signature
23.	Mrs. Sonal S. Karawade	Assi. Teachers	<u>Sonal Karawade</u>
24.	Miss. Pratibha P. Deshmukh	Ass. Teacher	<u>Pratibha P. Deshmukh</u>
25.	Miss. Ashvina M. Makandae	Asst. prof	<u>Ashvina</u>
26.	Miss. Snehal S. Patil	Asst. Prof.	<u>Snehal</u>
27.	Miss. Aradhana S. Dalavi	Asst. Prof.	<u>Aradhana</u>
28.	Miss. Prajakta P. Misal	Asst. Prof	<u>Prajakta</u>
29.	Dr. Vemila S. Khot	Professor	<u>Vemila</u>
30.	Ms. Yogita S. Patil	Asst. Prof.	<u>Yogita</u>
31.	Ms. Rohini G. Pelekar	Asst. Prof.	<u>Rohini</u>
32.	Mrs. Maunali V. Kamble	Asst. Prof	<u>Maunali</u>
33.	Miss. Aishwarya J. Powar.	Asst. Prof	<u>Aishwarya</u>
34.	Miss. Rohini S. Maskar.	Assist. Teacher	<u>Rohini</u>
35.	Miss. Jyoti E. Kumbhar	Assist. Prof.	<u>Jyoti</u>
36.	Mrs. Padmaja U. Patil	Assist. Teacher	<u>Padmaja</u>
37.	Miss. Snehal S. Patil	Assist. Teacher	<u>Snehal</u>
38.	Dr. S. B. Mulla.	" Prof.	<u>S. B. Mulla</u>
39.	Miss. Shalaka R. Mutham	Assist. Teacher	<u>Shalaka</u>
40.	Vaishali C. Dahi	Asst. prof	<u>Vaishali</u>
41.	Rucha S. Sapkal	Jr. lecturer (Phy)	<u>Rucha</u>
42.	Mrs. M.B. Alman	Asst. Prof	<u>M.B. Alman</u>
43.	Miss. S. S. Kogale	Asst. Prof	<u>S. S. Kogale</u>
44.	Miss V.R. Sweeni	Assist Prof	<u>V.R. Sweeni</u>
45.	Miss V. A. Kotamire	Assist prof	<u>V. A. Kotamire</u>
46.	Miss. A. P. Ulape.	Asst. prof	<u>Ulape</u>
47.	Mrs. S. R. Hiremath	Asst. Prof.	<u>S. R. Hiremath</u>
48.	Miss. A. N. Salokhe	Asst. Prof	<u>A. N. Salokhe</u>
49.	Miss N.A. Bagwan.	Asst. Prof	<u>Nidhna Bagwan</u>



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Shri Swami Vivekanand Shikshan Sanstha's
Vivekananda College, Kolhapur (An Empowered Autonomous Institute)
Women Empowerment Cell (Sachetana Mandal) and IQAC
Organize Guest Lecture on
"Diet and Women's Health"
Thursday 10th July 2025
ATTENDENCE

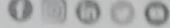
Sr.No.	Name of the Participant	Designation /Class	Signature
50	mes. B.Y. Kangealkar	Ass. Teacher	
51	Dr. Mrs. L.R. Coutinho	Ass. teacher	
52	Dr. Sneha S. Desai	Asst. Prof.	
53	Ms. Pallavi S. Shetfalkar	Asst. Prof.	
54	ms. patil vaishali D.	Asst. prof.	
55	Ms. chitresha G Mangate	Asst. prof	
56	Mrs. Pragati P. Patil	Asst. prof	
57	Ms. Priyanka S. Maske	Asst. Prof.	
58	Mrs. Poonam Hire	Asst. Prof	
59	Mrs. Asawari P. Pachhapurkar	Asst. Prof	
60	Patil Sunita piragonda	Asst. Teacher	
61	Mrs. Aditi Vijay Patil.	Asst. teacher	
62	Surabhi P. Kusale	Asst. Prof	
63	Sonali .v. Jadhav	Asst. Prof	
64	Ms. Siddhika N. Inamdar	Asst. prof.	
65	Dr. Suvata D. Khasade	Asst. Prof.	
66	Stuti Anil Shirolikar	Asst. Prof	
67	Miss Samruddhi R. Mane	Asst. Prof	
68	Miss Shubhangi B. Bais	Asst. Prof. B.Sc. Computer Science	
69	Dr. Tapase Amrita Shashilaw	Asst. Profess	
70	Ms Bhargavi Ramling Kugaji	Asst Professor	
71	Mrs. Sunita D. Shirke	Professor	



