

Phaltan Education Society's
College of Engineering

Date: 06/03/2025

Notice

All degree and diploma students are hereby informed that Institutes Internal Complaint Committee is organizing **Hemoglobin Check-up Camp for Girl Students** on the occasion of International Women's Day 2025.

Program Details:

Venue: Seminar Hall, PES's College of Engineering

Day and Date: Monday, 17th March, 2025

Time: 03.00 pm onwards.

Badhav
Ms. D. D. Jadhav
ICC Secretary

Bhote
Mrs. D. S. Bhoite
Presiding Officer ICC

Narve
Prof. Dr. N. G. Narve
Principal

Institute Vision

Phaltan Education Society's College of Engineering aspires to be recognized as the college of first Choice for excellence in technical education.

Institute Mission

1. To prepare specially rural students for a productive and rewarding career in engineering profession.
2. To impart value added technical and soft skills for attaining excellence in Career
3. To develop responsible citizens with ethical values.

PES's College of Engineering
Academic Year 2024-25
Internal Complaint Committee

2024-2025

Report on: **Hemoglobin Check-up Camp for Girl Students**

Organized by: Internal Complaint Committee (ICC)

Date: 17th March, 2025

Occasion: International Women's Day 2025

Venue: Seminar Hall, College of Engineering, Phaltan

Number of Participants: 118

Introduction

International Women's Day, celebrated on 8th March, highlights women's rights, achievements, and well-being. One of the key aspects of women's empowerment is health awareness, as good health is fundamental to achieving personal and professional goals. Recognizing this, on the occasion of International Women's Day 2025, the Internal Complaint Committee (ICC) of College of Engineering, Phaltan, organized a Hemoglobin Check-up Camp for girl students on 17th March, 2025. The initiative aimed to promote health awareness among young women and emphasize the importance of regular health checkups.

Objectives of the Camp

1. **To promote health awareness** among girl students on the occasion of International Women's Day.
2. **To assess hemoglobin levels** and identify students at risk of **anemia or other health issues**.
3. **To provide medical guidance** and suggest dietary improvements for maintaining adequate hemoglobin levels.
4. **To encourage preventive healthcare practices** among young women.



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Need for Health Checkups for Girls

Women, especially young girls, are often at risk of **anemia and nutritional deficiencies** due to **poor diet, lack of awareness, and academic stress**. **Low hemoglobin levels** can lead to:

- Fatigue and weakness
- Dizziness and headaches
- Poor concentration and reduced academic performance
- Weakened immune system

By conducting **regular health checkups**, early signs of **anemia and other deficiencies** can be detected and managed with **proper diet and medical advice**.

Camp Highlights

- The camp was conducted in collaboration with **medical professionals and healthcare experts**.
- A total of **118 girl students** actively participated and underwent **hemoglobin level assessments**.
- Students were given **personalized health consultations** based on their reports.
- Awareness sessions were conducted on **anemia prevention, women's health, and nutrition**.
- Students with low HB level were advised on maintaining **iron-rich diets** and adopting **healthy lifestyle habits**.



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Photographs of Event:

