



Ref. No.: - Ref. id/CSMIT/COMP/01/2023/001

Date: -7sept 2023

## Invitation

To,

**Ms. Dipali S. Pingale,**  
**(Assistant Professor,**  
**Chhatrapati Shivaji Maharaj College of Nursing, Panvel)**

**Subject:** Invitation on conducting Seminar on “Women Healthcare and Hygiene”.

Respected Madam,

Concerning the above-mentioned subject, we invite you. We are very glad to invite you to this event at our Institute for All-year students of the Computer Engineering Department.

**DATE: 11-09-2023.**

**VENUE: Top Hall, CSMIT,**

**Panvel TIME: 2.00 to 3.00 p.m.**

We look forward to your approval

regarding the same. Thanking you,

CONVENOR

PRINCIPAL



**CHHATRAPATI SHIVAJI MAHARAJ INSTITUTE OF TECHNOLOGY**

Affiliated to the Mumbai University, Approved By AICTE - New Dehli.

DTE Maharashtra (DTE Code : 3477)

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Ref. No.: - Ref. id/CSMIT/COMP/01/2023/002

Date: -9 sept 2023

## **NOTICE**

Date: September 9, 2023

To: All Students

Subject: Women Health Welfare

Dear Students,

We are delighted to announce a Women's Health Awareness Seminar, organized by CSMIT at Chhatrapati Shivaji Maharaj Institute of Technology, Panvel, scheduled for September 11, 2023. This seminar aims to raise awareness about crucial women's health issues, promote good hygiene practices, and educate participants on various aspects of women's well-being.

We are honored to host a distinguished guest, Ms. Dipali Pingale, who has generously agreed to share her time and valuable insights with us. Ms. Dipali Pingale is a renowned expert in the field of women's health and hygiene, and her presence at our event is indeed a privilege.

Thank you for your attention, and we look forward to your enthusiastic participation.

Regards,

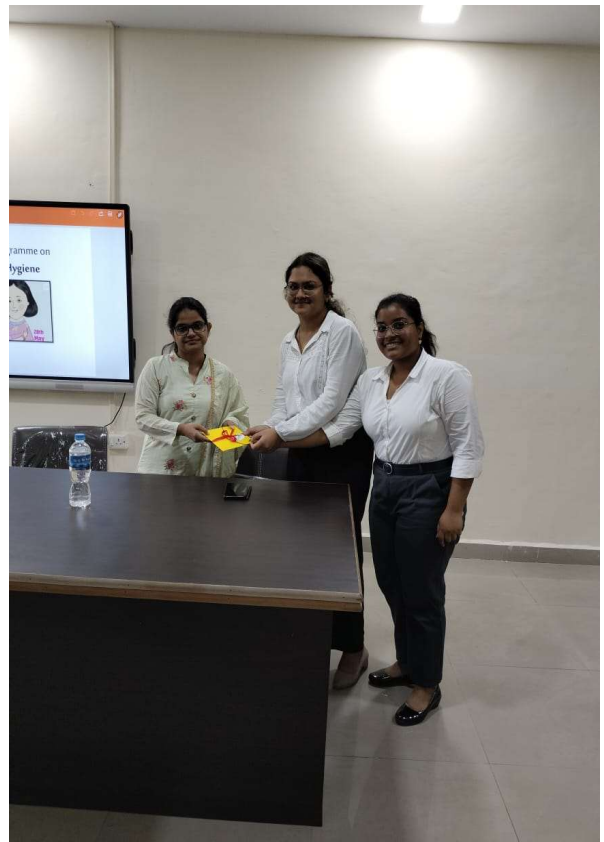
CONVENOR  
WDC

Dr. Dharmendra Dubey  
Principal of CSMIT

**FLYER / POSTER:**



**GLIMPSES:**







## **A Report on Women's Healthcare and Hygiene**

**NAME OF ACTIVITY:** Women's Healthcare and Hygiene

**DATE & DURATION:** September 11, 2023

**TYPE OF ACTIVITY:** Health care Session

**ORGANIZER(S):** Department of Computer Engineering, Chhatrapati Shivaji Maharaj Institute of Technology, Panvel.

### **EXPECTED OUTCOMES:**

**CO1:** Open Discussions: The seminar will foster open and inclusive discussions about women's health. Participants will be encouraged to ask questions, share experiences, and engage in meaningful conversations on these essential topics.

**CO2:** Empowerment: Empowerment lies at the core of this seminar. Attendees will feel empowered to take charge of their health, make informed decisions, and promote positive health practices within their communities.

**BRIEF BIODATA OF RESOURCE PERSON:** Ms. Dipali.S.Pingale Assistant Professor at Chhatrapati Shivaji Maharaj College of Nursing she a speaker, Mentor and Guide for many of the women's, girls for spreading the awareness of "Women Healthcare and Hygiene"

**ABSTRACT OF THE SESSION:** The 'Women's Healthcare and Hygiene ' event was organized by CSMIT at Chhatrapati Shivaji Maharaj Institute of Technology, Panvel on 11 September 2023. The event aimed to raise awareness about women's health issues, promote good hygiene practices, and educate participants on various aspects of women's well-being.

We were honored to have an esteemed guest, Ms. Dipali Pingale, for giving us her valuable time and insights, and her words of encouragement were deeply appreciated. Ms. Dipali Pingale emphasized the importance of Women's Healthcare and Hygiene in the overall well-being of society. She also guided us to stress the importance of breaking down societal taboos and encouraging open discussions on these topics.

