

Date: 06/06/2025

To,

The Principal  
College of Engineering.

**Subject: - Regarding permission for organizing a Guest lecture.**

Respected Madam,

With reference to above cited subject, Institute's Internal Complaint Committee (ICC) organizes a guest lecture on "**Healthy Diet for Girls**" by **Dr. Sonali V. Gundage, Brahmi Ayurved Clinic** on Monday, **9<sup>th</sup> June, 2025**. The remuneration will be given to the expert as per AICTE norms.

So, I request you to grant a permission to organize the Guest Lecture.

Thanking you,

Yours Faithfully,

Jadhav


Prof. Ms. D. D. Jadhav

ICC Secretary

Permitted  
Jadhav  
06/06/25

विद्यामर्थं च साधयेत् ।

FOUNDER -  
**Shreemant Malojirao Naik Nimbalkar**  
Rajesaheb Phaltan.



**PHALTAN EDUCATION SOCIETY'S**  
**COLLEGE OF ENGINEERING, PHALTAN**  
(Approved by AICTE New Delhi, D.T.E. Mumbai and D-SATU Lonere/MSBTE Mumbai)  
Shreemant Shrivijaya Nagar, Kurawali Road, Thakurki, Tal. Phaltan, Dist. Satara Pin 415 523  
E-mail : pae.ceepincipal2011@gmail.com / ceepincipal@yahoo.co.in Website : www.ceephaltan.edu.in  
Hon. Shreemant Sanjivrao Naik Nimbalkar Secretary, P. E. S. Prof. Mrs. D. S. Bhoite Principal

Ref: 144-1/25-26

Date: 09/01/2025

To,  
Dr. Sonali V. Gundage,  
Brahmi Ayurved Clinic,  
Kolki, Phaltan.

**Subject: Invitation as Expert for 'Healthy Diet for Girls'**

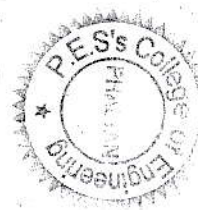
Dear Madam,

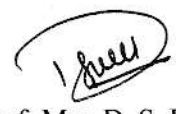
Ours rapidly growing and emerging Engineering College affiliated to Dr Babasaheb Ambedkar Technological University, Lonere and MSBTE. Institute's Internal Complaint Committee is organizing an expert talk on women's health on 9<sup>th</sup> June 2025, therefore I cordially invite you as an Expert for "Healthy Diet for Girls" scheduled between 3.00pm to 5.00 pm in our college.

Please consider our request favorably.

Thanks and regards.

Yours Faithfully,



  
Prof. Mrs. D. S. Bhoite  
MC Principal,  
College of Engineering



Phaltan Education Society's  
**College of Engineering**

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Date: 06/06/2025

**Notice**

All Degree girls students are hereby informed that Institutes Internal Complaint Committee is organizing an Expert Lecture on “**Healthy Diet for Girls**” scheduled between 3.00pm to 5.00 pm in our college.

**Program Details:**

**Venue:** Seminar Hall, PES's College of Engineering

**Day and Date:** Monday, 9<sup>th</sup> June, 2025

**Time:** 03.00 pm onwards.



**Ms. D. D. Jadhav**  
ICC Secretary



**Prof. Mrs. D. S. Bhoite**  
Presiding Officer ICC



**Prof. Mrs. D. S. Bhoite**  
H.C. 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**

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

**Phaltan Education Society's**  
**College of Engineering**  
**Academic Year 2024-25**  
**Internal Complaint Committee**

Date: 16/06/2025

To,  
The Principal,  
College of Engineering,  
Phaltan.

**Subject:** Report on Expert lecture for girls on '**Healthy Diet for Girls**'.

**Objectives:**

1. To develop and improve Women's health and understand the importance of Women's Health
2. To understand Women's common Health Issues causes, symptoms, and its remedial actions.
3. To encourage women for use of Ayurved and healthy Lifestyle.

