



Pimpri Chinchwad Education Trust's  
**Pimpri Chinchwad College of Engineering**  
Sector No. 26, Pradhikaran,  
Nigdi, Pune – 411 044



**Detail Report of Expert Session on Women Health and Happiness**

Date: - 15/01/2022

To,  
The Director,  
PCCOE

Subject: Report of the Expert Session on "The Women Health and Happiness".

Respected Sir,

In context to above subject, ICC had conducted an expert session on the women health and happiness for all the women employees of our Institute.


Following are the details of the event,

- Program started with welcome of guest speaker Dr. Sheetal Mudgal and all the staff members of PCCoE by Dr. Jayashree Katti, ICC Coordinator.
- She had briefed about the aim and objective of the Internal Complaint Committee along with the various activities that are conducted under this cell. She had felicitated the speaker and the session had started.
- Dr. Sheetal Mudgal had talked on the topic Balanced Diet which is strongly related with person's health. She had focused on various day to day activities wherein a woman ignores her health, she addressed this issue and motivated the participants to first prioritize their health as it plays a major role for one's happiness. She also gave thorough information about the nutrients that are required for a women to be healthy and advised a diet that should be consumed.

- After the session of speaker, participants actively involved in the question answer session and got their doubts cleared.
- Program ended with vote of thanks.

We are thankful to Dr. G.N. Kulkarni, Director, PCCoE for his motivation and support for organizing this event.

Thanking You.



**Dr. Jayashree Katti**  
ICC Coordinator