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
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Dr. A. K. Walunj
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PRINCIPAL

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NOTICE

21/08/2024

Health Committee AY 2024-25

All First year students are hereby informed that Health Checkup camp is organised from 28/08/2024 to 31/08/2024. The details are as follows

Venue - Health Centre Near sport department (Basement)

Sr. No	Day	Date	Time	Class
1	Wednesday	28/08/2024	10:30AM to 01:00PM	BSc(CS)
			01:00PM to 02:00PM	BSc(CDS)
2	Thursday	29/08/2024	10:30AM to 11:30AM	BA,M.Com
			11:30AM to 12:30PM	BSc(Reg.)
			12:30PM to 2:30PM	BCA(Sci.)
			2:30PM to 3:00PM	MSc (Stat.), MSc (Org Chem.)
3	Friday	30/08/2024	09:30AM to01:30PM	BCom
4	Saturday	31/08/2024	10:30AM to11:45AM	BSc(IT),MSc(CA),MSc(CS)
			11:45AM to 12:45PM	MA(Psychology)
			12:45PM to 3:00PM	BBA(CA)

Note-

- All students have to wait in their class room in given time slots.
- It is Compulsory to attend the medical checkup as per university norms.
- Absent Students are not allowed to appear for External University Examination

Mrs. Rupali Mote
Health Committee Convener

Dr. A. K. Walunj
Principal

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NOTICE

04/10/2024

Health Committee AY 2024-25

FY Health checkup

All the Students of First Year are hereby informed that the second round of **Health Checkup** is organized on Thursday, **10/10/2024 only for those students who were absent for the first round.**

Sr. No	Time	Class
1	10:30AM to 11:15AM	B.Com(BM)/BBA(Reg)
	11:15AM to 11:45AM	B.Com(IB)/BBA(IB)
	11.45AM to 1.30PM	All FY Program absent students

Venue: Health Centre Near Department of Sports (Basement)

Note:

- All students have to wait in their class room in given time slots.
- It is Compulsory to attend the medical checkup as per university norms.
- Absent Students are not allowed to appear for External University Examination.

Mrs. Rupali Mote
Health Committee Convener

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

Dr. A. K. Walunj
Principal
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NOTICE

07/01/2025

Guest Lecture on "PCOD: Understanding Causes, Symptoms, Prevention and Future complications"

All the students and faculty members of our college Health Committee will organize Guest Lecture on "PCOD: Understanding Causes, Symptoms, Prevention and Future Complications" on 9th January 2025 in Main Building Hall No.24 at 10 am. It will cover essential aspects of Polycystic Ovarian Disease (PCOD), including its underlying causes, common symptoms, effective preventive measures and the required hygienic treatment to avoid any future complications, if any.

Mrs. Rupali Mote
Convener

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

7.1.25
Dr. A. K. Walunj
Principal
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Report on First Year Health Checkup

Description of the Event

The Students' Health Service Scheme (SHSS), a mandate of the Savitribai Phule Pune University (SPPU), emphasizes the importance of regular health checkups for all first-year students. As part of this initiative, colleges under SPPU are required to organize health camps to ensure the well-being of their students while educating them about the various health facilities provided by the university.

In alignment with this objective, our college successfully conducted a comprehensive Health Checkup Camp from August 28, 2024 to October 31, 2024. A second session, aimed at accommodating students who were absent during the initial round, was held on October 10, 2024. The venue for the health checkup was the Health Centre located near the Sports Department (Basement).

The health checkup was conducted Dr. Pritija Kankariya and her dedicated team, who diligently assessed the health of a total of 1,039 students. Out of these, 920 students were examined during the first round, 119 students in the second round, while 120 students remain to be checked in the subsequent.

Objectives of the Camp

1. To promote awareness among students about the importance of regular health checkups.
2. To provide first-year students with access to free consultations and medical advice.
3. To ensure that students are physically fit to pursue their academic and extracurricular activities.
4. To introduce students to the health facilities and services provided by SPPU.

Medical Checkup Details

The checkup encompassed a variety of health assessments, which included:

Height and weight measurements to evaluate general physical development.

Blood pressure and pulse rate monitoring to identify potential cardiovascular concerns.

Skin examinations for dermatological issues.

Ear, nose, and throat (ENT) assessments for common infections or abnormalities.

Eye examinations to detect vision impairments.

Dental evaluations focusing on teeth and gum health.

The camp was conducted under the noble guidance of our Principal, Mr. A. K. Walunj, and Vice Principal, Dr. Kshitija Gandhi. Their leadership, combined with the efforts of the organizing committee, ensured the smooth execution of the event.

