

SADHU VASWANI MISSION'S

ST. MIRA'S COLLEGE FOR GIRLS

[An Autonomous College Affiliated to the Savitribai Phule Pune University]
[ARTS, COMMERCE, SCIENCE, B.Sc.(COMPUTER SCIENCE) BBA, BCA]

6, Koregaon Road, Pune - 411001.[INDIA]

Ph./Fax : 26124846 E-mail : mira_college@yahoo.co.in



KINDLE THE LIGHT

Dr. Jaya Rajagopalan
Principal Incharge

PU/PN/AC/015/(1962)
College Code No. : 013

Circular No:-G-15(4)/2022-23/15

Date - 08.07.2022

CIRCULAR

On the occasion of World Population Day, the Department of Economics is organizing a Guest Lecture by Dr. Geeta N Parwani (BHMS,MD Homeopathy - Material Medica) on the theme: "Adolescent Health and Nutrition" on Monday, 11th July 2022 from 1.00 p.m. to 2.00 p.m.

The lecture will be conducted on Google Meet.

The lecture is open for all students.

Amruta Narke.

Amruta Narke

Coordinator



Jaya

Dr JayaRajagopalan

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St. Mira's College for Girls, Pune.

Please visit: www.dadavaswanisbooks.org

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St. Mira's College for Girls, Pune
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**REPORT ON GUEST LECTURE ON
"Adolescent Health and Nutrition"**

By

Dr Gita Parwani

Organized by

Department of Economics

Class: SYBA Economics General 2[Demography]

Day and Date: Monday, July 11, 2022

Venue: Room No: 102

On the occasion of World Population Day, July 11, 2022, the Department of Economics of St. Mira's College for Girls, Pune organized an online Guest Lecture on "Adolescent Health and Nutrition" by Dr. Gita Parwani, practising Homeopathy at the Inlaks and Budhrani Hospital, Pune.

The lecture was organized for all students and especially benefitted the SYBA Economics General students studying the Demography paper.

Dr. Manisha Pimpalkhare, head, Department of Economics welcomed the Resource Person and highlighted that the issue of Adolescent Health and Nutrition in India was an area of concern since it had a direct bearing on the quality of the India's demographic dividend.

Dr. Shalini Iyer and Ms. Amruta Narke provided an overview of the lecture theme in English and in Marathi and emphasized its relation to the United Nations Sustainable Development Goal (UN SDG) 3: Health for All by 2030 and the National Family Health Survey (NFHS) 5's emphasis on Female Health and Nutrition.

Munira introduced the speaker and then the session was taken over by Dr. Gita Parwani. She touched upon areas of concern among adolescent youth especially females, like iron and zinc deficiency, constipation, lack of immunity, nervous system and neurological instability, bone density issues, anxiety and mental depression and specifically hormonal disorder amongst women of reproductive age like polycystic ovary syndrome (PCOS).

Dr.Parwani highlighted the role of carbohydrates, fats, minerals, proteins in the food pyramid. She emphasized the need to alleviate symptoms of iron deficiency anaemia by consuming either non-vegetarian food or having green leafy vegetables. She identified zinc as a trace mineral necessary for DNA creation, cell growth, for building proteins, healing damaged tissue, and supporting a healthy immune system. Her advice to the students was to include salads as a fibre source to avoid constipation, lean meats or Vitamin B12 and B-9 dietary supplements for red blood cell formation, brain and nerve cell development, citrus fruits – a vitamin C source for boosting immunity, of dairy/plant-based milk products/dietary




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supplements to meet the human body's calcium requirements, address weakening bone density issues leading to osteoporosis.

Dr Parwani opined that modern day sedentary lifestyles have increased vulnerabilities to high blood pressure, coronary artery diseases, brain stroke, paralysis, diabetes, obesity, hormonal imbalances amongst women leading to poly-cystic ovarian syndrome [PCOS] with symptoms like irregular periods, excessive hair growth, weight gain, skin acne, hair loss on head, mood swings, infertility, a predisposition to type 2 diabetes, high cholesterol levels, adverse psychological and emotional impacts like low self-esteem and social alienation.

