

\Date: 10/03/2026

## Report of International Women's Day Guest Lecture

Sr. No.	Particulars	Remarks
1.	Class	B. Pharmacy and D. Pharmacy
2.	Subject	Guest Lecture on the occasion of Women's Day
3.	Topic	1. Menstrual irregularities 2. skin and hair concerns due to hormonal imbalance 3. Premenstrual syndrome (PMS)
4.	Guest Speaker	Dr. Kavita Todkar (MBBS, DGO, DNB), Gynaecologist
5.	Venue	Auditorium, AIMS College of Pharmacy, AIMS Foundation
6.	Day and Date	Monday, 09/03/2026
7.	Time	10:00- 11:00 am
8.	Teachers/ Instructor	1. Dr. Chaitrali Bidikar 2. Ms. Aditi Mhatre

**Principal****PRINCIPAL**  
AIMS College of Pharmacy  
At-AIMS Foundation, Vadavli  
Dombivli (E)



## **Report of International Women's Day Guest Lecture**

### **INTRODUCTION**

On the occasion of International Women's Day, a guest lecture was organized for women staff members and girl students at the AIMS College Auditorium. The session was conducted on Monday, 9th March 2026, from 10:00 AM to 11:00 AM with the objective of creating awareness about important women's health issues. The guest speaker, Dr. Kavita Todkar, a renowned Consultant Gynaecologist, shared her valuable knowledge and experience regarding common hormonal and reproductive health concerns faced by women.

The session was attended by all ladies teaching and non-teaching faculty members along with girl students from the Pharmacy, Nursing, and Physiotherapy departments. The lecture aimed to educate participants about maintaining reproductive health and managing hormonal imbalances effectively.

### **EXPLANATION**

A guest lecture was delivered by Dr. Kavita Todkar, Consultant Gynaecologist, focusing on important aspects of women's health, including menstrual irregularities, hormonal imbalance, and Premenstrual Syndrome (PMS). The session aimed to create awareness and promote a better understanding of common health concerns faced by women.

Dr. Todkar began the session by explaining menstrual irregularities and their common causes such as hormonal imbalance, stress, lifestyle habits, and certain medical conditions. She emphasized the importance of maintaining a healthy lifestyle, balanced diet, and timely medical consultation to manage menstrual health effectively. She also discussed skin and hair problems caused by hormonal imbalance, explaining that hormonal changes can often lead to issues such as acne and excessive hair fall. She advised participants to maintain proper hygiene, healthy eating habits, and effective stress management to reduce these concerns.

Another important topic covered during the lecture was Premenstrual Syndrome (PMS). Dr. Todkar explained the physical and emotional symptoms associated with PMS, including mood swings, fatigue, irritability, and bloating. She also shared practical tips to manage PMS through regular exercise, proper sleep, balanced nutrition, and stress reduction techniques. The session was highly interactive, with participants actively asking questions related to their health concerns. Dr. Todkar addressed all queries patiently and provided helpful guidance, making the session informative and beneficial for all attendees.

## CONCLUSION

The guest lecture was highly informative and successful in spreading awareness about important aspects of women’s health and hormonal well-being. The session encouraged participants to better understand common health concerns and highlighted the importance of maintaining a healthy lifestyle and seeking timely medical advice when necessary.

The program concluded with a vote of thanks to Dr. Kavita Todkar for sharing her valuable knowledge and contributing to making the International Women’s Day celebration meaningful, educational, and inspiring for all participants.

**Here are some highlights of the programme:**





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