Outcome

The camp successfully addressed the health needs of the first-year students while raising awareness about the university's health facilities. It also highlighted the importance of preventive healthcare and provided students with the opportunity to seek timely consultations for any health concerns.

Mrs.Rupali Mote
Health Committee Convener

Dr. A. K. Walunj
Principal

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Chinchwad Pune - 19.

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Report on PCOD: Understanding Causes, Symptoms, Prevention and Future Complication

The Health Committee organized an informative session on Polycystic Ovarian Disease (PCOD) led by Dr. Prerna Gopale, focusing on awareness and effective management strategies. The session was held on 9th January 2025 at 10:00 am in Main Building Hall No. 24, where Dr. Prerana Gopale was felicitated by Dr. Jayshree Muley. The session was conducted under the noble guidance of our Principal Dr. A. K. Walunj, and Vice-Principal Dr. Kshitija Gandhi.The session was attended by 104 students. The main symptoms discussed included irregular menstrual cycles, excessive weight gain, acne, hair loss, and mood swings. Hormonal imbalance, insulin resistance, genetics, sedentary lifestyles, and stress were highlighted as primary causes of PCOD. The session also covered the increased risk of heart issues like high cholesterol, hypertension, and cardiovascular diseases linked to PCOD. Attendees were advised to avoid sugary snacks, processed foods, and trans fats, while emphasizing a diet rich in whole grains, fruits, vegetables, lean proteins, healthy fats, and antioxidant-rich foods. Dr. Prerna stressed the importance of regular meditation and yoga for stress management, along with digital detox practices before bedtime for better sleep quality and hormonal balance. Potential threats of PCOD such as infertility, endometrial cancer, diabetes, and mental health challenges were addressed. Regular medical consultations and tests like blood sugar levels, hormonal profiles, lipid profiles, and ultrasounds were recommended for effective monitoring. The session concluded with a focus on early detection, lifestyle modifications, and timely medical intervention as crucial steps to manage PCOD and improve overall health.

Attendees gained enhanced knowledge about PCOD symptoms, causes, and risks, empowering early detection and management. The importance of avoiding packaged foods and following a PCOD-friendly diet rich in whole grains, lean proteins, healthy fats, and antioxidants was emphasized. The session highlighted cardiovascular risks linked to PCOD, encouraging regular health monitoring. Lifestyle modifications, including regular exercise, stress management through yoga and meditation, and digital detox before bedtime for better sleep, were promoted. Participants were urged to seek medical guidance for proper diagnosis and essential tests. Many committed to healthier habits, physical activity, and mental well-being, making the session impactful in promoting holistic PCOD management.

Mrs.Rupali Mote
Convener

16.01.25
Dr. A. K. Watunj
Principal

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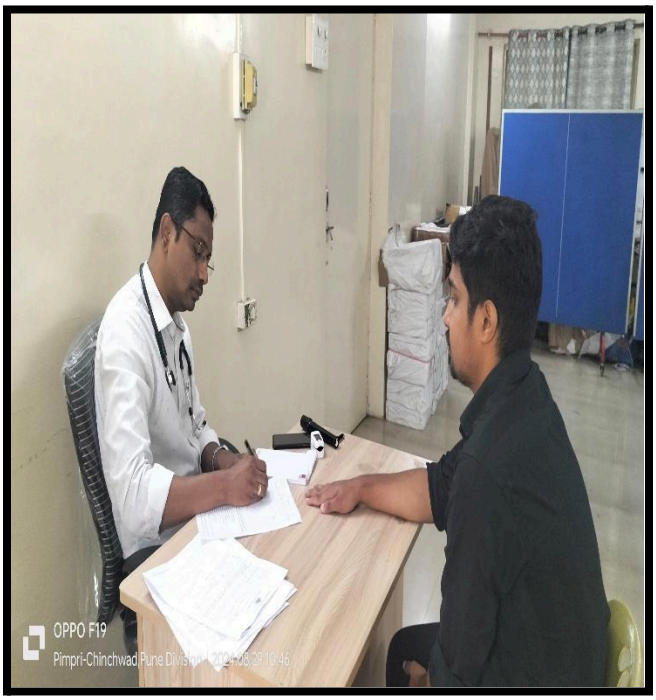
Pratibha College of Commerce & Computer Studies
Chinchwad, Pune-19

FY Health Checkup









Guest Lecture On PCOD 9th January 2025