She recommended the maintenance of a food diary to identify and avoid problem/junk foods, emphasized the need for a balanced diet (limiting fat/oil consumption to 2 teaspoonfuls per head daily, substituting refined oil with cold pressed oils or ghee, adding 4-5 fruit servings daily, greater protein intake from animal (meats) or plant sources (legumes), consuming whole grain as carbohydrate sources, reducing caffeine intake, increasing water intake (8-10 glasses daily), consuming healthier beverages (green tea, buttermilk, lemon juice, coconut water) instead of aerated drinks / packaged fruit juices, including oats (cereal), milk (animal or plant based), jaggery, dates, dried black currents, figs (as sugar substitutes), peanut butter (as a protein source) in one's diet.

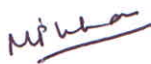
She advised the students to adopt a physically active life-style by devoting one hour daily for walking, running, swimming, dancing, aerobics, weight training, yoga etc, having a restful sleep without electronic stimulation or exposure to loud music to avoid occurrence of sleep disorders and hearing impairment.

The lecture was well received by the students who posed several questions relating to symptoms of PCOS, diet plans, and solutions to obesity, PCOS and the like. The lecture was attended by 51 student participants and faculty. The lecture feedback showed a positive response with a majority of the students requesting for additional orientation sessions on other health issues.



Ms Amruta Narke.

Coordinator.



Dr. Manisha Pimpalkhare.

HOD.



