

"Empowerment through quality technical education"  
**Ajeenkya D Y Patil School of Engineering**  
Dr. Ajeenkya DY Patil Knowledge City, Charholi Bk., Via. Lohegaon, Pune – 412 105

**Dated: 16.02.2024**

**Meeting Notice**

Meeting No: 4

semester: II


**Women Empowerment Cell Meeting – Mental & Physical Health  
Awareness for Girl Students**

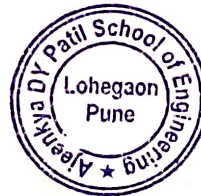
A meeting will be conducted on **January 19, 2024**, at **12:30 PM** in **Room No. 301**.

**Agenda:**

- Promote **mental well-being** and **stress management**
- Raise awareness about **physical health and hygiene**
- Encourage healthy **lifestyle practices** such as **yoga and exercise** for overall wellness

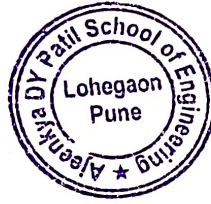
All members are requested to attend the meeting and contribute actively to the planning and smooth execution of the proposed session.

  
**Prof. Bhagyashree Dhakulkar**  
*Chairman*  
Women Empowerment Cell  
Department of AI & DS



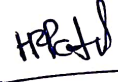

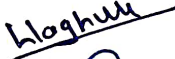


Minutes of Meeting

Date	23/02/2024 Time 10:30 AM
Location	Room No 305
Chairman	Prof Bhagyashree Dhakulkar
In Attention	All Women Empowerment Cell members
Discussion	<p><b>Discussion on Proposed Mental &amp; Physical Health of Girl Students</b></p> <p>The committee discussed the need for organizing a guest lecture on Mental &amp; Physical Health of girl students under the Nirbhay Kanya Abhiyan scheme. The upcoming session will focus on mental well-being, stress management, physical health, and lifestyle practices like yoga and exercise to promote overall wellness among female students.</p>

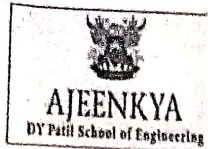


  
Prof Bhagyashree Dhakulkar  
Chairman

Representatives present for the meeting:

1. Dr. Shobha Rupanar(FE)
2. Prof Hemangi Patil (AI & DS Engineering) 
3. Prof Jagruti Nimgulkar (Mechanical Engineering) 
4. Prof Ashwini Waghule (Civil Engineering) 
5. Dr Ashwini Pandagale (Computer Engineering) 
6. Dr Saniya Ansari(E&TC) 





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**Action Taken Report on meeting held on 23/02/2024**

The committee acknowledged the need to organize a guest lecture on mental and physical health for girls students. It was decided to arrange a session aimed at addressing mental well-being, stress management, and physical health, while encouraging the adoption of balanced lifestyle habits such as yoga and regular exercise. The session is intended to raise awareness and promote holistic wellness among female students. Preparations for the event have been initiated, and responsibilities have been distributed among the assigned members. The program is planned to be conducted in the forthcoming academic term.

**Prof. Bhagyashree Dhakulkar**  
*Chairman*  
Women Empowerment Cell  
Department of AI & DS

