Kamala Education Society's
Pratibha College of Commerce and Computer Studies
Block D-III, Plot No.-3, Behind Mehta Hospital, Off Mumbai-Pune Highway,
Chinchwad, Pune-411019.
• Govt. of Maharashtra & Savitribai Phule Pune University Recognized Minority Institute
• Savitribai Phule Pune University
• UGC - 2(f) and 12(B) Status
• Reg. No. PU/PN/BBA, BCA BFT/280/2007
• NAAC accredited College with 'A' Grade
www.pccs.org.in pccs@pratibhagroup.org.in +91 - 8600100942 /8600100943

January 8, 2026

Health Committee

Guest Lecture on "Women Health and Menstrual Hygiene"

The Health Committee of Pratibha College of Commerce & Computer Studies, Chinchwad, Pune successfully organized a Guest Lecture on "Women Health and Menstrual Hygiene" on 7th January 2026 in classroom F13 at 10:00am. The main objectives of the lecture were: To create awareness about women's health and reproductive well-being and To encourage open discussion and healthy attitudes among students

Anjali Jha T.Y.B.Sc student was the anchor for the guest lecture. She introduced the guest speaker- Dr. Smritika Taware . The lecture was graced by the presence of In-charge Principal Dr. Kshitija Gandhi and IQAC Coordinator Dr. Shruti Ganpule, whose support added great value to the program along with the Health Committee members.

Dr. Smita emphasized that women's health includes physical, mental, emotional, and reproductive well-being. She discussed common health concerns faced by women such as anemia, hormonal imbalance, stress, and reproductive tract infections. The importance of balanced nutrition, regular exercise, and mental health care was also highlighted.

The session was well received by students and staff and concluded on a positive note, reinforcing the importance of health awareness and self-care among women. A total of 66 girl students attended the guest lecture.

The outcome of the Guest lecture was that it improved awareness about women's health and menstrual hygiene. It also helped students understand the importance of hygienic practices and encouraged positive attitudes and open discussions thereby contributing to reducing fear, embarrassment, and misconceptions.

Dr. Charushila Patil
Health Committee Convenor

Pratibha College of Commerce & Computer Studies Chinchwad, Pune-19

Dr. Kshitija Gandhi
I/C Principal
PRATIBHA COLLEGE OF COMMERCE & COMPUTER STUDIES, CHINCHWAD, PUNE - 411019.