



G. E. Society's
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Report of Yuwati Melawa on 'Her Health, Her Hygiene'
at NAB School, Nashik
organized by
Samarthya Group of Human Development Department
Faculty of Home Science on 11th March 2025 (A.Y. 2024-2025)

Name of the Program:	Yuwati Melawa on the theme ' Her Health, Her Hygiene '
Day and Date:	Tuesday, 11 th March 2025
Organizing Committee:	Samarthya Group of Third Year Human Development Dept. Students
Time:	10.00 am to 11.30 am
Topic / Theme:	'Her Health, Her Hygiene'
Sub-Theme	Good touch-bad touch, POCSO Act 2012, Menstruation Care & Management
No. of Students attended the Program:	11 Third Year Students, 10 Second Year students & 7 First Year students of Human Development and 25 blind students of NAB School, Nashik
Brief Summary:	<p>On the occasion of International Women's Day, the Samarthya Group of the Human Development Department, S.M.R.K.-B.K.-A.K. Mahila Mahavidyalaya, Nashik, organized a remarkable event "Yuwati Melawa" on the theme "Her Health, Her Hygiene". The event aimed to empower young women by raising awareness about health, hygiene, and self-confidence. The program was held at NAB School, Nashik, and witnessed the presence of esteemed dignitaries, including Dr. Mrs. Sandhya Khedekar, Principal of S.M.R.K.-B.K.-A.K. Mahila Mahavidyalaya, and Mrs. Varsha Salunke, Principal of NAB School and Ms. Smita Soni, Teacher, NAB School.</p> <p>The event commenced with a warm welcome by Ms. Tanvi Palde, followed by a soulful prayer led by Ms. Ranjana Gavit and Ms. Pratiksha Somwanshi, setting a positive and serene tone for the program.</p>

Ms. Payal Gangurde introduced the Yuwati Melawa initiative and the distinguished guests, highlighting the importance of the theme and the objectives of the event.

The Samarthyia Group presented an impactful street play addressing the sensitive topics of Good Touch-Bad Touch and the POCSO Act. The performance effectively educated the audience about personal safety and legal rights, leaving a lasting impression.

Ms. Purva Kulkarni and Ms. Payal Gangurde conducted an engaging Brain Gym session, which included fun riddles to stimulate mental agility and focus.

A creative and informative skit was performed by Ms. Tanvi Palde and Ms. Aditi Kharote, focusing on Menstrual Care and Management. The skit aimed to break taboos and provide practical knowledge about menstrual hygiene, emphasizing its importance for women's health.

Ms. Pratiksha Somwanshi mesmerized the audience with a beautiful song, adding a cultural touch to the event. Also a student of the school Ms. Pranjal recite a poem on Civic responsibilities of every citizen.

Ms. Shreya Mundada and Ms. Ranjana Gavit shared valuable insights on Building Confidence and Trust in young women. Their session encouraged participants to believe in themselves and strive for personal growth.

A hands-on creative activity was organized, where participants made Wall Hangings. This activity not only fostered creativity but also served as a medium for self-expression.

Mrs. Varsha Salunke, Principal, NAB School gave feedback about the program. She appreciated teachers and students for conducting such an useful melawa for their girl students. A student of school Ms. Pranjal also gave her feedback about the program. She told that program will be beneficial for all students in their day-to-day life.

The program concluded with a heartfelt vote of thanks by Ms. Shreya Mundada, who expressed gratitude to the organizers, sponsors, participants, and guests for making the event a grand success.

The event was graced by the presence of:

Dr. Mrs. Sandhya Khedekar, Principal, S.M.R.K.-B.K.-A.K. Mahila Mahavidyalaya

Mrs. Varsha Salunke, Principal, NAB School

The program was generously sponsored by:

Mr. Vijay Mundada, Businessman, Nashik

Dr. Vaishnavi Kadam, Gynecologist, Nashik

Mr. Jayesh Jogdande, Businessman, Nashik

Their support played a pivotal role in the successful execution of the event.

The Yuwati Melawa event was a resounding success, achieving its goal of educating and empowering young women on the themes of health, hygiene, and self-confidence. The program was well-organized, with a perfect blend of informative and creative activities that left the participants inspired and motivated. The Samarthyia Group, along with the Human Development Department, deserves commendation for their

efforts in organizing such a meaningful and impactful event on the occasion of International Women's Day 2025.

Photographs of the Program



Welcome and Introduction



Felicitation of Principal Dr. Mrs. Sandhya Khedekar, Principal, S.M.R.K.-B.K.-A.K. Mahila Mahavidyalaya, by Mrs. Varsha Salunke, Principal, NAB School.



