

Loknete Hon. Hanmantrao Patil Charitable Trust's

ADARSH COLLEGE, VITA

Reaccredited by NAAC with 'A' Grade (CGPA-3.14)

Permanently Affiliated to Shivaji University, Kolhapur



IN PURSUIT OF KNOWLEDGE

OUTREACH ACTIVITY

WOMEN'S HEALTH AND HAPPINESS PROGRAMME





Loknete Hon.Hanmantrao Patil Charitable Trust's

ADARSH COLLEGE,VITA



" Women Health & Happiness Program "



Organised By

Adarsh College,Vita & The Art of Living

Date : 8th to 10th September,2025

Time : 5.00 am to 8.30 am

Venue : Late.Tanubai Hanmantrao Patil Hall

Miss.Narayani Mhetre
Co-coordinator

Prin.Dr.U.K.Mohite
Convener

Hon.Adv.Pratibha V. Patil
Co-ordinator



Loknete Ma. Hanmantrao Patil Charitable Trust, Vita

Adarsh College, Vita

Women's Health and Happiness Program

Lack of regular physical activity can lead to a variety of women's health issues, both physical and mental. Obesity & weight gain, cardiovascular problems, type 2 Diabetes, bone & joint issues, reproductive health issues and poor immune system, are some physical health issues and stress & anxiety, depression and poor sleep quality are some mental and emotional health issues.

A special program on "*Women's Health and Happiness*" was organized under the valuable guidance and support of Hon'ble, *Pratibhatai Patil* and Art of living coordinator, Miss. *Narayani Mhetre*, to create awareness about the importance of physical fitness, mental well-being, and stress management among women. The session focused on simple yoga postures, breathing techniques like *Sudarshan Kriya* and lifestyle tips to promote holistic health

The institute has planned the program in collaboration with The Art of Living Center Vita, in month of September on women's health, aiming following objectives.

- To spread awareness about women's health issues due to sedentary lifestyle.
- To encourage daily practice of yoga and pranayama for physical and emotional balance.
- To highlight the role of exercise in reducing stress, anxiety, and lifestyle disorders.

The details of the program is as follows,

Title of the Program: *Women's Health and Happiness – Yoga & Pranayama Session*

Date: 8-10th September, 2025.

Venue: *Tanubai Hanmantrao Patil Hall*, Adarsh College, Vita.

Organized by: Adarsh College and Art of living, Vita.

The session began with a brief talk on common health challenges faced by women such as obesity, osteoporosis, PCOS, and stress-related disorders. The resource person was *Dimpal Gajwal*, International Art of Living Faculty, guided the participants through simple yoga asanas and pranayama techniques like *Anulom-Vilom*, *Bhramari*, *Kapalabhati* and *Sudarshan Kriya*. Participants actively followed the demonstrations and expressed positive feedback about the practical benefits of the exercises.

The program was highly beneficial in motivating women towards a healthier lifestyle. Such initiatives not only improve physical health but also enhance emotional well-being and happiness. There are almost sixty women from Vita city get participated.



Inauguration of the Programme- 08-09-2025



WOMEN PARTICIPANTS



HEALTH AND HAPPINESS ACTIVITY-09-09-2025



Coordinator- Narayani Mhetre Guiding Women



ATTENDANCE OF THE PARTICIPANTS

लोकनेते मा. हणमंतराव पाटील चॅरिटेबल ट्रस्ट संचलित,

आदर्श महाविद्यालय, विटा.

कार्यक्रम

स्टाफ अकॅयाडमी

आणि

आर्ट ऑफ लिविंग आयोजित खास महिलांसाठी

हैप्पीनेस प्रोग्राम

8 ते 10 सप्टेंबर 2025.

सकाळी 5.00 ते 8.30

उपस्थित महिला

अ.क्र.	नाव	मो.नं.	सही
1	① सौ. निशा रत्नाकर	9403006466	RB.
2	② सौ. रुपाली वरेकर	9970074672	RPVarekar.
3	③ सौ. रमेश विनोद पाटील	9156100888	RPVarekar.
4	④ सौ. मावती विश्वनाथ कांबळे	9766573177	MYKamble
5	⑤ सौ. प्रमिता ब्रजनाथ चौधरी	8805014854	PRCHOLLE
6	⑥ सौ. शब्बा शहाळ दिगे	9284185410	SH
7	⑦ कु. शिद्धि शहाळ दिगे	9284185410	Biddhi
8	⑧ सौ. रुजाला सुजिता निम	9527795215	Sey
9	⑨ सौ. निता चंपकांत पाटील	9746878747	AKP
10	⑩ सौ. स्वजाली वैभव मोन	7972783464	SV
11	⑪ सौ. रत्ना अजय पाटील	9975367097	RPPatil
12	⑫ सौ. कविता सुजित पाटील	9552981269	RPPatil
13	⑬ सौ. रितीका निलेश रोळडे	7038921831	RPK
14	⑭ सौ. प्रमिता विशाल पाटील	7709739572	RPK
15	⑮ सौ. जयश्री जगन्नाथ मनगुने	9766746001	JP
16	⑯ सौ. राजेशी सतीश पाटील	9922100776	RSP



17	सौ. सुनिषा सुनिष शिलोडे	9888583582	<u>M. S. Shilode</u>
18	युगल सागर शिलोडे	9049853129	<u>D. S. Shilode</u>
19	सौ. पाटील अलका मोरहर	9527442166	<u>Patil</u>
20	Son. Shilode Rakesh R	9850111527	<u>R. S. Shilode</u>
21	सौ. सुभाषी संभाजी सावंत	9766576546	<u>S. S. Sawant</u>
22	सौ. सिंगुनार बाबासाहेब मोने	9881549719	<u>Singunekar</u>
23	सौ. सुभाषी बाबाजी जाधव	9518718237	<u>Jaadhav</u>
24	Moksha Atish Shah	9405919755	<u>M. S. Shah</u>
25	Seema Suresh Kaldhane	7744879055	<u>S. S. Kaldhane</u>
26	Savita Pandurang Suryaranshi	9503358652	<u>Pandurang</u>
27	Amruta Deepak Shoh.	9011559400	<u>A. D. Shoh.</u>
28	Chaya Jalindar Wale	86695774	<u>Chaya</u>
29	Aditi Avdhoot Thakur	9923751190	<u>Aditi</u>
30	Anjana Lenge	8600646293	<u>Anjana</u>
31	Aishwarya A. Sutar	7385864432	<u>Sutar</u>
32	Deepati Kaushtubh Varude	9049009231	<u>Varude</u>
33	Vanisha Mahesh Kaldhane	9527076970	<u>V. M. Kaldhane</u>

34	Rajnarndini Vaibhav Patil	9822008905	<u>Rajnarndini</u>
35	Pooja Rohit Lengare	9527006293	<u>P. Lengare</u>
36	Poonam Anandish Mule	9607342003	<u>P. Mule</u>
37	Bhagyashri Prasad Thorat	7798186839	<u>B. Thorat</u>
38	Nikita Nindad Samudre	9284279000	<u>N. Samudre</u>
39	Nirmala Rama Gurkha	8010625592	<u>N. Gurkha</u>
40	सौ. रुजाला रुक्मिणी निमन	9527795215	<u>R. Niman</u>
41	Resheha Vinod Patil	9156100888	<u>R. Patil</u>
42	सुलभा शतावर	8623819010	<u>S. Shataver</u>
43	निता चंद्रकांत पाटील	9746878747	<u>N. Patil</u>



PRINCIPAL
Adarsh College, Vita
Tal-Khanapur, Dist-Sangli