**Program Details:**

**Resource Person:** Dr. Sonali V. Gundage, Brahmi Ayurved Clinic, Phaltan.

**Venue:** Seminar Hall, PES's, College of Engineering.

**Day and Date:** Monday, 9<sup>th</sup> June, 2025

**Time:** 03:00 pm to 5:00 pm

**No. of Present Students:** 43

**No. of Faculty:** 10

**Introduction:**

The Internal Complaint Committee of our institute organized an expert talk on '**Healthy Diet for Girls**' on 9<sup>th</sup> June 2025, from 3.00 PM to 5.00 PM. The event aimed to spread awareness among students and staff regarding common women's health issues and the role of Ayurveda in managing them.





The program commenced at 3.00 PM with felicitation of Hon. Guest Dr. Sonali Gundage Madam by the Prof. Mrs. Jyoti Tilekar. An introductory speech of the guest was delivered by Ms. Dipali Jadhav, Member Secretary of ICC.

### Expert Talk by Dr. Sonali Gundage:

Dr. Sonali began her session by discussing the common health issues women face in their daily lives due to lifestyle choices and family responsibilities. She elaborated on how to differentiate between normal and abnormal health conditions in women.

She discussed general causes and symptoms of several health problems such as:

- PCOD (Polycystic Ovarian Disease)
- Hormonal Imbalances
- Skin Issues (e.g., acne, dry skin, sun damage, skin cancer)
- Hair Problems (e.g., dandruff, hair loss, premature greying)
- Stress and Menstrual Issues (e.g., heavy, scanty, missed or irregular periods, period cramps)

She explained specific symptoms for conditions like PCOD, including:

- Irregular menstruation
- Absence or skipping of periods
- Heavy menstrual bleeding

Dr. Sonali also covered common hair and skin conditions, highlighting how environmental factors and daily habits contribute to these problems.

### Remedies, Preventive Measures & Healthy Diet Tips:

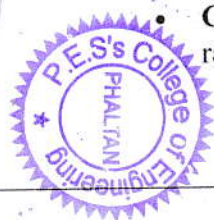
Dr. Sonali provided **general remedies** to address these issues during their early stages. For more severe cases, she recommended **natural and Ayurvedic treatments**. She emphasized the importance of:

- Yoga
- Meditation
- Balanced Diet
- Physical Exercise

### Details on Healthy Diet for Girls:

Dr. Sonali stressed that a healthy diet is one of the most effective ways to prevent hormonal imbalances and other common health issues. She suggested:

- **Iron-rich foods** to combat anaemia: green leafy vegetables (spinach, methi), dates, jaggery, pomegranate, and beetroot.
- **Calcium-rich foods** to strengthen bones: milk, curd, paneer, sesame seeds, almonds, and ragi.



- **Protein sources** for muscle repair and hormone regulation: eggs, pulses, sprouts, tofu, and legumes.
- **Fruits and vegetables** for vitamins and antioxidants: seasonal fruits like guava, oranges, papaya, banana, and vegetables like carrot, broccoli, and bottle gourd.
- **Hydration:** Drink plenty of water and include herbal teas or Ayurvedic drinks like *ashwagandha* or *shatavari milk*.
- **Avoid junk food and sugary snacks**, as they lead to weight gain, acne, and mood swings.
- **Inclusion of healthy fats** like ghee, flax seeds, walnuts, and olive oil to support brain and hormonal health.

She encouraged girls to follow **regular meal timings**, avoid skipping breakfast, and maintain a diet that supports energy, immunity, and menstrual health.

### Interactive Session:

After the session, students had the opportunity to ask questions related to their personal health concerns. Dr. Sonali provided valuable and practical guidance during this interactive segment.

Finally, Mrs. Dhanashri Bankar, Member of ICC, concluded the event by vote of thanks and by encouraging all attendees to prioritize their health through proper care and nutrition. She reiterated the significance of a healthy lifestyle in daily life.

The session concluded with a vote of thanks by Prof. D. S. Bhoite, Presiding Officer, ICC.

