

## ACTIVITY REPORT A.Y. 2025-2026

### Part A) Information about Organizing Team

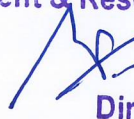
|                                                                                                                                                                                                                   |                                      |                      |                           |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|----------------------|---------------------------|
| <b>NAME OF THE ACTIVITY:</b> Webinar on Health Challenges /Issues Faced by Women & Lifestyle Modifications. <b>Organised by:</b> Dyan Ganga Education Trust's Degree & Junior College of Arts, Commerce & Science |                                      |                      |                           |
| ACTIVITY DATE                                                                                                                                                                                                     | DEPARTMENT                           | COMMITTEE            | COORDINATOR NAME          |
| 13 <sup>th</sup> December 2025                                                                                                                                                                                    | BMS & B.Com.<br>(Management Studies) | DLLE                 | Ms. Anita A. Sharma       |
| DURATION                                                                                                                                                                                                          | VENUE                                | PARTICIPANTS (Nos)   | NATURE:<br>Outdoor/Indoor |
| 1 Day                                                                                                                                                                                                             | Webinar                              | <b>23 students</b>   | Indoor (Webinar)          |
| FACULTY SUPPORT:                                                                                                                                                                                                  |                                      |                      |                           |
| STUDENT SUPPORT:                                                                                                                                                                                                  | A. Mr. Fardin Khan                   | B. Ms. Purvi Chauhan |                           |
|                                                                                                                                                                                                                   | C. Ms. Nandini Kumavat               | D. Ms. Hansika Gupta |                           |
|                                                                                                                                                                                                                   | E. Ms. Dimple Chaudhary              | F. --                |                           |

### Part B) Brief Information about the Activity

|                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| TOPIC OF THE ACTIVITY | Webinar on Health Challenges /Issues Faced by Women & Lifestyle Modifications.<br><b>Organised by:</b> Dyan Ganga Education Trust's Degree & Junior College of Arts, Commerce & Science                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| OBJECTIVES            | <ul style="list-style-type: none"> <li>To create awareness about common physical and mental health challenges faced by women across different life stages.</li> <li>To educate participants on lifestyle-related disorders and their impact on women's overall well-being.</li> <li>To highlight the importance of preventive healthcare, nutrition, and regular physical activity for women.</li> <li>To promote healthy lifestyle modifications for managing stress, hormonal imbalances, and work-life balance.</li> <li>To encourage women to adopt informed and proactive approaches towards their health and wellness.</li> </ul>                               |
| METHODOLOGY           | The webinar was organized through a virtual meeting platform , wherein a subject expert in women's health delivered an insightful session addressing the various health challenges faced by women across different stages of life.                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| OUTCOMES              | <ul style="list-style-type: none"> <li>Participants gained improved understanding of major health issues affecting women and their underlying causes.</li> <li>Awareness regarding the role of balanced diet, exercise, and mental well-being in maintaining women's health was enhanced.</li> <li>Attendees were able to identify practical lifestyle modifications to prevent and manage common health concerns.</li> <li>The webinar motivated participants to make positive behavioral changes towards healthier living.</li> <li>Participants developed a more holistic perspective on women's health, emphasizing self-care and preventive measures.</li> </ul> |

For Sheila Raheja School of Business  
 Management & Research



  
 Director

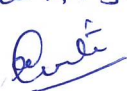
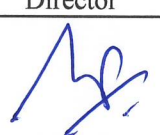
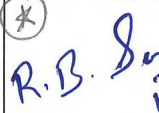
**Part C) Proofs & Documents Attached (Tick mark the proofs attached):**

|                            |                                   |                        |
|----------------------------|-----------------------------------|------------------------|
| 1. Directions by Authority | 6. Activity Report                | 11. Account Settlement |
| 2. Proposal Note           | 7. Brief Profile Guest            | 12. News Material      |
| 3. Approval Letter         | 8. Attendance (Gender/Sem/Course) | 13. Feed Back Report   |
| 4. Notice & Schedule       | 9. Certificate                    | 14. Any Other          |
| 5. Organizing Committee    | 10. Geotag Photographs            |                        |

