



Sandip University, Nashik (MS), India

At Post Mahiravani, Trimbak Road, Nashik- 422213 Maharashtra

<https://www.sandipuniversity.edu.in>

SCHOOL OF SCIENCE

Report : International Women,s Day

Academic Year: 2025–26

College Name: School of Science, Sandip University, Nashik

Event Date: 7 March 2026

Duration: 1 Day

Location: Seminar Hall, School of Science, Sandip University

Guest speaker: Dr. Archana Kelhe, Head of Madhavbaug Clinic, CIDCO, Nashik.

Participants: Faculty members and students of the School of Science

Event Organizer: Dr. Renu Pathak, Head, Department of Mathematics

Convener: Dr. Nissar Reshi, Associate Dean, School of Science

Introduction

The **School of Science, Sandip University, Nashik** celebrated **International Women’s Day** on **7th March 2026** with great enthusiasm and participation from faculty members and students. The program was organized to acknowledge and celebrate the strength, achievements, and contributions of women in society.

The event featured an **expert guest session** that focused on empowering women through awareness about health, well-being, and balanced living. The celebration created a positive and inspiring environment for all attendees.

Objective

The main objectives of celebrating International Women's Day were:

- To recognize and appreciate the contributions of women in society.
- To inspire students and faculty through motivational and informative sessions.
- To create awareness about the importance of healthy and balanced lifestyles for women.
- To encourage respect, equality, and empowerment of women in all spheres of life

Guest Session

The program was graced by Chief Guest **Dr. Archana Kelhe**, Head of Madhavbaug Clinic, CIDCO, Nashik. She delivered an insightful talk on the theme "Lifestyle Modification."

During her session, she emphasized:

- The importance of maintaining physical and mental health.
- The role of balanced nutrition and regular exercise in daily life.
- Managing stress and maintaining harmony between professional and personal responsibilities.
- Adopting positive lifestyle habits for a healthy and productive life.

Her lecture was highly engaging and informative, encouraging students and faculty members to adopt healthier lifestyle practices.

Event Highlights

- The event was attended by women faculty members and students of the School of Science.
- The program included an interactive expert talk that motivated participants to focus on health and well-being.
- Faculty members gathered to celebrate the spirit of unity, empowerment, and appreciation for women.
- The session provided an opportunity for students to gain valuable insights into lifestyle management and personal development.

Impact and Response

The program received an enthusiastic response from students and faculty members. The expert lecture by Dr. Archana Kelhe was highly appreciated and inspired participants to reflect on the importance of self-care, health awareness, and work-life balance.

The celebration successfully created awareness about women's empowerment and the significance of maintaining a healthy lifestyle.

Conclusion

The International Women's Day Celebration 2026 at the School of Science, Sandip University, was a meaningful and successful event. The expert talk and interaction with the guest speaker provided valuable knowledge and motivation to the participants. The program highlighted the importance of recognizing women's contributions and encouraging a healthy and balanced way of living.

Acknowledgment

The School of Science expresses sincere gratitude to Dr. Archana Kelhe for delivering an inspiring and informative session. Special thanks to Dr. Renu Pathak for organizing the event and to Dr. Nissar Reshi, Associate Dean, for his support and guidance.

The cooperation of faculty members and active participation of students contributed significantly to making the celebration a memorable and successful event.



Female faculties of SoS



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Guest lecture by **Dr. Archana Kelhe**



Chief Guest **Dr. Archana Kelhe**

Event Coordinator

Ms. Akansha Raut

Associate Dean

Dr. Nissar Reshi