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**Shri Hurakadli Ajja Shikshana Samiti's
Smt. K. S. Jigalur Arts and Dr. (Smt.) S. M. Sheshgiri Commerce
College for Women's, Dharwad**

NOTICE

All the Staff Members and students are hereby informed that, Progressive Women's Association and Sports section jointly organizing A Programme on "Women and Health" on 28th January, 2019. Kindly attend the same.

Shobha S. Sajjan

Smt. Shobha S. Sajjan
Convener, Student Welfare Association

Shakuntala S. Biradar

Smt. Shakuntala S. Biradar
Physical Director

Shakuntala S. Biradar

Shakuntala S. Biradar

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Shakuntala S. Biradar



Principal

Principal
Principal
S.H.A.S. Samiti's
Smt. K. S. Jigalur Arts and
Dr. (Smt) S. M. Sheshgiri Commerce
College for Women, Dharwad

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Progressive Women's Association and Sports section

Jointly organized

Programme on "Women and Health" on 28th January, 2019

PROGRAMME LIST

7. Prayer : College Prayer
8. Welcome and Introduction : Smt. Shobha S. Sajjan
Convener, Student Welfare Association
9. Resource Person : Dr. Vijayashree Angadi
10. Presidential Remark : Dr. Nirmala M. Hiregoudar
Principal
11. Vote of Thanks : Smt. Shakuntala S. Biradar
Physical Director
12. Anchoring : Kum. Kaveri Patil



Green

Principal

S.H.A.S. Samiti's
Smt. K. S. Jigalur Arts and
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College for Women, Dharwad

Women & Health Programme

Held on 28/01/2019

Resource Person: Dr. Vijayashree Angadi



Dr. Vijayashree Angadi was the Resource Person of this programme. She addressed the students and said, Women's health is defined by WHO as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Women's health is influenced not just by their biology but also by conditions such as poverty, employment and family responsibilities.

She highlighted that exercise is important to Woman's mental health. Nutrient-rich foods provide energy for women's busy lives and help to reduce the risk of disease.

Woman should take balanced food. She should take grains, fruits, vegetables, healthy fats and protein. Iron is is very important to good health.



Greet
Principal
S.H.A.S. Samiti's
Smt. K. S. Jigalur Arts and
Dr. (Smt) S. M. Sheshdini Commerce

She suggested the students to have dates, dryfood, green leaf like spinach, beans, carrot, beetroot ect. For good health.

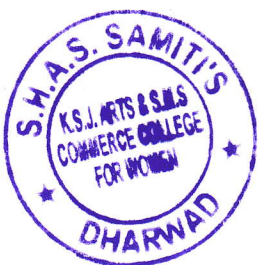
Dr. Nirmal Hiregoudar, Principal presided over the function.

Smt. Shobha S. Sajjan concluded the programme with vote of thanks.



Smt. Shobha S. Sajjan

Convener, P.W.A.




Principal
S.H.A.S. Samiti's
Smt. K. S. Jigalur Arts and
Dr. (Smt) S. M. Sheshgird Commerce
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Progressive Women's Association and Sports section

Jointly organized

Programme on "Women and Health" on 28th January, 2019

Sl. No.	Name of the Students	Signature
1	Jyoti P. Pawar	Jyoti P.
2	Jyoti B. Tegur	Jyoti B.
3	Gumfira N. Badlad	Gumfira
4	Pooja B. Ladwa	Pooja B.
5	Renuka	Renuka
6	Vaishnavi S.K.	Vaishnavi
7	Akshata N. Basetti	Akshata
8	Lalita I. Yaligan	L.I.Y.
9	Asha M. Yadbawad	Asha
10	Mubashireen S. Jamkhan	Mubashireen
11	Nagaratna N. Tegur	Nagaratna
12	Bhargavi Nandanaewadi	B.B.N.
13	Sangeeta C. Patil	Sangeeta
14	Shilpa N. Mulaashirayyanavar	Shilpa N.M.
15	Jyoti M. Kundagol	Jyoti M.
16	Sneha S. Mangodikal	Sneha
17	Arita B. Goudigappa	Arita B.
18	Gouramma M. Horanani	Gouramma
19	Sahana Ammanagi	Sahana
20	Chaitra A. Thaikar	Chaitra
21	Laxmi K. Lakkappanavar	Laxmi
22	Heena S. Dulleendar	Heena
23	Hishwarya B. Ladwa	Hishwarya
24	Pooja M. Kotabage	Pooja M.
25	Spandhi B. G.	Spandhi
26	Aishwarya A. Palankar	Aishwarya



Principal
S.H.A.S. Samiti's

27	Sumitra. M. Badad.	<u>Gu</u>
28	Aishwarya. K. Rachanagoudra.	<u>P</u>
29	Saraswathi. V. Kotabagi	<u>SB</u>
30	Preeti. K. Badige	<u>P.K. Badige</u>
31	Satyantamalan M. Sunkoal	<u>Smsunkaal</u>
32	Supriya. R. Chakwadi	<u>S. R. Chakwadi</u>
33	Anjali. M. Dodamani	<u>Anjali</u>
34	Bhagyashree. R. vdiheri	<u>Bhagyashree</u>
35	Savitri J. Jore	<u>Savite</u>
36	Sushma P. Garag	<u>Sushma</u>
37	Deepa. N. Hugar	<u>Deepa</u>
38	Shrider D. Gamanagatti	<u>Gmanagatti</u>
39	Priyanka. B. Garag	<u>Priyanka</u>
40	Reshma. Y. Akkaragallu	<u>Reshma</u>
41	Amruta. C. Ballary	<u>Amruta. B.</u>
42	Gouramma's Kammar	<u>Gouramma</u>
43	Megha S. Choudhary	<u>Megha S. Choudhary</u>
44	Ashwini S. Konappanavar	<u>Ashwini</u>
45	Divyashree A. Shindhe	<u>Divyashree</u>
46	Poornima C. M	<u>Poornima</u>
47	Kavya. M. Kariger	<u>Kavya</u>
48	Kamakshi. R. Raikar	<u>K.R. Raikar</u>
49	Sharmila. P. Bhajantri	<u>SB</u>
50	Tyoti C. Vireppagoudra	<u>Tyoti</u>
51	Tejaswini Killekor	<u>Tejaswini</u>
52	Kavya. Nekar	<u>Kavya. Nekar</u>
53	Keerti. S. Hugar	<u>Keerti</u>
54	Soundarya. M. Shindhe	<u>Soundarya</u>
55	Laxmi D. Tejapannavar	<u>Laxmi</u>
56	Rishi. H. Patil	<u>R.H. Patil</u>
57	Isavirti S. Budhe	<u>Isavirti</u>
58	Pallavi. D. Gallan	<u>Pallavi</u>
59	Keerti M. Mudakar	<u>Keerti</u>