### Photographs of the event:



**Photo 1:** Felicitation of honorable Guest Dr. Sonali Gundage by Prof. Mrs. J. S. Tilekar







Photo 2: Introduction of guest given by Prof. Ms. D. D. Jadhav



Photo 3 - 5: Guidance on Healthy Diet by Hon. Guest Dr. Sonali Gundage





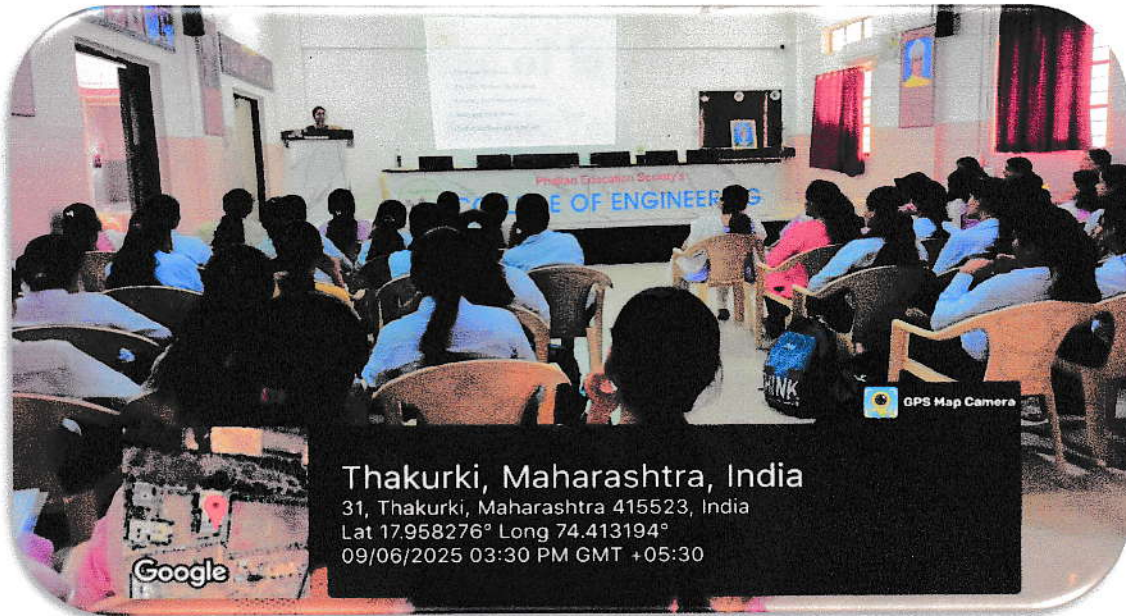


Photo 6: Student interaction with honorable Guest Dr. Sonali Gundage



Photo 6: Vote of Thanks by Mrs. D. G. Bankar



*Jadhav*

Prof. Ms. D. D. Jadhav  
Member Secretary ICC

*Bhoite*

Prof. Mrs. D. S. Bhoite  
Presiding Officer ICC

*Bhoite*

Prof. Mrs. D. S. Bhoite  
Principal



# Attendance (Ladies faculty)

Date: 9/06/2025

Sr. NO.	Name of faculty	Dept.	sign
1)	Ms. D.D. Jadhav	E&TC	<u>Jadhav</u>
2)	Ms. P.S. Nale	Civil	<u>Nale</u>
3)	Ms. M.M. Ingale	Civil	<u>Ingale</u>
4)	Ms. R.J. Kumbhar	Civil	<u>Kumbhar</u>
5)	Ms. D.G. Bankar	computer	<u>Bankar</u>
6)	Ms. A.K. Dudhal	Mech	<u>Dudhal</u>
7)	Mrs. N.S. Yewale	mech	<u>Yewale</u>
8)	Ms. S.S. Nikude	Computer	<u>Nikude</u>
9)	Ms. M.S. Khilare	computer	<u>Khilare</u>
10)	Ms. S.S. Alate	computer	<u>Alate</u>
11)	Mrs. R.A. Lad	computer	<u>Lad</u>
12)	Ms. S.B. Gavali	S&H	<u>Gavali</u>
13)	Ms. P.S. Jadhav	E&TC	<u>Jadhav</u>
14)	Ms. N.S. Mohite	comp.	<u>Mohite</u>
15)	Ms. R.V. Doshi	computer	<u>Doshi</u>
16)	Mrs. S.P. Kadam	computer	<u>Kadam</u>
17)	Ms. K.A. Kumbhar	E&TC	<u>Kumbhar</u>
18)	Mrs. S.D. Mohite (Comp)	computer	<u>Mohite</u>
19)	Ms. J.D. Gokhale (Civil)	Civil	<u>Gokhale</u>
20)	Ms. N.S. Bale (E&TC)	E&TC	<u>Bale</u>
21)	Ms. Pratiksha Bhosale	Mechanical	<u>Bhosale</u>