**Part D) Social Media:**

| Web Site Signature & Date |     | Twitter Signature & Date |     | Instagram Signature & Date |     | Facebook Signature & Date |     |
|---------------------------|-----|--------------------------|-----|----------------------------|-----|---------------------------|-----|
| DOS                       | DOP | DOS                      | DOP | DOS                        | DOP | DOS                       | DOP |
| ✓                         | ✓   | ✓                        | ✓   | ✓                          | ✓   | ✓                         | ✓   |

**Part E) IQAC Cell:**

| Name & Signature of Coordinator                                                                          | Name & Signature of Director                                                       | IQAC Documentation        | IQAC coordinator (seal & signature)                                                                              |
|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------|------------------------------------------------------------------------------------------------------------------|
| Ms. Anil A. Sharma<br> |  | Total No of Pages<br>14/1 | <br>R.B. Sharma<br>13/1/2021 |

For Sheila Raheja School of Business  
Management & Research



  
Director



# DNYAN GANGA EDUCATION TRUST'S

Degree & Junior College of Arts, Commerce & Science

(Affiliated to University of Mumbai) (NAAC Accredited with "B" Grade - CGPA: 2.47)

Opp. Unnathi Greens, Near Haware City, Kasarvadavali, G.B. Road, Thane (W)-400615

## WOMEN DEVELOPMENT CELL

organises

NATIONAL LEVEL WEBINAR

# HEALTH CHALLENGES / ISSUES FACED BY WOMEN & LIFESTYLE MODIFICATIONS

### RESOURCE PERSON:



**Dr. Mahendra Kendre**  
(MBBS, DCP)  
Pathologist &  
Blood Transfusion Officer  
Civil Hospital, Thane



**Mrs. Shashikala Thota**  
(M.Sc. Nursing)  
Principal, DGET Nursing

**DATE:** Saturday, 13<sup>th</sup> December, 2025 | **TIME:** 11:00 AM to 12:30 PM

**Open for students, faculty and research scholar**

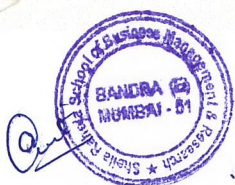
**E-certificates will be provided to all the participants**

**[ CLICK TO JOIN ]**

**Meeting ID:** 446 073 875 082 05 | **Passcode:** Z7hv32pE



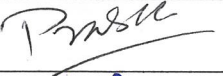
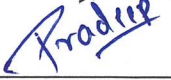
Click to Join  
WhatsApp

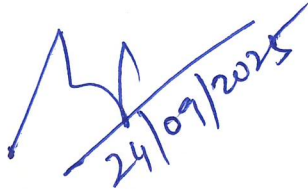


For Sheila Raheja School of Business  
Management & Research

Director

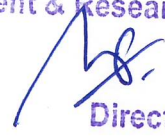
**Department of Life Long Learning (DLLE)**

| Sr.No. | Faculty Representation | Faculty Name Appointed      | Signature                                                                           |
|--------|------------------------|-----------------------------|-------------------------------------------------------------------------------------|
| 1      | DLLE Co-ordinator      | Ms. Anita Angadkumar Sharma |  |
| 2      | Member                 | Dr. Prasad M. Supekar       |  |
| 3      | Member                 | Mr. Pradeep R. Mali         |  |

  
24/09/2025

**Dr. Harish Kumar S. Purohit**  
Director

**For Sheila Raheja School of Business  
Management & Research**

  
**Director**

24<sup>th</sup> December 2025

**Webinar on Health Challenges /Issues Faced by Women & Lifestyle Modifications.**  
**Organised by:** Dyan Ganga Education Trust's Degree & Junior College of Arts, Commerce  
& Science (Academic Year 2025-2026)

- **Date:** 13<sup>th</sup> December 2025
- **Time:** 11.00 am onwards
- **No. of students participated:** 23 students
- **Mode of Conduct:** Indoor (Webinar)
- **Number of Faculty members that Participated:** ---

A webinar on “**Health Challenges / Issues Faced by Women & Lifestyle Modifications**” was organized by organised by **Dyan Ganga Education Trust's Degree & Junior College of Arts, Commerce & Science** to create awareness about the physical, mental, and lifestyle-related health concerns experienced by women at various stages of life.