Sr.No.	Name of the Participant	Designation /class	Signature
72	Dr. Santa D. Shinde	Asst. Prof	<u>Shinde</u>
73	Mrs. Dharashri Shinde	Lab Asst.	<u>Shinde</u>
74	Mrs. More Radhika Nilesh	Jr. Clerk	<u>More</u>
75	Mrs. Vanha Shweta	Asso. Prof	<u>Vanha</u>
76	Dr. Kanta Tiwade	Asso Prof	<u>Tiwade</u>
77	Pallavi M. Dessai	Ass. Prof	<u>Dessai</u>
78	Geetanjali S. Salunkhe	Jr. Lecturer.	<u>Salunkhe</u>
79	Chilpa S. Bhosale	"	<u>Bhosale</u>
80	Pallavi Pravin Padalkar	Asst. Teacher	<u>Padalkar</u>
81	Dr. Neela Pandurang Patil	Librarian	<u>Patil</u>
82	Amruta S. Tashidkar	clerk (office)	<u>Tashidkar</u>
83	Sharayu S. Patil	"	<u>Patil</u>
84	Dr. Maunali N. Desai	Assist. Prof. (Botany)	<u>Desai</u>
85	Dr. Priya D. Patil	Assi. Prof. Botany	<u>Patil</u>
86	Mrs. Mane Mahadevi R.	Assi. Teacher	<u>Mane</u>
87	Mrs. Patil Nayana S.	Assi Teacher	<u>Patil</u>
88	Mrs. Sae Sagar Sanglikar	Assi. Teacher	<u>Sanglikar</u>
89	Dr. Ashwini B Gaikwad	Asst. Teacher	<u>Gaikwad</u>
90	Mrs. M. D. Kulkarni	Person	<u>Kulkarni</u>
91	Mrs. S. N. Patil	As. Teacher	<u>Patil</u>
92	Dr. P. P. Tadhal	Asst. Prof. Bot.	<u>Tadhal</u>
93	Dr. S. S. Wadkar	Asst. Prof. (Botany)	<u>Wadkar</u>
94	Mrs V. S. Mahadik	Asst. Teacher	<u>Mahadik</u>
95	Mrs. Dhage S. N	Asst. teacher	<u>Dhage</u>
96	Dr. Sampada Tipturle	Asst. prof.	<u>Tipturle</u>



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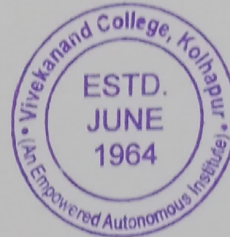
विवेकानंद महाविद्यालयमध्ये महिलांचे आरोग्य व आहार विषयावर व्याख्यान

कोल्हापूर : देशील विवेकानंद महाविद्यालय महिला छात्रावळीत आयुष्य (संपूर्ण संज्ञा) आणि आरोग्य सुलभता ही कस पांढरा संयुक्त विद्यापीठ महिलांचे आरोग्य व आहार या विषयावर ऑनलाईन कार्यक्रमात सत्र झाला. कार्यक्रमाच्या अध्यक्षता श्री. अ. अ. कुलकर्णी यांनी केली. कार्यक्रमात डॉ. विनीत वसुधानी यांनी आरोग्य व आहार या विषयावर व्याख्यान दिले. डॉ. विनीत वसुधानी यांनी आरोग्य व आहार या विषयावर व्याख्यान दिले. डॉ. विनीत वसुधानी यांनी आरोग्य व आहार या विषयावर व्याख्यान दिले.



कार्यक्रमात डॉ. विनीत वसुधानी यांनी आरोग्य व आहार या विषयावर व्याख्यान दिले. डॉ. विनीत वसुधानी यांनी आरोग्य व आहार या विषयावर व्याख्यान दिले. डॉ. विनीत वसुधानी यांनी आरोग्य व आहार या विषयावर व्याख्यान दिले. डॉ. विनीत वसुधानी यांनी आरोग्य व आहार या विषयावर व्याख्यान दिले. डॉ. विनीत वसुधानी यांनी आरोग्य व आहार या विषयावर व्याख्यान दिले.

कार्यक्रमात डॉ. विनीत वसुधानी यांनी आरोग्य व आहार या विषयावर व्याख्यान दिले. डॉ. विनीत वसुधानी यांनी आरोग्य व आहार या विषयावर व्याख्यान दिले. डॉ. विनीत वसुधानी यांनी आरोग्य व आहार या विषयावर व्याख्यान दिले. डॉ. विनीत वसुधानी यांनी आरोग्य व आहार या विषयावर व्याख्यान दिले. डॉ. विनीत वसुधानी यांनी आरोग्य व आहार या विषयावर व्याख्यान दिले.