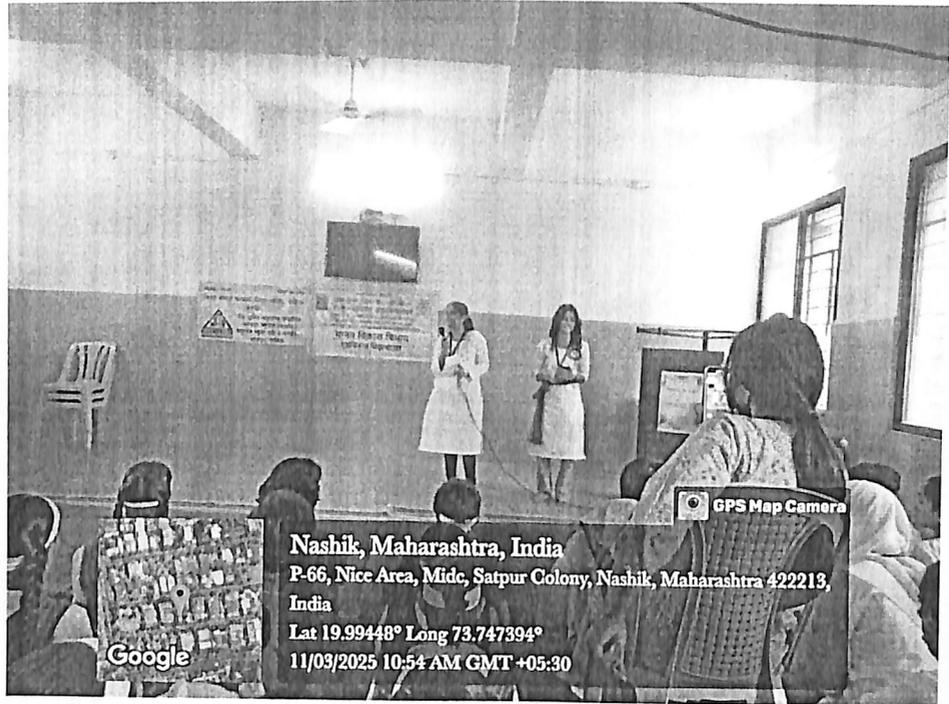
Felicitation of Mrs. Varsha Salunke, Principal, NAB School, by Dr. Mrs. Sandhya Khedekar, Principal, S.M.R.K.-B.K.-A.K. Mahila



Career Guidance by Dr. Mrs. Sandhya Khedekar, Principal, S.M.R.K.-B.K.-A.K. Mahila Mahavidyalaya



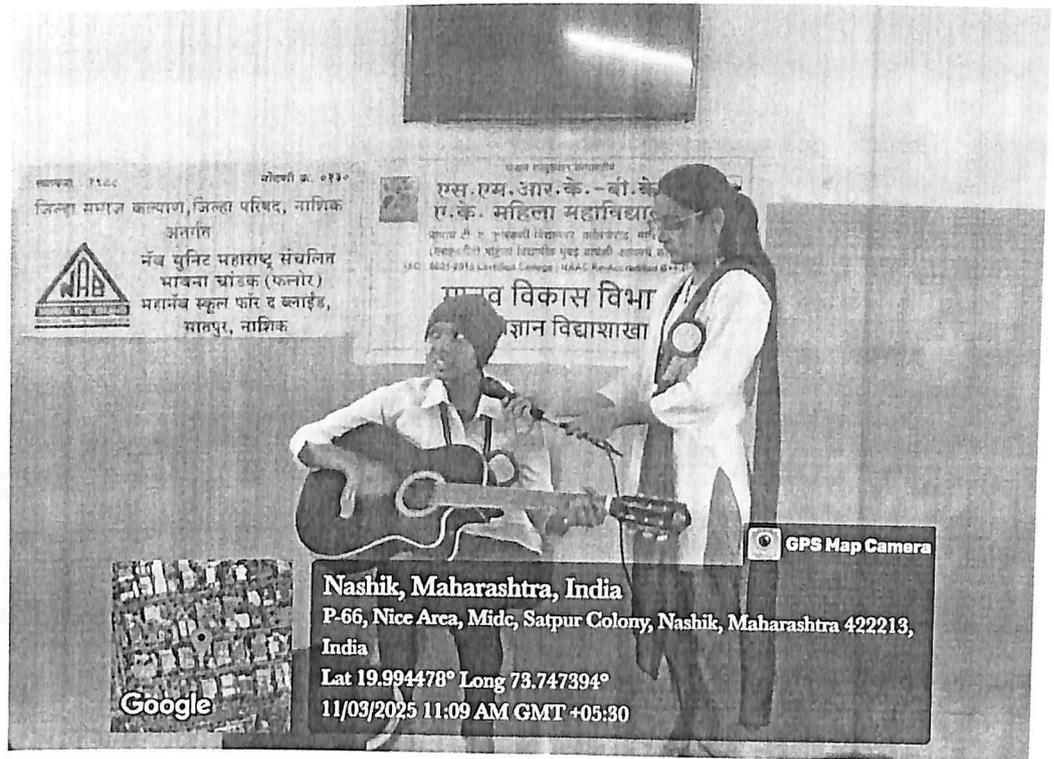
Street play by Samarthy Group of T.Y. B.Sc. students



Brain Gym Activity



Interview Skit on Menstrual Care and Management



Song Performance by Pratiksha Somwanshi



Creative activity of Making Wall Hanging



Creative activity of Making Wall Hanging

Sangita

Ms. Sangita Kamble
**HOD, Human
Development Dept.**



Sandhya

Dr. Sandhya Khedekar
Principal