Dr. Jaya Rajgopalan

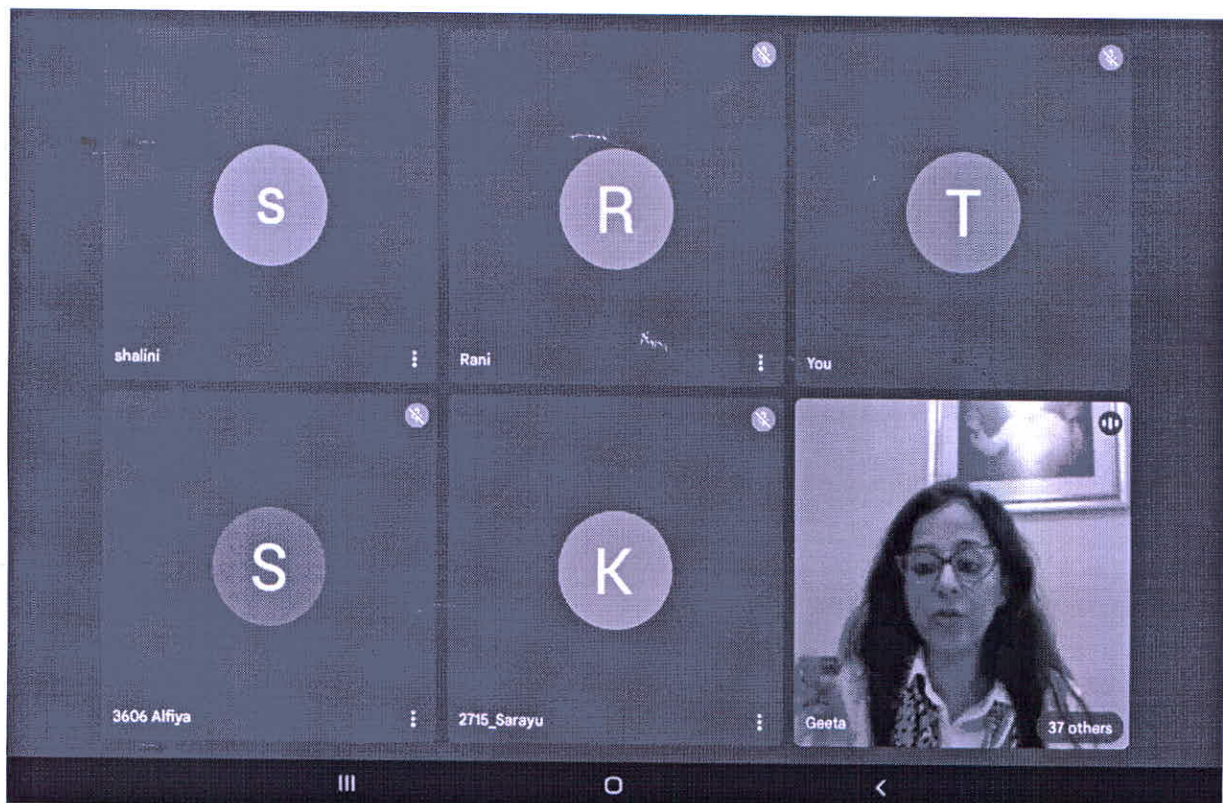
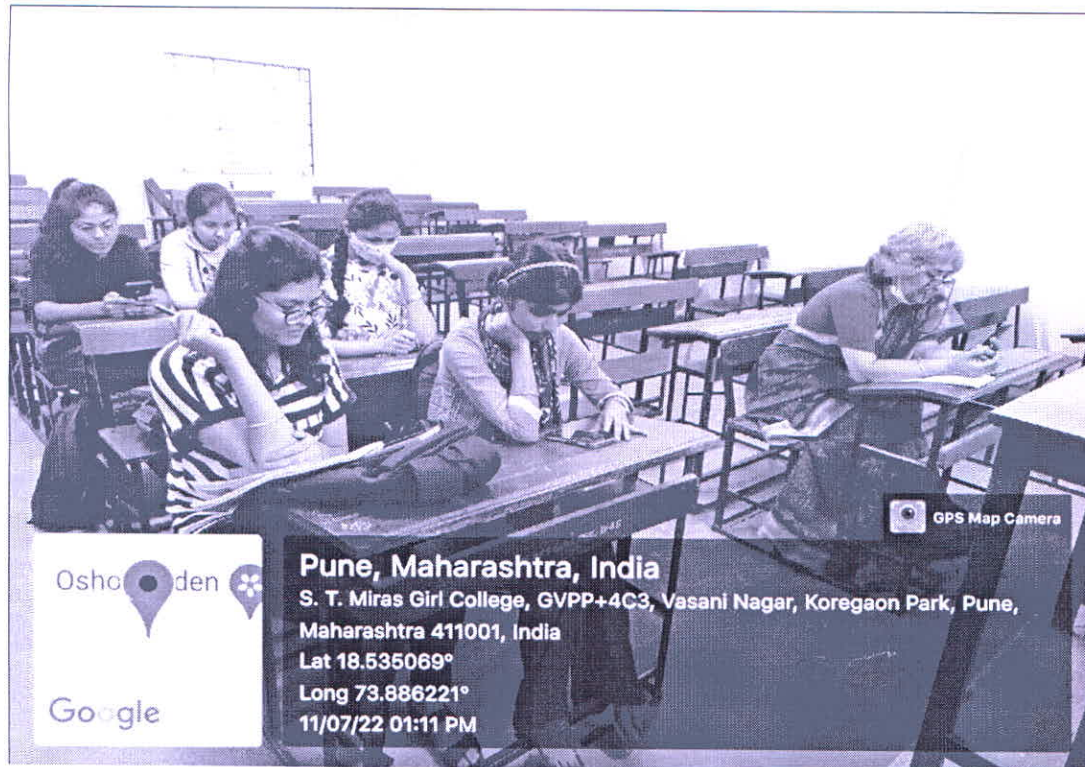
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Guest Lecture On
Adolescent Health and Nutrition.
Photos