The session was conducted through a virtual meeting platform, The resource person Dr. Mahendra Kendre and Mrs. ShashikalaThota discussed common health issues affecting women, including lifestyle disorders, stress-related problems, hormonal imbalances, and the importance of preventive healthcare.

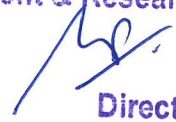
**The primary objective of conducting this webinar was to educate participants about women's health challenges and emphasize the need for adopting healthy lifestyle practices such as balanced nutrition, regular physical activity, stress management, and self-care.**

#### **Objectives**

- To create awareness about common physical and mental health challenges faced by women across different life stages.
- To educate participants on lifestyle-related disorders and their impact on women's overall well-being.
- To highlight the importance of preventive healthcare, nutrition, and regular physical activity for women.
- To promote healthy lifestyle modifications for managing stress, hormonal imbalances, and work-life balance.
- To encourage women to adopt informed and proactive approaches towards their health and wellness

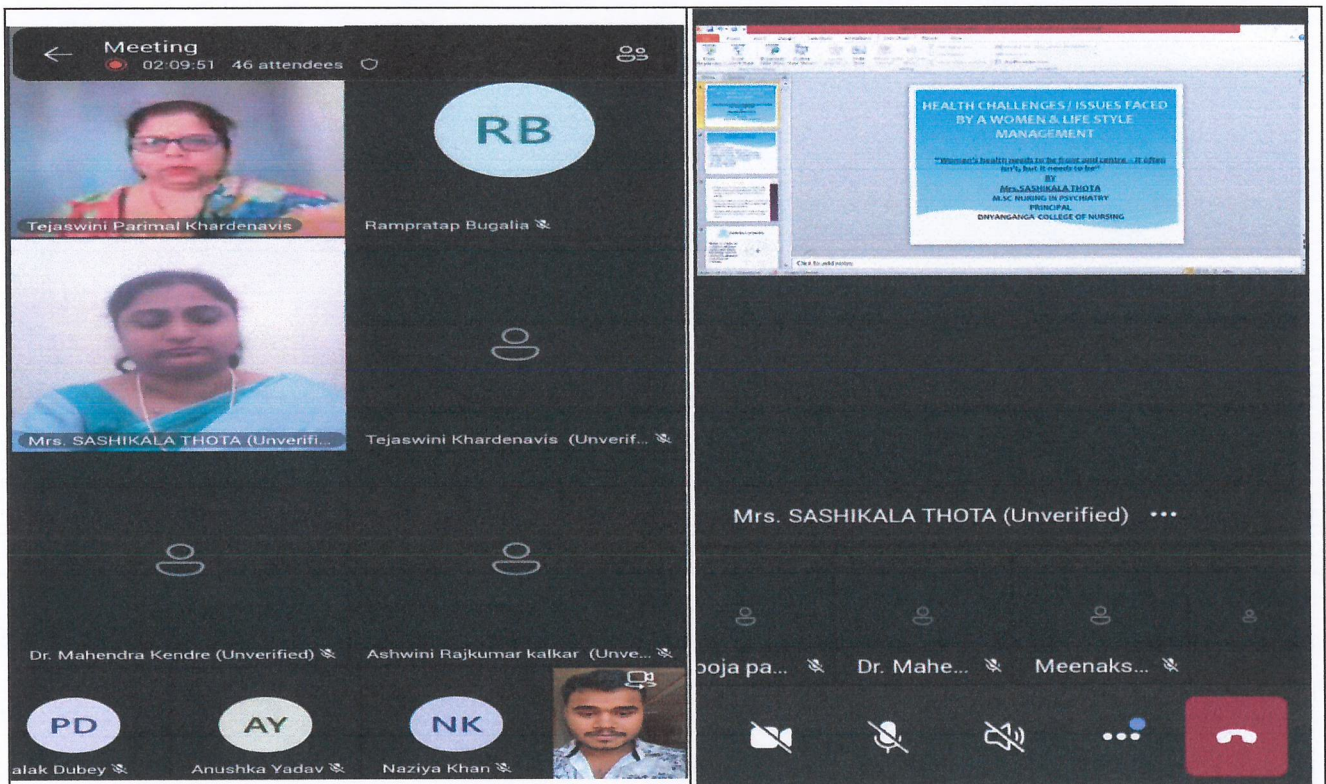
**For Sheila Raheja School of Business  
Management & Research**



