



Lokmanya Tilak Jankalyan Shikshan Sanstha's

PRIYADARSHINI COLLEGE OF ENGINEERING

(Recognised by A.I.C.T.E., New Delhi & Govt. of Maharashtra, Affiliated to R.T.M.Nagpur University)

Near CRPF Campus, Hingna Road, Nagpur-440 019, Maharashtra (India)

Phone : 07104 - 236381, 237307, Fax : 07104 - 237681,

email : principal.pce.ngp@gmail.com, www.pcenagpur.edu.in



5.1.3 Capacity building and skills enhancement initiatives taken by the

Institution include the following

3. Life Skills (Yoga, physical fitness, health and hygiene) Sample Documents

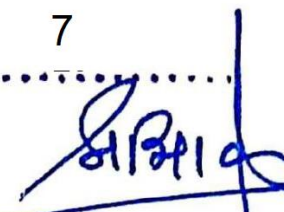
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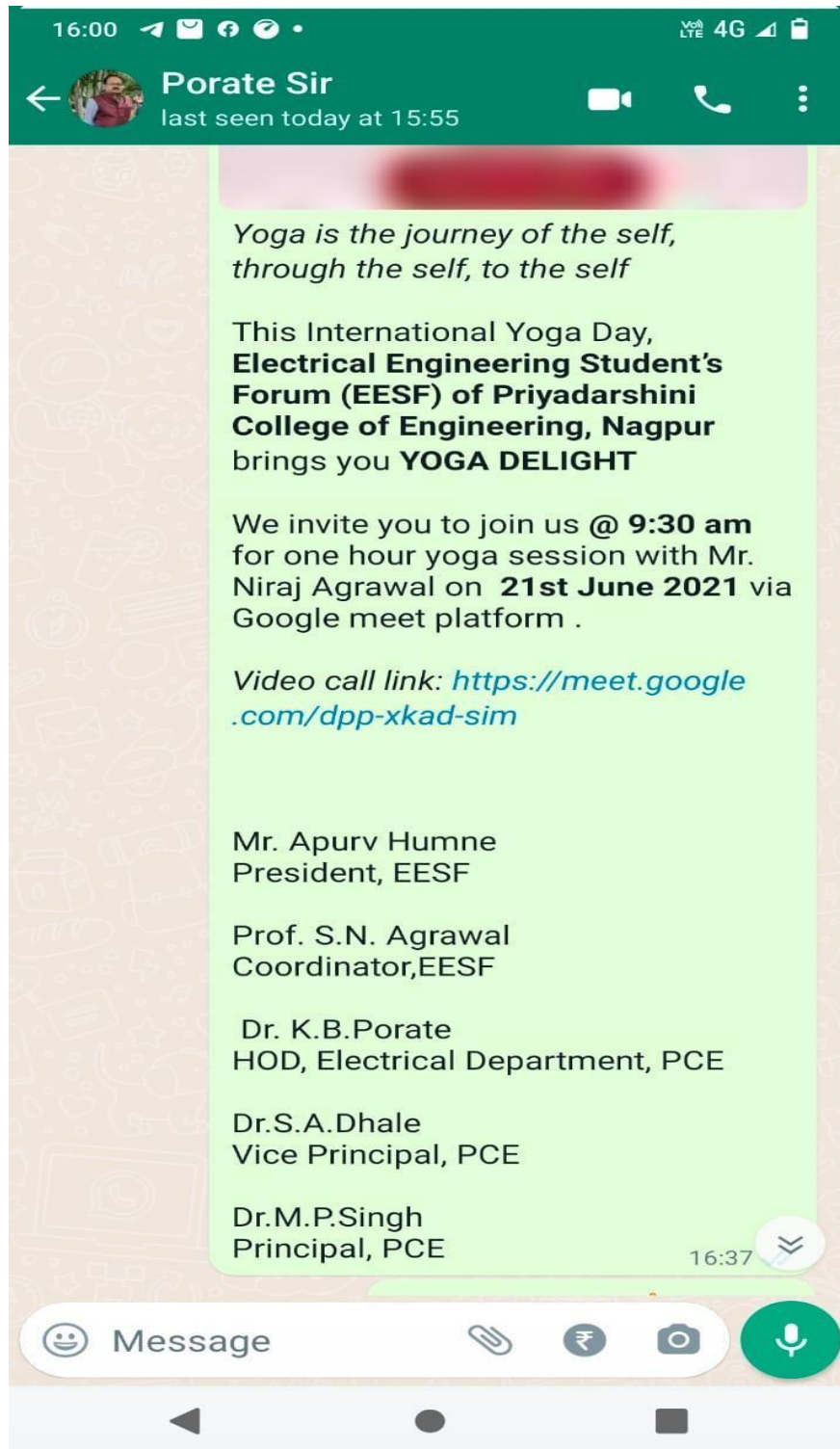