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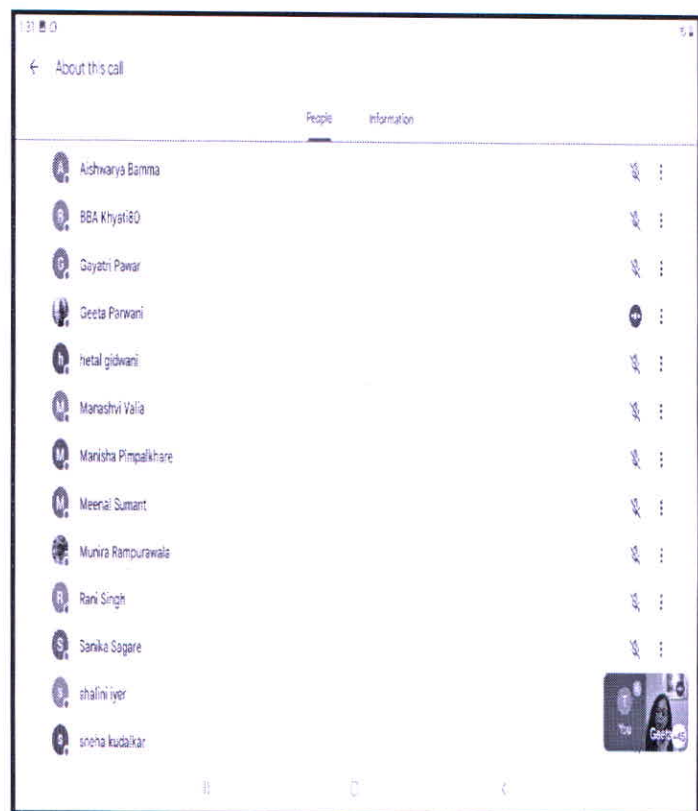
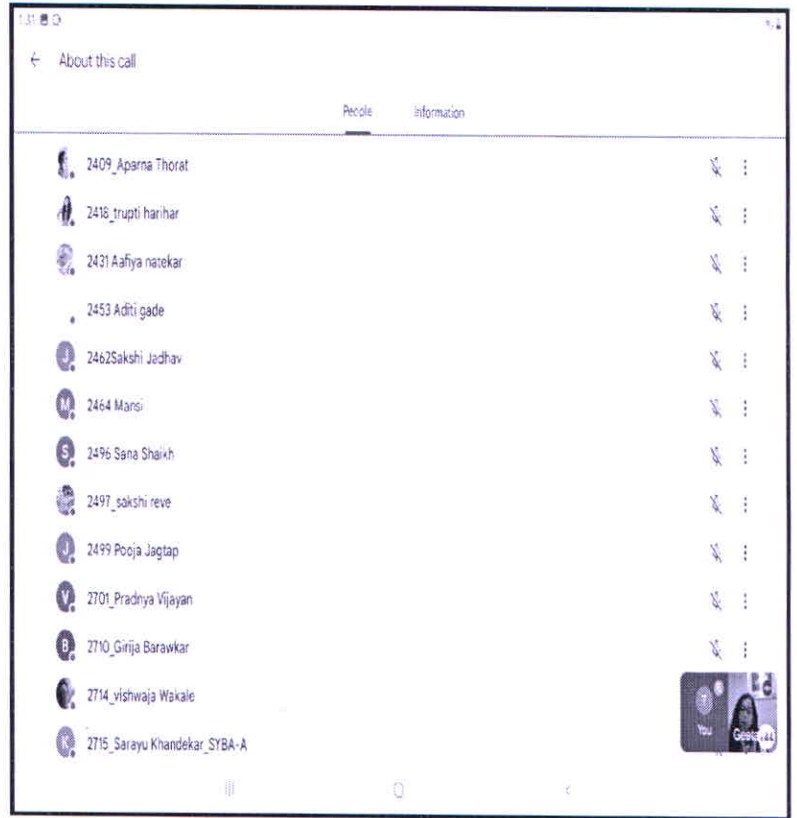
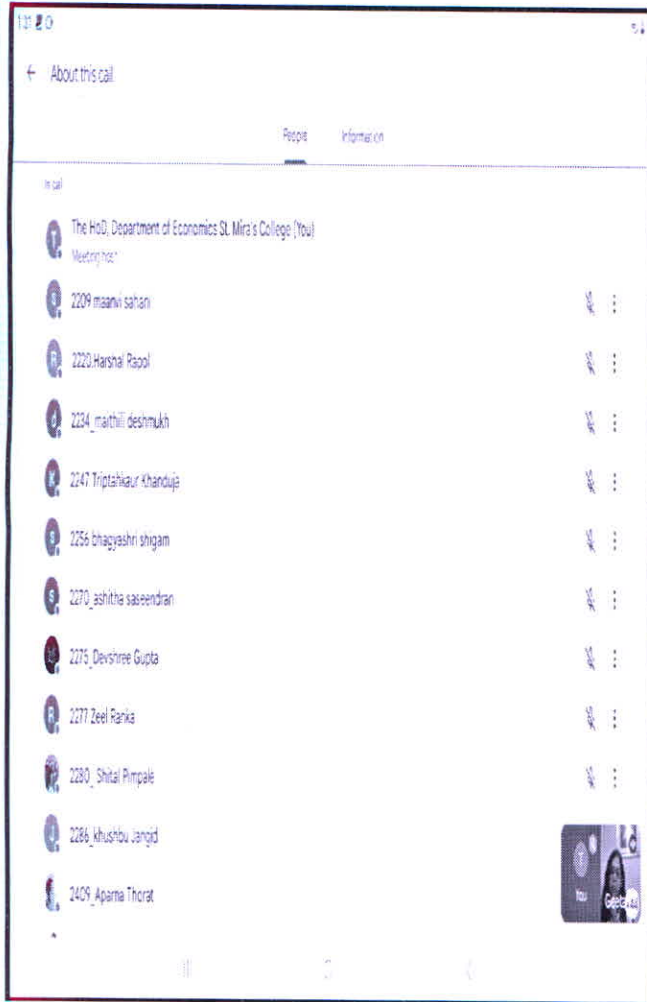


