

## Activity Report

### Women's Day Celebration (Verse 2)

**Academic Year:** 2024-25

**Name of Event:** Verses of Symphony (Verse 2)

**Date & Time of Conduction:** 19/3/2025 (2 pm to 3.30 pm)

**Targeted Audience:** All Girl students and Women Staff

**Venue:** Convention Centre (CC)

**Guest Lecture:** Dr. Ashwini Sonalkar

**Lecture Topic:** Hormones in Harmony

**Event Description In-Short:**

As part of the Women's Day Celebration, a highly insightful guest lecture was conducted on the topic "Hormones in Harmony" by esteemed Ayurvedic doctor, Dr. Ashwini Sonalkar. The session provided an in-depth understanding of the hormonal changes women experience throughout various stages of life and their impact on physical and emotional well-being.

Dr. Sonalkar emphasized the importance of hormonal balance and highlighted common signs of hormonal imbalances such as fatigue, mood swings, PCOS, and irregular cycles. She also discussed holistic lifestyle approaches such as nutrition, sleep, stress management, and exercise to support hormone health naturally, along with medical treatments and diagnostic tools available for women today.

The session was interactive, empowering, and well-received by all participants. Attendees appreciated Dr. Sonalkar's approachable style, expert insights, and practical advice. The event successfully raised awareness, encouraged open conversations around women's health, and left the audience feeling informed and inspired.

### Event Photos:



Dr. Ashwini Sonalkar Felicitated by Principal mam, Dr. Vaishali Patil



Guest Lecturer in Progress – Dr. Ashwini Sonalkar Addresses the Audience



Engaged Audience During the Guest Lecture on “Hormones in Harmony”

Prof. Asawari Bhalerao  
ITSA Coordinator

Dr. Jyoti Surve  
HoD(IT)