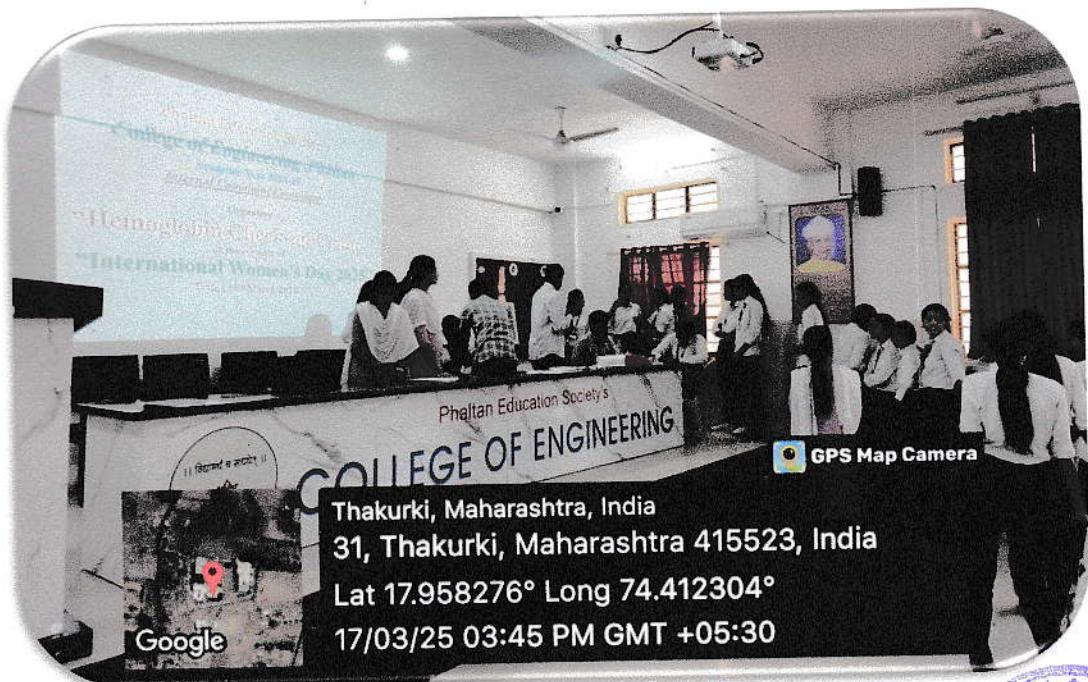


Photo 1-2: Girls participated in Hemoglobin Checkup Camp



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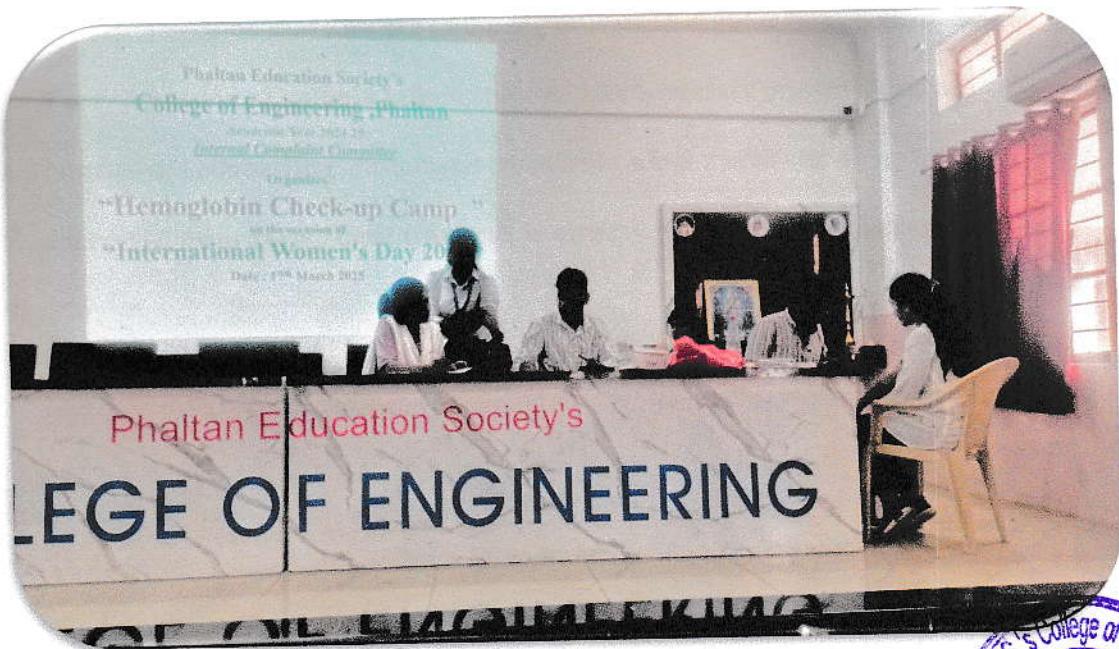


Photo 3-4: Girls participated in Hemoglobin Checkup Camp

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Photo 5-6: Ladies Faculties participated in Hemoglobin Checkup camp

Outcomes of the Camp

1. **118 students benefited** from the hemoglobin test and received **health insights**.
2. Students became more aware of the importance of **regular health checkups**.
3. **Early detection of anemia** helped students take necessary preventive measures.
4. **Nutritional counseling** encouraged students to adopt a healthier diet.
5. **Increased awareness about women's health issues** and the importance of self-care.

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