  
**Director**

### Outcomes

- Participants gained improved understanding of major health issues affecting women and their underlying causes.
- Awareness regarding the role of balanced diet, exercise, and mental well-being in maintaining women's health was enhanced.
- Attendees were able to identify practical lifestyle modifications to prevent and manage common health concerns.
- The webinar motivated participants to make positive behavioral changes towards healthier living.
- Participants developed a more holistic perspective on women's health, emphasizing self-care and preventive measures.



**Webinar on Health Challenges /Issues Faced by Women & Lifestyle Modifications.**  
**Organised by:** Dyan Ganga Education Trust's Degree & Junior College of Arts, Commerce & Science  
 (Academic Year 2025-2026)

  
 Ms. Anita A. Sharma  
 Asst. Prof.



**For Sheila Raheja School of Business  
 Management & Research**

  
 Dr. Harish Kumar S. Purohit  
 Director

## ACADEMIC YEAR: 2025-2026

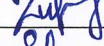
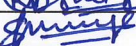
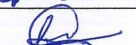
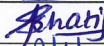
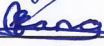
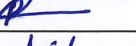
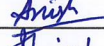
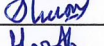
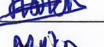
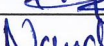
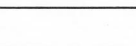
### DEPARTMENT OF DLLE

#### Webinar on Health Challenges /Issues Faced by Women & Lifestyle Modifications

Organised by: Dyan Ganga Education Trust's Degree & Junior College of Arts, Commerce & Science

Date: 13<sup>th</sup> December 2025

Time: 11:00 am onwards

| Sr. | Name of the students    | Roll.no. | Class       | Sign                                                                                  |
|-----|-------------------------|----------|-------------|---------------------------------------------------------------------------------------|
| 1.  | Khan Abdul Rehman       | 25019    | FYB.Com(MS) |    |
| 2.  | Siddhesh Junil Joshi    | 25017    | FYB.Com(MS) |    |
| 3.  | Devendra Prachant Ghag  | 25013    | FYB.Com(MS) |    |
| 4.  | Zuhya Tajuddin Mansoori | 25025    | FYB.Com(MS) |    |
| 5.  | Shweta Shankar bolka    | 25005    | FYB.Com(MS) |    |
| 6.  | Ansh Shrivastav         | 25049    | FYB.Com(MS) |    |
| 7.  | Niraj Naresh Sawant     | 25041    | FYB.Com(MS) |    |
| 8.  | Zameel Budhwani         | 25006    | FYB.Com(MS) |   |
| 9.  | Rashmit Shetye          | 23045    | TYBMS (A)   |  |
| 10. | Ananya singh            | 23047    | TYBMS A     |  |
| 11. | Ferdin Kose Khan        | 24044    | SYB.Com(MS) |  |
| 12. | Rishi Chauhan           | 24012    | SYB.Com(MS) |  |
| 13. | Khatija Shaikh          | 23044    | TYBMS (A)   |  |
| 14. | Jayesh Chauhan          | 24011    | SYB.Com(MS) |  |
| 15. | Bakya Rana              | 23126    | TYBMS (A)   |  |
| 16. | Monika Chouhan          | 23004    | TYBMS (A)   |  |
| 17. | Rahul Nair              | 23025    | TYBMS (A)   |  |
| 18. | Anish Gupta             | 23122    | TYBMS (A)   |  |
| 19. | Shivam Gupta            | 23066    | TYBMS (B)   |  |
| 20. | Harsh Pandey            | 23028    | TYBMS (A)   |  |
| 21. | Myra Chola              | 23063    | TYBMS (B)   |  |
| 22. | Dimple Chaudhary        | 24009    | SYB.Com(MS) |  |
| 23. | Nandini Patel           | 23033    | TYBMS (A)   |  |
| 24. |                         |          |             |                                                                                       |
| 25. |                         |          |             |                                                                                       |
| 26. |                         |          |             |                                                                                       |
| 27. |                         |          |             |                                                                                       |
| 28. |                         |          |             |                                                                                       |
| 29. |                         |          |             |                                                                                       |
| 30. |                         |          |             |                                                                                       |