**PRIYADARSHINI COLLEGE
OF ENGG. NAGPUR
CERTIFIED DOCUMENT**

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Principal

Invitation:





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Department Organized: Electrical Engineering Department

Event: International Yoga Day, by Workshop on 'Yoga and Spiritual Brainstorming'

Date: 21/06/2021 (Online)

Resource Person: Mr. Niraj M Agrawal and Ms. Kavita Motwani

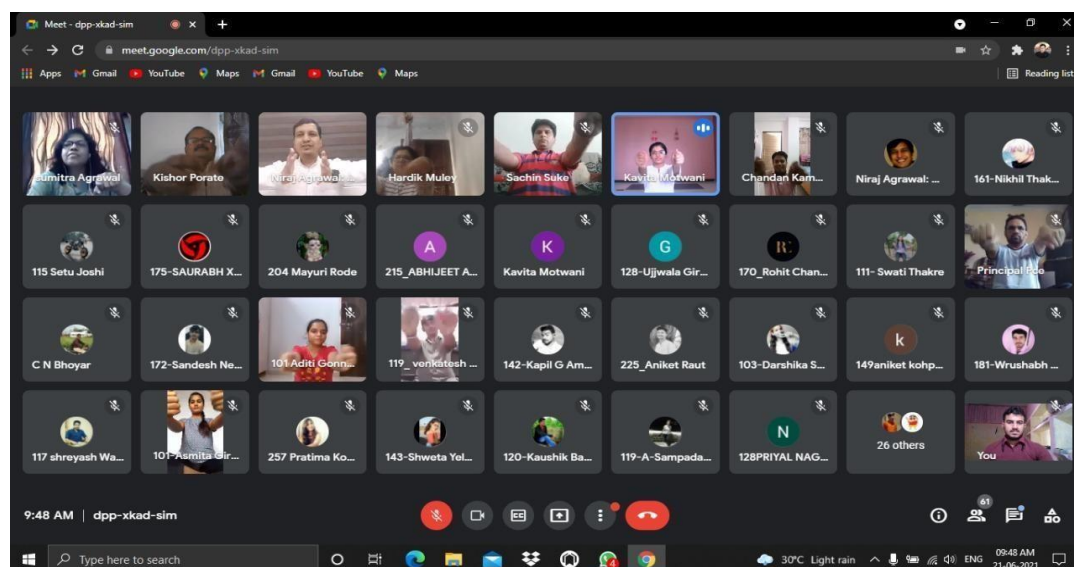
Dignitaries: Dr.M.P.Singh (Principal, PCE), Dr.S.A.Dhale (Vice-Principal, PCE) ,Dr.K.B.Porate (HoD, EE)

Participants: More than 65 students and Faculties of Electrical department .

Event Co-ordinator: Mrs. S. N. Agrawal

Purpose/Objective: 1. Celebration of International Yoga Day

2.To bring general awareness about health, hygiene and happiness among staff and students





Truweight in Association with Priyadarshini College of Engineering, Nagpur

Presents a live session to
make your life **healthier**
and **happier**.



Expected learning from the Live session:



Healthy & Balanced diet



Building a stronger
natural Immune system



Building healthy lifestyle



02 July 2020



02:30 PM



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Event: Live Session on Health Care- Nutrition and Immunity Building

Organized by: Department of Electrical Engineering and Health and Happiness Cell

In association with: Truweight Wellness, Bangalore

Date: 02nd July 2020, 2.30pm to 3.30pm

Participants: 61 (Staff- Teaching, Non-Teaching and Administrative Staff)

Event Co-ordinators: Dr. K.B.Porate and Dr. R.A.Keswani, Electrical Engineering Deptt.

