

ACADEMIC

YEAR

2017-2018

WDC

H.K. College of Pharmacy

Jogeshwari(W)

Maharashtra Educational Society's
H.K COLLEGE OF PHARMACY
Oshiwara Jogeshwari (w). Mumbai

Date: 16/8/2017

Report on Women's Health program

Organized By: Women Development cell, H K College of Pharmacy.

Attended by: All Girls student of H K College of Pharmacy.

Program Highlights:

- Women Development cell of H K College of Pharmacy organizes a program related to women health in which Dr. Fariza Shaikh interacted with girl's student.
- She explained different phases of women life and hormonal misbalance occurred during these phases like
 - Hormonal
 - Menstrual
 - Sexual
 - Pregnancy and Lactation
 - Menopause
- In hormonal phase she discussed about menarche and PMS. Further she explained alteration in TSH and occurrence of PCOD.
- Dr. Fariza tries to tackle misconception of menstruation by discussing menstruation hygiene.
- In sexual phase she gave knowledge of different contraceptives to avoid unwanted pregnancy. She also discussed ectopic pregnancy.
- She discussed symptoms of menopause phase of women life and asked to spread awareness among family members.



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- She explained breast examination test for checking the lumps in the breast.
- A demo of operation of sanitary napkin vending machine was given by representative of V S Enterprises Malad Mumbai.
- The program was appreciated by all girls' student and faculty members. Much of the learning take place in interactive manner. They mentioned that It is very good platform for interaction.



Prepared by
Dr. Jaya Agnihotri

Authorized by
Dr. Anubha Khale,



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Date: 21/4/2018

Report on Women's Safety Session

Organized by: Women Development cell, H K College of Pharmacy.

Attended by: Female staff of H K College of Pharmacy

Talk delivered by: Ms. Samira Sayyad Oshi,
Police sub inspector,
Oshiwara Police Station,
Mumbai.

Program Highlights:

Ms. Samira Sayyad Oshi (Oshiwara Police Station) has addressed all female staff about safety measure as follows:

- Being Self-Aware and Alert all the time
- Observe behaviour and Interpret the intentions of any suspicious person
- Choose hand bag which cover your private parts
- Shout as loudly as one can for seeking help
- Use scarf and Dupatta to hit the culprit
- Hit solid on nose, neck and groin parts of the culprit
- Carry chilli powder & pepper spray
- Be vocal for any kind of harassment and don't be silent
- Calling on Police Help Line No. 103

The session ended with question-answers and advisory tips on how to become more vigilant.



Prepared by

Dr. Priyanka Goswami



Dr. Anubha Khale

Principal

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Report on Seminar
“Self Defence training for girls”

Dates: 21st January 2017

Time: 12:30-1:30 pm

Venue: 501, H.K. College of Pharmacy, Jogeshwari (w), Mumbai - 400102

Target Audience: B.Pharm girl Students

Program Coordinator: Sheetal Chaudhary

Highlights of Program

A seminar on “Self Defence training for girls” was organized at H K College of Pharmacy on 21st January for the students of B.Pharm. The seminar started by warm welcome of Mr. Ramesh Krishnan Founder, Karasu Tengu (school Of Martial Arts).

The workshop was compiled Martial Arts chosen from Karate, Jujitsu, Wing-chun kung-fu, Ninjutsu, and Bruce Lee's Jeet-Kone-Do. He highlighted all the aspects of escapes, strategies, win at all situations, striking, eye-goughing, kicking, and fighting with a pen and pencils.

It was very useful training seminar as he studying and practicing Martial Arts since 35 Years, presently doing research on self-defence for Women and Police officers. Students learnt skills and enjoyed the seminar.

Seminar was followed by felicitation of Mr. Ramesh by Mrs. Sheetal madam & queries of B.Pharm students were answered.

1:35 p.m. **Vote of thanks**

1:40 p.m. **Feed Back form filling**

Sheetal

Prepared By
Sheetal Chaudhary



AR Khale

Dr. Anubha Khale
Principal