## Attendance sheet

Sr.no.	Name of the student	Class	Sign
1)	Sakshi Siddhorth Wani	DSY CO	<u>Saji</u>
2)	Sakshi Shubaji Gumsawane	DSY CO	<u>Sakshi</u>
3)	Shraddha Hari Devkar	DSY CO	<u>Devkar</u>
4)	Sakshi Ashok Kolpe	DSY CO	<u>Kolpe</u>
5)	Amruta Karitake	FY.	
6)	Srushti Karve	FY	A.R. Karitake
7)	Aakanksha Padhare	F.Y	<u>R.K. Padhare</u>
8)	Shrawani Aphale	F.Y	<u>Aad. Aphale</u>
9)	Rajput Aakanksha	FY	<u>A.R. Rajput</u>
10)	Pawar Rutuja.	FY	<u>Rutuja</u>
11)	Shingade Vrushali	Fy	
12)	Gosavi Shreya	Fy	V.L.S.
13)	Kale pratiksha	Fy	<u>Shreya</u>
14)	Pashikanti Aakanksha	FY	<u>P. Kale</u>
20.	Pingale sneha	FY	<u>Sneha</u>
21	Karche Komal	Fy	<u>Shingde</u>
22)	Mane Rupali	Fy	<u>Komal</u>
3)	Pooja Pingale	FY	<u>Mane</u>
		FY	<u>Pooja</u>



## Attendance sheet

Sr.no	Name of the student	class	sign
1	Shaikh Suhana Javed		
2	Shende Tejal Sachin	S.Y B.Tech	<u>Shaikh</u>
3	Tembare Neha Shiraji	S.Y B.Tech	<u>T. Shende</u>
4	Nimbalkar Anuja Kisan	S.Y. B.Tech	<u>NST</u>
5	Raut Aditi Tayappa	S.Y B.Tech	<u>Adhela</u>
6	Nimbhore Vaishnavi Milind	S.Y. B.Tech	<u>Aditi S</u>
7	Nale Shweta Vilas	Fy. B.Tech	<u>Qm</u>
8	Shelke Nikita Bhimrao	Fy. B.Tech	<u>Shweta</u>
9	Shinde Shreyas Krushnat	SY B.Tech	<u>Shinde</u>
10	Kalukhe Nikita Arjun	SY B.Tech	<u>Kalukhe</u>
11	Torambe Nikita Bhagwat	SY B.Tech	<u>Torambe</u>
12	Mind Ankita Vijay	FR B.Tech	<u>Amel</u>
13	Sapkal Anuja Chandrashekhar	FR B.Tech	<u>Jesapkal</u>
14	Ghadage Pragati Somnath	FY. B. Tech	P.S. Ghadage
15	Kadam Arya Rajendra	FY. B.Tech	A.R. Kadam
16	Kadam Aishwarya Dhananjay	F.Y. B.Tech.	A.P. Kadam
17	Ampta Teli	Pr. B.Tech	<u>A.Teli</u>
18	Yashastri Mihetre	F.Y. B.Tech	<u>Y.D. Mihetre</u>
19	Pawar Puzva	TY B.Tech	<u>Pawar P.H</u>
20	Shah Tanishka	TY B.Tech	<u>Shah</u>
21	Tupe Sakshi	TY B.Tech	<u>Tupe</u>
22	Pingale Dhanashri	TY B.Tech	<u>Pingale</u>
23	Pawar Nandini	TY B.Tech	<u>Nandini</u>
24	Raut Shradha	SY B.Tech	<u>Raut</u>