विवेकानंद महाविद्यालयात जागतिक लोकसंख्या दिनानिमित्त ई-पोस्टर स्पर्धा



कोल्हापूर : वेदोत्त विवेकानंद महाविद्यालयात अर्थशास्त्र विभागाच्यावतीने जागतिक लोकसंख्या दिनानिमित्त ई-पोस्टर स्पर्धेचे आयोजन करण्यात आले. या स्पर्धेत बी.ए. व बी.बी.ए. शाखेतील विद्यार्थ्यांनी लोकसंख्येच्या प्रश्नावर अत्यंतपूर्ण माहिती कळवत वाढीचा सकारात्मक होण्याचा परिणामाचा प्रभाव टाकण्याचे पोस्टर तयार केले. कार्यक्रमाच्या अध्यक्षस्थानी डॉ. वैजनाथ पाटील होते. यावेळी डॉ. वैजनाथ पाटील यांनी मुखवटांमध्ये लोकसंख्यावाढीची समस्या, तिचे

तुलनात्मक व उदाहरणात्मक या विषयी जाणवकरा विरल काळाचे महत्त्व स्पष्ट केले. प्रास्ताविक डॉ. संजय टिपकुर्ले यांनी केले. प्रमुख परीक्षक म्हणून श्री. रॉय पाटील (गृहविभाग विभाग) व डॉ. सोमनाथ काळे यांनी ई-पोस्टरचे मूल्यांकन व विद्यार्थ्यांस मार्गदर्शन केले. आयुष्य प्रदर्शन अर्द्धशती गीते यांनी सारले. सुरमंचावर खुशिका किशोरा यांनी केले. वाद्यमंथी डॉ. सटीश पाटील यांच्यामार्फत महाविद्यालयातील विद्यार्थी व विद्यार्थिनी गोरुदा सणुवेने इतिवृत्त होते.

विवेकानंद महाविद्यालयमध्ये महिलांचे आरोग्य व आहार विषयावर व्याख्यान

कोल्हापूर : वेदोत्त विवेकानंद महाविद्यालयात महिला स्वास्तीकरण सत्र (संवेदन मंडळ) आणि अंतर्गत लक्षणां ही सत्र यांचा संयुक्त विद्यार्थी महिलांचा आरोग्य व आहार या विषयावर मार्गदर्शन.



कार्यक्रम याच प्रसंग, कार्यक्रमाच्या अध्यक्षस्थानी प्राचार्य डॉ. अर. अर. कुमर होते. प्रमुख मार्गदर्शक म्हणून डॉ. विठ्ठल बघवारी यांनी इंग्लिशमधील मार्गदर्शन करतात असताना बी, Healthy outside starts from healthy inside, म्हणजेच बाह्य शरीर व आरोग्य हे आपल्या अंतर्गत पोषणामुळे शरीरक अवस्थेवर अवलंबून असते. त्या पुढे व्याख्या बी, आरोग्यासाठी ८०-२० रीती पाहणे आवश्यक आहे. ८० टक्के योग्य आहार व २० टक्के व्यायाम यांनी महिलांना योग्य आहार घ्यावा असे मार्गदर्शन केले. त्यांचे अध्यक्षत्व, उच्च प्रचारात अभ्यासप्रवृत्तीक घटवून, जागतिक स्तरावर बाढी, मोठ्या महिलांच्या अतिशय कायमस्वरूपी लक्षणांचे आवाजाने मांडी केले.

अध्यक्षीय भाषणात प्राचार्य डॉ. अर. अर. कुमर यांनी महिलांचे आरोग्य आणि आहार या विषयांचे महत्वात्त्वाचे महत्त्व घ्यावून तेच कार्यक्रमासाठी मुखवटा ठिका. या कार्यक्रमाचे संयोजक डॉ. संजय टिपकुर्ले यांनी केले.

प्रास्ताविक डॉ. पांडुरंग टेंगळे यांनी केले. आयुष्यप्रदर्शन आयुष्यमूर्ती समनयक डॉ. कुले खोशी यांनी सारले. सुरमंचावर मुखवटा पाटील यांनी केले. कार्यक्रमासाठी सर्व शिक्षक व शिक्षकेतर महिला गोरुदा प्रचारात इतिवृत्त होता.