For Sheila Raheja School of Business  
Management & Research

  
Director



DNYAN GANGA EDUCATION TRUST'S

**DEGREE COLLEGE OF ARTS, COMMERCE & SCIENCE**

Opp. Unnathi Greens, Near Haware Citi, Kasarvadavali, G. B. Road, Thane (W)- 400615

TELEPHONE: +91 98330 24368; EMAIL: [dgetadmin@dgetcollege-edu.org](mailto:dgetadmin@dgetcollege-edu.org) Website: <https://dgetcollege-edu.org>

NAAC Accredited B Grade CGPA 2.47 (First Cycle)



For Sheila Raheja School of Business  
Management & Research

  
Director

# CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS PROUDLY PRESENTED TO

Devendr Ghag

has actively participated in the **National Level Webinar** on the theme "**Health Challenges / Issues Faced by Women and Lifestyle Modifications**" organized by the Women Development Cell of Dnyan Ganga Education Trust's Degree College of Arts, Commerce and Science on 13th December, 2025.



WDC Coordinator



I/C Principal



DNYAN GANGA EDUCATION TRUST'S

**DEGREE COLLEGE OF ARTS, COMMERCE & SCIENCE**

Opp. Unnathi Greens, Near Haware Citi, Kasarvadavali, G. B. Road, Thane (W)- 400615

TELEPHONE: +91 98330 24368; EMAIL: dgetadmin@dgetcollege-edu.org Website: <https://dgetcollege-edu.org>

NAAC Accredited B Grade CGPA 2.47 (First Cycle)

# CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS PROUDLY PRESENTED TO

**Giri Ashish**

For Sheila Raheja School of Business  
Management & Research



  
Director

has actively participated in the **National Level Webinar** on the theme "**Health Challenges / Issues Faced by Women and Lifestyle Modifications**" organized by the Women Development Cell of Dnyan Ganga Education Trust's Degree College of Arts, Commerce and Science on 13th December, 2025.



WDC Coordinator



I/C Principal



DNYAN GANGA EDUCATION TRUST'S

**DEGREE COLLEGE OF ARTS, COMMERCE & SCIENCE**

Opp. Unnathi Greens, Near Haware Citi, Kasarvadavali, G. B. Road, Thane (W)- 400615

TELEPHONE: +91 98330 24368; EMAIL: dgetadmin@dgetcollege-edu.org Website: <https://dgetcollege-edu.org>

NAAC Accredited B Grade CGPA 2.47 (First Cycle)

# CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS PROUDLY PRESENTED TO

**Siddhesh Sunil Joshi**



For Sheila Raheja School of Business  
Management & Research

**Director**

has actively participated in the **National Level Webinar** on the theme "**Health Challenges / Issues Faced by Women and Lifestyle Modifications**" organized by the Women Development Cell of Dnyan Ganga Education Trust's Degree College of Arts, Commerce and Science on 13th December, 2025.

