



Women Development Cell

Women Development Cell Organized a Session on Polycystic Ovarian Disease (PCOD) – Mental Health and Illness, Early Identification and Awareness

Date: 26th September 2025, Friday

Time: 10:30 a.m. to 12:30 p.m.

Venue: C 1/6, Seminar Hall, Finolex Academy of Management and Technology, Ratnagiri

Reference: Director, Directorate of Technical Education, Letter No. DTEM- D2/49/2025, Dt. DESK02/1075098 Dt. 28/03/2025

Introduction:

As per the instructions from the Government of Maharashtra, a program was organized to empower female students regarding their health. The session focused on Polycystic Ovarian Disease (PCOD), mental health and illness, early identification, and awareness. This program was organized by the Women Development Cell of Finolex Academy for female students, staff, and faculty.

Purpose of the Event:

The primary purpose of this event was to empower female students with essential knowledge and awareness regarding their health, specifically focusing on Polycystic Ovarian Disease (PCOD) and mental health. The session aimed to educate participants on the causes, symptoms, and management of PCOD, as well as the importance of early identification and intervention in mental health issues. By providing valuable information on these topics, the program sought to encourage female students to take charge of their well-being, recognize potential health challenges early, and seek appropriate help when needed. Ultimately, the goal was to empower female students, staff, and faculty with the knowledge and confidence to lead healthier, more informed lives.

Event Highlights:

1. Topics Covered:

- **Polycystic Ovarian Disease (PCOD):** Causes, Symptoms, and Management.
- **Mental Health & Illness:** Early Identification and awareness

2. Resource Person:

- **Dr. Akshata Ashish Shembekar,**
Homeopathic Physician and Clinical Psychologist, BHMS, PGDCP, MA Clinical Psychology.

Dr. Shembekar's insights into PCOD and mental health were greatly appreciated by the attendees.

3. Conclusion:

In conclusion, the session proved highly beneficial in enhancing students' awareness regarding both PCOD and mental health. It encouraged them to take care of their physical and psychological well-being, thereby making them more confident and prepared to deal with health issues. The program successfully achieved its goal of empowering girl students to be self-reliant, aware, and confident in maintaining their health.

Lastly, the session ended with a vote of thanks by Prof Gayatri M. Kirkire (Co-convenor-WDC). She expressed her gratitude to our Principal, Dr Kaushal Prasad Sir, for his support in conduction of programme. Special thanks were conveyed to the girl student co-ordinator, Ms Bageshree Kakatkar and her team.

Acknowledgments:

Special thanks to all individuals who contributed to the success of this event:

- **Resource Person:**
Dr. Akshata Ashish Shembekar, Homeopathic Physician and Clinical Psychologist.
- **Women Development Cell Members:**
Mrs. A. S. Jadhav (Convenor), Mrs. G. M. Kirkire (Co-Convenor),
Ms. Vrishali Nimbalkar, Mrs. Neha Marathe, Mrs. Sankareswari S.,
Ms. Harshada Salvi, Mr. Tejas S. Narvekar, Mr. Milind Kolhatkar, Mr. Ajay Peje.
- **Special Thanks:**
To all the faculty, staff, and members of the Women Development Cell for their continuous support in organizing and managing this successful event.

Photographs:



Felicitating of Dr. Akshata Ashish Shembekar



Felicitation of Mrs. A. S. Jadhav (Convenor, WDC)



Address by Dr. Akshata Ashish Shembekar

