

**Internal Complaint Committee**

Department:	All
Venue of the Event:	ENTC Seminar Hall
Date of Activity held	24 Jan. 2018
Time	4.15 to 5.15 pm
Type of Activity (cultural/curricular/co-curricular)	Extra -curricular
Year / Class –	TE and BE (all branch) girl students
No. of students-	120
<u>Activity In charge-</u>	Prof. S. H. Kshirsagar, Prof. K. S. Bhosale

Description of Activity:

Under the Internal Complaints Committee (ICC) of NBNSCOE, Solapur , a guest lecture by Dr. Arundhati Haralkar (M.B.B.S., Diploma in diabatology) , on '**Menstrual Cycle and its Hygiene**' was organized for TE and BE (all branch) Girl Students on **24th Jan. 2018 in ENTC Seminar Hall.** from **4.15 to 5.15 pm**

Felicitation of guest was done by Hon. Principal Dr. S. D. Nawale. Introduction of the guest was given by Miss. Rupali Deshpande. Dr. S. H. Kshirsagar (Presiding Officer, ICC, NBNSCOE, Solapur) has given introductory speech about the ICC Cell, Committee Members and about its working.

Dr. Arundhati Mam, in her speech touched various issues regarding the Menstrual Cycle and problems faced by ladies before and during the cycle. She has given scientific information about the cycle, and in detail explained about maintaining hygiene during those days. She explained about the cleanliness and precautions to be taken by everyone during those days.

Dr. Arundhati Mam explained in detail about the healthy and balanced diet. She gave tips about the exercise and various types of Mudras and their uses. She explained the importance of mudras and why should be done by students daily.

Ladies representative, Miss. Najama Neelmegham, Miss. Priyanka Madole (Technical Coordinator), and all ICC faculty coordinators Prof. K. S. Bhosale(Civil), Prof. Sunita Sagat(ENTC), Prof. Kulkarni(Electrical), Prof. Sanvi Hippargi(CSE) and Prof. Seemanteini Kute (Mech) taken efforts for successful organization this function.

Miss. Najama Neelmegham has given the vote of thanks.

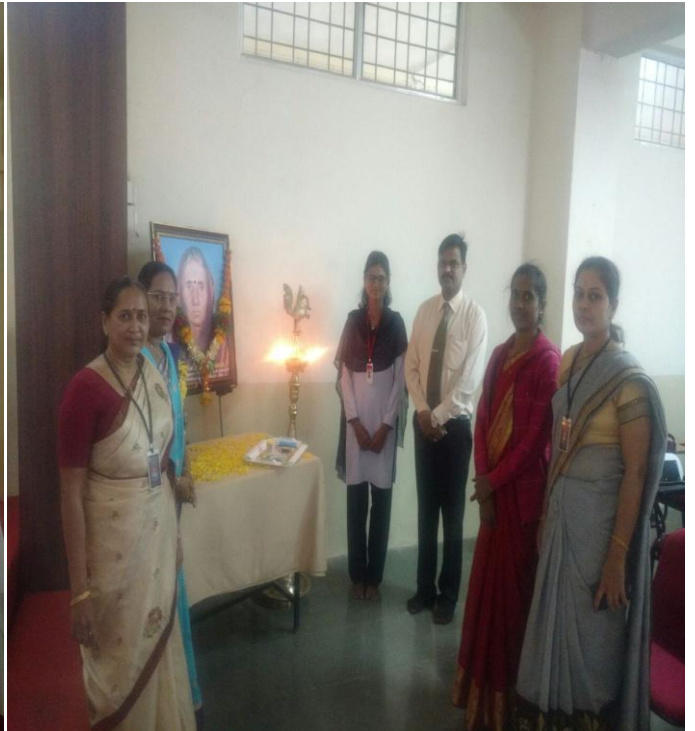


Savitribai Phule Shikshan Prasarak Mandal's N B NAVALE SINGHAD COLLEGE OF ENGINEERING

(Approved by AICTE & Affiliated to Solapur University, Solapur)
Opp.Solapur University, Solapur – Pune National Highway, Kegaon, Solapur. Tel: 0217-2500610

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Activity Photographs:





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