**WDC Coordinator**

**I/C Principal**



DNYAN GANGA EDUCATION TRUST'S

## DEGREE COLLEGE OF ARTS, COMMERCE & SCIENCE

Opp. Unnathi Greens, Near Haware Citi, Kasarvadavali, G. B. Road, Thane (W)- 400615

TELEPHONE: +91 98330 24368; EMAIL: dgetadmin@dgetcollege-edu.org Website: <https://dgetcollege-edu.org>

NAAC Accredited B Grade CGPA 2.47 (First Cycle)



For Sheila Raheja School of Business  
Management & Research

Director

# CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS PROUDLY PRESENTED TO

Khan Abdur Rehman

has actively participated in the **National Level Webinar** on the theme "**Health Challenges / Issues Faced by Women and Lifestyle Modifications**" organized by the Women Development Cell of Dnyan Ganga Education Trust's Degree College of Arts, Commerce and Science on 13th December, 2025.

WDC Coordinator

I/C Principal



DNYAN GANGA EDUCATION TRUST'S

## DEGREE COLLEGE OF ARTS, COMMERCE & SCIENCE

Opp. Unnathi Greens, Near Haware Citi, Kasarvadavali, G. B. Road, Thane (W)- 400615

TELEPHONE: +91 98330 24368; EMAIL: dgetadmin@dgetcollege-edu.org Website: <https://dgetcollege-edu.org>  
NAAC Accredited B Grade CGPA 2.47 (First Cycle)



For Sheila Raheja School of Business  
Management & Research

Director

# CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS PROUDLY PRESENTED TO

Shweta shankar bokka

has actively participated in the **National Level Webinar** on the theme "**Health Challenges / Issues Faced by Women and Lifestyle Modifications**" organized by the Women Development Cell of Dnyan Ganga Education Trust's Degree College of Arts, Commerce and Science on 13th December, 2025.

WDC Coordinator

I/C Principal



DNYAN GANGA EDUCATION TRUST'S

**DEGREE COLLEGE OF ARTS, COMMERCE & SCIENCE**

Opp. Unnathi Greens, Near Haware Citi, Kasarvadavali, G. B. Road, Thane (W)- 400615

TELEPHONE: +91 98330 24368; EMAIL: dgtsadmin@dgtscollege-edu.org Website: <https://dgtscollege-edu.org>

NAAC Accredited B Grade CGPA 2.47 (First Cycle)



For Sheila Raheja School of Business  
Management & Research

THIS CERTIFICATE IS PROUDLY PRESENTED TO

**Devendr Ghag**

  
Director

has actively participated in the **National Level Webinar** on the theme "**Health Challenges / Issues Faced by Women and Lifestyle Modifications**" organized by the Women Development Cell of Dnyan Ganga Education Trust's Degree College of Arts, Commerce and Science on 13th December, 2025.



WDC Coordinator



I/C Principal



DNYAN GANGA EDUCATION TRUST'S  
**DEGREE COLLEGE OF ARTS, COMMERCE & SCIENCE**  
Opp. Unnathi Greens, Near Haware Citi, Kasarvadavali, G. B. Road, Thane (W)- 400615  
TELEPHONE: +91 98330 24368; EMAIL: [dggetadmin@dggetcollege-edu.org](mailto:dggetadmin@dggetcollege-edu.org) Website: <https://dggetcollege-edu.org>  
NAAC Accredited B Grade CGPA 2.47 (First Cycle)

## CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS PROUDLY PRESENTED TO

Devendr Ghag

For Sheila Raheja School of Business  
Management & Research



Director

has actively participated in the **National Level Webinar** on the theme "**Health Challenges / Issues Faced by Women and Lifestyle Modifications**" organized by the Women Development Cell of Dnyan Ganga Education Trust's Degree College of Arts, Commerce and Science on 13th December, 2025.

WDC Coordinator

I/C Principal