

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce College,
Baramati
(Autonomous)

Date: 07/02/2020

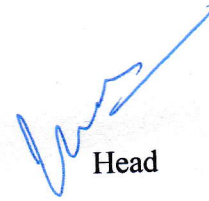
To,
The Principal,
Tuljaram Chaturchand College of Arts, Science and Commerce,
Baramati.

Subject: About permission to organize "Awareness of Mental Health Program for Villagers of Dhumalwadi"

Respected Sir,

Department of Psychology in collaboration with Grampanchayat Dhumalwadi want to organize program for Awareness of Mental Health for the villagers of Dhumalwadi. Department want to organize this program on Wednesday 12/02/2020. This program will help the people handle the various problem like stress depression etc.

So, kindly allow us to organize the same. Thanking you.


Head

Department of Psychology



Report on Awareness of Mental Health for Villagers of Dhumalwadi Baramati.

Date: - 12-02-2020

Organized by: Tuljaram Chaturchand College of Arts, Science, and Commerce, Department of Microbiology, under the guidance of Komal Jagtap, in collaboration with local authorities and community members of Dhumalwadi, Baramati, Pune.

Program Overview:

The Department of Microbiology at Tuljaram Chaturchand College organized an awareness program focused on the health conditions of women and children in the village of Dhumalwadi on 12th February, 2020. The program aimed to educate the villagers, especially women, about common health issues, preventive measures, and essential hygiene practices. The key focus was to raise awareness about maternal health, child health, sanitation, and the importance of maintaining good health through proper nutrition, immunization, and sanitation practices. The initiative sought to empower the women of Dhumalwadi with knowledge to improve their own health and the health of their families, particularly children. This awareness program was conducted under the guidance of Komal Jagtap, a faculty member of the Department of Microbiology, and was executed by 10 students from the department along with 2 faculty members. The program targeted the women of Dhumalwadi, aiming to provide them with practical information and resources to enhance their health and well-being. The beneficiaries of the program were 20 women from Dhumalwadi, who actively participated in the sessions and discussions. The program included various interactive segments, including: The program was designed to be interactive, allowing women to ask questions, share concerns, and discuss their health challenges.

Outcomes:

The awareness program successfully achieved the following outcomes:

1. **Improved Health Awareness:** The women participants gained a better understanding of critical health issues related to maternal and child health, including the importance of antenatal care, immunization, and nutrition.
2. **Increased Knowledge of Sanitation:** The women were educated on proper hygiene and sanitation practices, helping to reduce the risks of infections and diseases in their households.
3. **Empowerment through Information:** The women left the session with knowledge and resources they could use to improve their health and the health of their children. They were empowered to make informed decisions about healthcare and nutrition.
4. **Better Preventive Practices:** The program contributed to improved preventive health practices in the community. Women were introduced to simple measures that could prevent common diseases, such as keeping the living environment clean and practicing good hand hygiene.



5. **Strengthened Community Health Network:** The program helped foster a sense of community among the women of Dhumalwadi, as they shared experiences and supported each other in making health-conscious decisions for themselves and their families.

Signature



Delivered Lecture on Mental Health by Dr. Vijaykumar Shinde

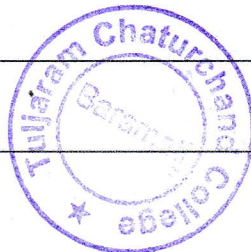


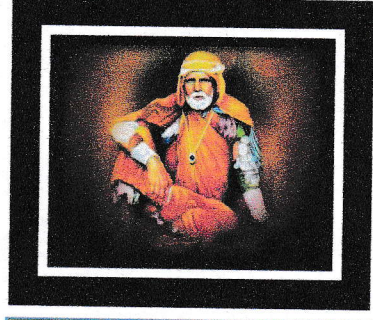
Gathering all participants and village people after Awareness Programme

Attendance Report

Date - 12/02/2020

Sr. No.	Name of the Participants	Signature
1	Sabale Prerana Rajesh	<u>Sabale</u>
2	Wable Omkar Keshav	<u>Wable</u>
3	Ingale Siddhi Sanjay	<u>Ingale</u>
4	Sonavane Prathamesh Sharad	<u>Prathame</u>
5	Salunke Shruti Suresh	<u>S.S. Salunke</u>
6	Ingale Amrapali Rajkumar	<u>AI Ingale</u>
7	Zambare Reva Balasaheb	<u>Zambare</u>
8	Sadhav Rohan Asinath	<u>R.A. Sadhav</u>
9	Nimbalkar Shrawan Horidas	<u>S.H. Nimbalkar</u>
10	Yadav Tushar Anil	<u>Yadav</u>
11	Sonavane Prathamesh Sharad	<u>Pratham</u>
12	Salunke Shruti Suresh	<u>S.S. Salunke</u>
13	Ingale Amrapali Rajkumar	<u>AI Ingale</u>

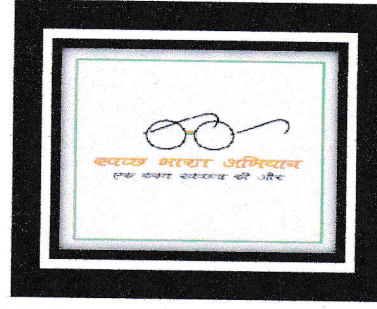




॥ स्वच्छ घर, सुंदर परिसर, शौचालयाचा करूया वापर ॥

ग्रामपंचायत धुमाळवाडी

ता. फलटण, जि. सातारा



जावक क्र. ३३/२०


दि. २३/०२/२०२०

प्रमाणपत्र

तुळजाराम चतुरचंद महाविद्यालयातील प्राध्यापक व विद्यार्थी यांनी आमच्या 'धुमाळवाडी' या गावामध्ये 'मानसिक स्वास्थांची जागृकता' याबाबत दिनांक १२ फेब्रुवारी २०२० रोजी उपक्रम राबविला. सदर उपक्रमामध्ये गावामधील एकूण २५ ग्रामस्थ सहभागी झाले होते. या उपक्रमाचा आमच्या धुमाळवाडी गावाला नक्कीच फायदा होईल.

धुमाळवाडी ग्रामपंचायत आपले मनस्वी आभारी आहे.

दिनांक २३/०२/२०२०


सरपंच

- सांडपाण्यापासून परस बाग फुलवूया.
- झाडे लागू, झाडे जगवू.
- प्लॅस्टीक पिशव्यांवर बंदी घालूया

- सौरचुल व बायोगॅसचा वापर करूया.
- शौचालयाचा वापर करूया.
- घनकचऱ्याचे व्यवस्थापन करूया,

■ ग्रामपंचायत कराची रक्कम मुदतीत भरून सहकार्य करा.