Mrs. N.Hatwar and Dr.S.W.Varade, Health and Happiness Cell

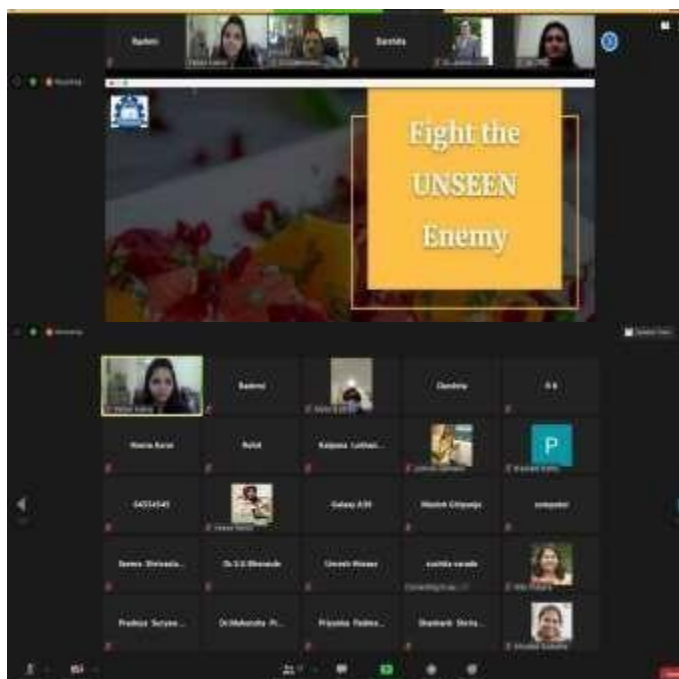
Resource Person: Ms. Darshita Thakkar, Ms. Pallavi Kabra, and Mrs. Jai Pankaj Oak, Nutritionist from Truweight Wellness, Bangalore.

Dignitaries Present: Dr. M.P.Singh, Principal, PCE, Nagpur;


Dr. S.A.Dhale, Vice-Principal, PCE, Nagpur;

Objective / Purpose:

1. Health and Balanced Diet.
2. Building Strong Natural Immunity.
3. Building Healthy Lifestyle.



Remarks: The staff members were communicated with the dietary plan and weighted composition content to be included in regular meals to maintain healthy. The Do's and Donot's to be followed in regular practice to be fit was discussed. The session ended with satisfactory replies to the health issues and queries raised by the staff members.


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Organized by : Women Development Cell ,PCE

Participated by : Lady Faculty members and Girl students of PCE

Venue: Room No.-414,Wing E, Rajiv Gandhi Complex Wing E

Date: 09/03/2018, 3.30P.M

Event: Seminar on “Reproductive Health Awareness”

Objective: Objective was to create awareness on health and hygiene for women and Girl students.


Resource Person: Dr. Rohini Patil, MBBS.MD.,(Humanitarian, Philanthropist)

Coordinator: Dr. Mrs.M.V.Vyawahare (In charge- Women Development Cell)

Remark : Priyadarshini College of Engineering organized a Seminar on “Reproductive Health



Awareness” on the occasion of Women’s Day under the guidance of Dr. Mrs. S.W.Varade (HOD, E&T dept). Session was attended by Female faculties and girl students of various departments which was very interactive and participants felt in need of more such seminars in future also. Dr. M.P.Singh, Principal, PCE highlighted the importance of the Women Development Cell.


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Date: 23/09/17

Venue: Wing E, IT Complex Seminar Hall.

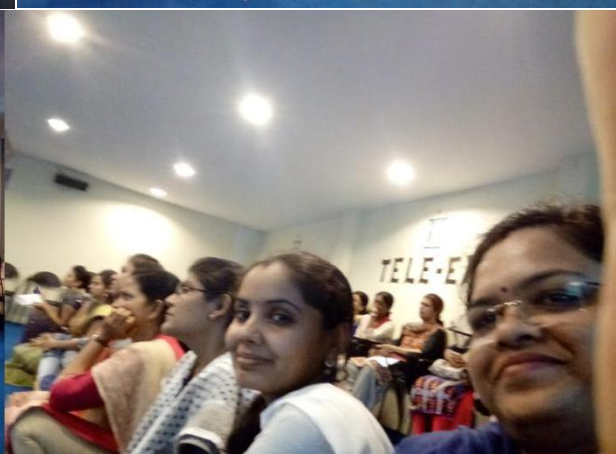
Participated by: Ladies Faculties of PCE

Event: "Prevention of Thyroid and Harmonal Imbalance in Female" under Health and Happiness Program Cell


Resource person: Mr.Sameer Shah, Unicare Institute of Research, Nasik.

Event Coordinators : Mrs. N. R. Hatwar, Health and Happiness Incharge

Objective purpose: To focus on the physical as well as of ladies teaching and non-teaching faculties. To make them aware of health issue related to Thyroid and Harmonal imbalance and remedy for the same.



Remark: Guest lecture was successfully conducted all were motivated and ready to take preventive measures.


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