

ACADEMIC YEAR: 2024-25

Guest Lecture Report

Name:	Dr. Tanuja Ravindra Bramhankar
Institute/Company	Assistant professor at DRVPMCH & RC, Nashik.
Designation:	M.B.B.S. M.D. Community Medicine ACLP lactation Professional.
Topic:	"Power of self care/ Women's health priority"
Date and Time	07 th March 2025 from 10.00 am to 12.00 pm
Venue	Polytechnic Seminar Hall
Lecture Covers	<ol style="list-style-type: none"> 1. How to Focus on Self care on priority 2. Health tips about the benefits of eating healthy. 3. Food and the importance of indulging into regular exercise. 4. How spirituality could help oneself stay healthy and fit 5. To create an awareness about teenage issue and how to deal with them.
No. of students present.	Around 150 Female Students.
Proofs of conduction	1. Attendance. 2. Photos.
Name of Organisers.	Mrs. J. B. Mhaske, Mrs. P. B. Khairnar, Mrs. S. D. Jadhav

Photographs