She also guided us about reproductive health, menstrual hygiene, mental health, nutrition, and sexual education. She also guided us about hygiene products such as sanitary pads or napkins, tampons, and menstrual cups. And for how many hours we can use the hygiene product and what will happen if we don't use the product properly or don't take care of our hygiene properly What are the bad effects of that?

She also guided us about hemoglobin what to eat how the food affects our body during menstrual the importance of drinking water. She also guided us by expressing her thoughts on what are the myths and facts. She asked us about how we take care of our health during the menstrual period. She also guided us by expressing her thoughts and the questions we asked her. We were honored to bring Ms. Dipali Pingale as our guest for this seminar



ATTENDANCE SHEET:

ATTENDANCE SHEET			
Chhatrapati Shivaji Maharaj Institute of Technology			
Activity - WOMEN'S Healthcare			
Session - WOMEN'S HEALTHCARE & HYGIENE			
Sr.No	Name of Participants	College Name	Date: 11/9/2023 Signature
01	Nimisha chowdhoni	Chhatrapati Shivaji Maharaj Institute of Technology	Nimisha
02	Shreya Mhatre	Chhatrapati Shivaji Maharaj Institute of Technology	Shreya
03	Amruta Bamane	Chhatrapati Shivaji Maharaj Institute of Technology	Amruta
04	Shruvomi Patil	Chhatrapati Shivaji Maharaj Institute of Technology	Shruvomi
05	SARNATIKADSA	Chhatrapati Shivaji Maharaj Institute of Technology	Sarnatikadsa
06	galade Alisha	Chhatrapati Shivaji Maharaj Institute of Technology	Alisha
07	PERSESHAKHI	Chhatrapati Shivaji Maharaj Institute of Technology	Perse
08	Pahil Shivani	Chhatrapati Shivaji Maharaj Institute of Technology	Pahil
09	UGALE RUTVIA	Chhatrapati Shivaji Maharaj Institute of Technology	Ugale
10	shreethi yadav	Chhatrapati Shivaji Maharaj Institute of Technology	Shreethi
11	Patil Gayatri	Chhatrapati Shivaji Maharaj Institute of Technology	Patil
12	Komal S Patil	Chhatrapati Shivaji Maharaj Institute of Technology	Komal
13	Mali Praachi	Chhatrapati Shivaji Maharaj Institute of Technology	Mali
14	vidhi parihar	Chhatrapati Shivaji Maharaj Institute of Technology	Vidhi
15	Shreya sawan	Chhatrapati Shivaji Maharaj Institute of Technology	Shreya
16	Sayantani Manne	Chhatrapati Shivaji Maharaj Institute of Technology	Sayantani
17	Vashishree More	Chhatrapati Shivaji Maharaj Institute of Technology	Vashishree
18	Nimisha Chowdhoni	Chhatrapati Shivaji Maharaj Institute of Technology	Nimisha
19	Kirti Sahas	Chhatrapati Shivaji Maharaj Institute of Technology	Kirti
20	Sejal Puri	Chhatrapati Shivaji Maharaj Institute of Technology	Sejal
21	Ajasa Sarnaik	Chhatrapati Shivaji Maharaj Institute of Technology	Ajasa
22	Shrutika Rothar	Chhatrapati Shivaji Maharaj Institute of Technology	Shrutika
23	Nikita	Chhatrapati Shivaji Maharaj Institute of Technology	Nikita
24		Chhatrapati Shivaji Maharaj Institute of Technology	

*(Signature)*  
as coordinator

## FEEDBACK ANALYSIS:

SESSION FEEDBACK ANALYSIS								
Sr.no	Attributes	Total Feed Back	Total Feed Back- 23					
			>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Do you think session was useful for you?	23	Excellent	Better	Good	Average	Satisfactory	Remark
			20	0	3	0	0	Objective Achieved (86.95%)
			86.95	0.00	13.04	0.00	0.00	
2	Did you receive all the information you expected by the session?	23	Excellent	Better	Good	Average	Satisfactory	Remark
			20	0	3	0	0	Objective Achieved (86.95%)
			86.95	0.00	13.04	0.00	0.00	
3	Opinion on Rating the speaker for the session	23	Excellent	Better	Good	Average	Satisfactory	Remark
			23	0	0	0	0	Objective Achieved - Outstanding & Excellent (100%)
			100	0	0	0.00	0	
4	Audience Query Response by the Speaker	23	Excellent	Better	Good	Average	Satisfactory	Remark
			23	0	0	0	0	Objective Not Achieved (100%)
			100	0	0	0	0	
5	Overall experience about the Session	23	Excellent	Better	Good	Average	Satisfactory	Remark
			20	0	3	0	0	Objective Achieved - Outstanding & Excellent (86.95%)
			86.95	0	13.04	0	0	
6	Would you like to attend future Alumni Session conducted by the department?	23	Yes	No	---	---	---	Remark (Yes)





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Date: -12 sept 2023

To,

**Ms. Dipali S. Pingale,**

**(Assistant Professor,**

**Chhatrapati Shivaji Maharaj College of Nursing, Panvel)**

*Letter of Gratitude*

*On behalf of Chhatrapati Shivaji Maharaj Institute of Technology, Panvel, we thank you for accepting our invitation to “Women Healthcare and Hygiene”.which was held on 11-SEP-2023.*

*Once again, thank you for your dedication. Women Healthcare was a fantastic event, and I am truly grateful for the experience it provided. We express our sincere gratitude for the favor extended by you and expect similar support in the future.*

*Thanking you*

CONVENOR  
(WDC)

Dr. Dharmendra Dubey  
Principal of CSMIT

**SAMPLE CERTIFICATE:**



**THANKS**