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Adolescent Health and Nutrition.

By Dr. Gita Parwani
 - Attendance -



Total No of the Students - 51

Amruta Narke
 coordinator

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 Principal Incharge
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TRUPTI RAJKAMAL LOKHANDE	St.Mira's college for girls	SY-BBA(CA)
PRITI SATISH ZURUNGE	ST.MIRA'S COLLEGE FOR GIRLS	SYBBA (CA)
Deshpande Omkar Kumar	H V Desai	15
Utpat Rohit Rahul	H.V.Desai college	<u>T.Y.B.com</u>
Dawalbhakta Atharva Dattaraj	H. V. Desai College Pune	TYBcom
Pr. Bagate jayashri machhindra	S P J Collage Pabal	No
Pratiksha dattatraya bhosale	H.v desai college pune	Tybcom
Ganesh chaudhari	हुतात्मा राजगुरु महाविद्याल राजगुरुनगर	11th
Dolaskar Tanuja Nagraj	ANC velapur	BA1
Mutha Sakshi Sameer	Haribhai v desai college pune	<u>T.Y.B.com</u>
Aishwarya Rohidas Marathe	Modern college of arts and commerce (Autonomous) , shivajinagar	Ty bcom
Sapana sagar gujale	k .b.p.college pandharpur	M.A
Sanika Vikas Sagare	St miras college for girls	FYBA
Sonali Dattatray surkule.	SSC College junnar.	SYBA
Gagare Komal Tukaram	SSC college junnar	S.Y.B.A
Joshi komal soma	S.S.C. college junnar	SYBA
Yogita Vilas ravate	SSC college junnar	S.Y.B.A
Mayuri kore	St. Mira's college for girls	FYBA
Sonesingh Pawar	SGBAU eng department	MA2
trupti gangaram harihar	st.mira college	tyba
Chaityabhumi Lalasaheb Ingle	Shasakiy audyogik prashikshan Sanstha Aundh (girl's) Pune.	1 year
SAKSHI ANIL GAVALI	St.Mira's College	FY (BA) B
S .T. Mira's college for girls	Nikiat Vitthal birajdar	FY. BA
Geeta Ramchandra Shimpane	Modern college of arts science and commerce shivaji nagar Pune 5	T.Y Bcom
Aparna Narayan Thorat	St.mira from girls college	Sy BA (B)
Sejal Sanjay Gaikwad	S.t Mira's College for girls	T Y.B.A B
SNEHA ASHOK TUPARE	St Mira's college for girls	SYBA
Sanjana khetri	St.mera college for girls	F.y.b.a
Kahkashan Shakil Shah	St.Miras Girls College	Sybcom(C)

Amsute Naske
Coordinator



Jayash
Principal Incharge
St. Mira's College for Girls, Pune.

