BHUJBAL KNOWLEDGE CITY Mumbai Educational Trust	**MET's Institute of Technology (Polytechnic), Nashik** www.metbhujbalknowledgecity.ac.in

AY:2026-27

Name of Activity	Awareness Session on PCOD
Academic Year	(2026-27)
Date & Time	17th September 2026 | 12:30 PM – 1:30 PM
Institute	MET's Institute of Technology (Polytechnic), Nashik
Target Participants	All girl students of Diploma Engineering
Venue	Seminar Hall

1. Title of the Activity :

Awareness Session on PCOD – Women's Health Matters

2. Resource Person

Dr. Pranita Harshad Sanghavi
M.S., D.N.B., D.G.O., F.C.P.S.
Head of Department – Consultant, Obstetrics & Gynaecology, KIMS Cuddles, Mother and Child Unit of KIMS Manavata Hospital.

3. Objective of the Activity :

- To create awareness among girl students about Polycystic Ovary Disease (PCOD).
- To promote understanding of women's reproductive and menstrual health.
- To encourage healthy lifestyle practices and preventive healthcare.

4. Description of the Activity :

An awareness session on PCOD (Polycystic Ovary Disease) was conducted for the girl students of Diploma Engineering. The session was delivered by Dr. Pranita Harshad Sanghavi, an experienced Obstetrician and Gynaecologist.

The session provided students with important information about PCOD, its common symptoms, associated health concerns, and the role of lifestyle and preventive care. The speaker emphasized the importance of maintaining healthy habits, being attentive to changes in menstrual health, and seeking appropriate medical guidance when required.

The interactive session helped students gain awareness about women's health issues and encouraged them to take a proactive approach towards their physical well-being.

5. Key Outcomes :

- Students gained basic awareness about PCOD and women's reproductive health.
- Students understood the importance of healthy lifestyle and preventive care.
- Awareness was created regarding the need for timely medical consultation.

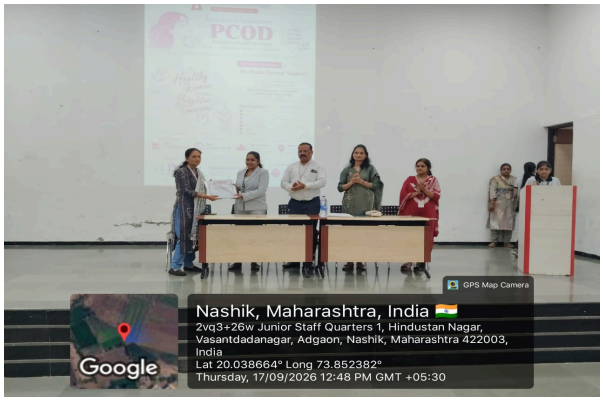
6. Conclusion :

The **Awareness Session on PCOD – Women's Health Matters** was an informative and meaningful initiative aimed at promoting health awareness among girl students. The expert guidance provided by Dr. Pranita Harshad Sanghavi helped students better understand PCOD and the importance of taking care of their overall health.









Women's Grievance Redressal Committee
(Vishakha Committee),
MET's Institute of Technology, Nashik

Dr. R. S. Narkhede
Principal

MET's Institute of Technology (Polytechnic), Nashik

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BHUJBAL KNOWLEDGE CITY
INSTITUTE OF TECHNOLOGY (POLYTECHNIC)
Mumbai Educational Trust

Empowering Young Women for a Healthier Tomorrow



Awareness Session on PCOD

Women's Health Matters

Know • Understand • Prevent • Stay Healthy

Healthy Women Brighter Futures

A special health awareness session for all girl students of Diploma Engineering

A *Healthy Woman* Builds a *Brighter Tomorrow*

Care Today for a Stronger, Happier You

Our Expert Speakers

Dr. Pranita Harshad Sanghavi

M.S., D.N.B., D.G.O., F.C.P.S.
From Seth GS Medical College,
KEM Hospital & Wadia Hospital

Head of Department – Consultant Obstetrics & Gynaecology
at KIMS Cuddles,
Mother and Child Unit of KIMS MANAVATA Hospital.

Key Expertise

- 18+ years of experience in the field of Gynaecology
- Expert in High-Risk Obstetrics
- First Female Robotic Surgeon of North Maharashtra
- Advanced Hysteroscopy & Laparoscopic Surgeon
- Fertility Specialist
- Expert in Preventive Oncology
- Specialist in Adolescent Health Issues

Date
17th September 2026
(Thursday)

Time
12.30 PM – 1.30 PM

Target Audience
All girl students of Diploma Engineering

Venue
College Auditorium / Seminar Hall

Organized by

KIMS CUDDLES® MOTHER & CHILD CENTRE

KIMS Manavata Hospital, Nashik
(Community Outreach Initiative)

In Association with

Women's Grievance Cell