Pooja shinde	Modern college of arts commerce and science ganeshkhind	Sy
Aparna Narayan Thorat	St. Mira's college for girls	SYBA (B)
Dipali santosh Giri	St.mira's college	BA. Fy
Aarti Mohan Sutar	Modern College ganeshkhend	Sy b.com
Anuja Sunil Kusalkar	St. Mira's College for Girls	
Reshma Ramjan Sayyad	ST. MIRA'S COLLEGE FOR GIRLS	F.Y.B.A=B
Kiran mahadev bhanage	Modern college of arts science and commerce ganeshkhind pune	Ty bcom
अजित शरद चिद्रेवार	कर्मवीर भाऊराव पाटील महाविद्यालय पंढरपूर	
Sanket Ratilal Dingar	Morden College Arts, Science & Commerce ganeshkhind pune	SYBcom
Dr Sadashiv Rajaram Bankar	Dahiwadi College Dahiwadi	Research
Trupti anil Bhadekar	Modern college	MA
PRATIK SURESH GAIKWAD	SAVITRIBAI PHULE PUNE UNIVERSITY DEPARTMENT OF HISTORY	PhD

Total No - 66

Amruta Naske

Coordinator

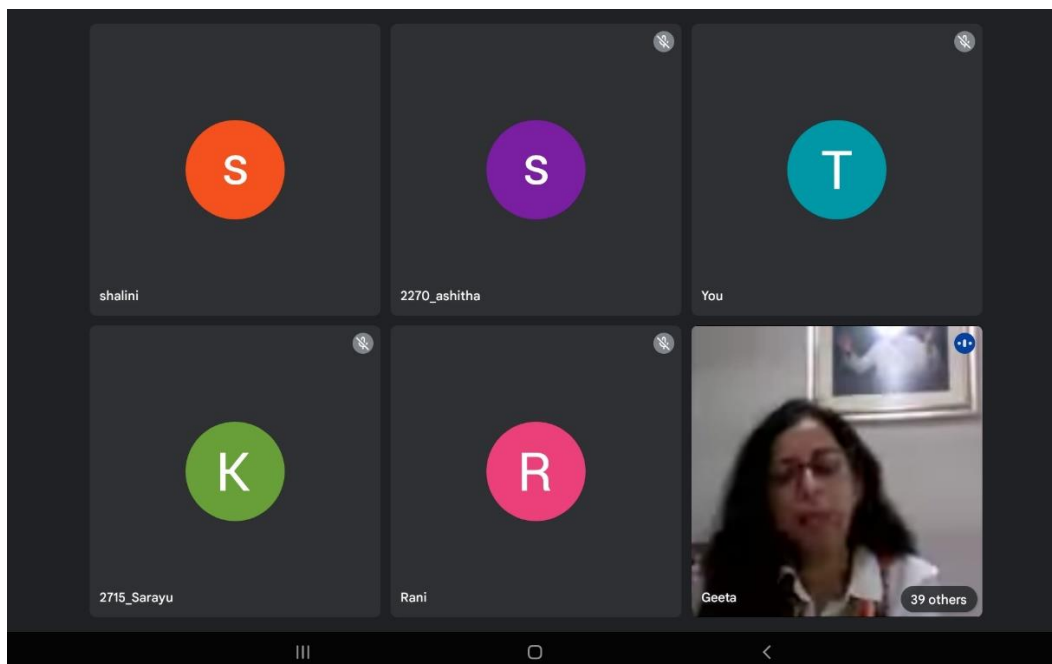


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Date: 11th July, 2022



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