

Rayat Shikshan Sanstha's  
Rajarshi Chhatrapati Shahu College, Kolhapur

Short Term Course

Department of Zoology

**“Women health and Hygiene”**

**Introduction:**

Generally women health does not take care of themselves according to Indian culture each and every year look after all family member excluding herself. The Culture does not allow doing some hygienic thing which is requiring in case of every woman. It is our try to make the women strong by health and mind too. This course will provide at least some basic knowledge about health, child care, self care and hygiene.

**Objective:**

- To impart knowledge of health is the basic aim of this course.
- The girl's students accepted to acquire the knowledge of health and hygiene.
- To understanding the scientific methods of first aid.
- To understand self body structure and functions.

**Duration and Intake Capacity**

Duration	Awards	Intake capacity
06 months	Certificate	20

Eligibility for Admission: 10+2 from any faculty

Fee structure: 500/-

**Contents:**

<b>Topic 1</b>	Understanding the women hood
<b>Topic 2</b>	Anatomy and Physiology of women body
<b>Topic 3</b>	Adolescent age- Psychological and Physiological changes in adolescence. Health and nutrition of Adolescence girls, Problems of adolescence, Pubertal changes, Genital problems, Precaution and Prevention
<b>Topic 4</b>	Hygiene related to genital problems
<b>Topic 5</b>	Menstruation Cycle, Normal Cycle, Abnormal Cycle, Emergencies

<b>Topic 6</b>	Sexual relations- legitimate, Non-legitimate, safe, unsafe
<b>Topic 7</b>	Sexually transferred disease
<b>Topic 8</b>	Pregnancy-Phenomenon, Mechanism , Sex Determination, Physiological and Psychological changes during pregnancy period, Exercise during pregnancy
<b>Topic 9</b>	Child birth-Normal process of pregnancy problems and emergencies, Development of child, Nutrition, Milestones in development, Importance of mothers milk, Blind beliefs in child development, Immunization and Vaccination, Abnormalities, Pre-natal and neo-natal care, General accidents with children, Prevention First aid and mental intervention.
<b>Topic 10</b>	Being with your Family

### Practical's

Visit to gynecologist's, Interview of pregnant women, Discussion with Doctor, Observation of delivery, Visit to pediatric hospital, Dressing injunction, Application of IV injection, physiotherapy, Yoga, Massage, Preparation of nutritious food for pregnant women, mother and child.

### **Contacts:**

**Coordinator Name:** Mr. R. P. Dethe. Email Id- [rajdethe22@gmail.com](mailto:rajdethe22@gmail.com)

**Faculty Name:** 1) Dr. Mrs. V.B. Nalawade. Email [Id-nalawadevaishali.388@rediffmail.com](mailto:Id-nalawadevaishali.388@rediffmail.com).

2) Smt. S.Y. Shidankar.



**Head**

Department of Zoology  
Rajarshi Chh. Shahu College, Kolhapur

**Rayat Shikshan Sanstha's  
RAJARSHI CHHATRAPATI SHAHU COLLEGE, KOLHAPUR  
DEPARTMENT OF ZOOLOGY**

**Short Term Course on  
Women Health and Hygiene  
Notice (2018-19)**

**Date: 3/9/2018**

All the girls' students hereby informed that, Our college is going to start "**Short term course on women health and hygiene**" in collaboration with Karmveer Prabodhini, Satara from 11th September 2018. Interested students are informed to contact Dr. V. B. Nalawade.

for *V. B. Nalawade*  
Head,  
Department of Zoology



Rayat Shikshan Sanstha's  
Rajarshi Chatrapati Shahu College, Kolhapur

Department of Zoology

Short term Course

"Women Health and Hygiene"

List of Participants

Sr No	Name of Student	Class	Address	Contact no
1	Shraddha Appaso Powar	B.Sc I	Gandhinagar, Kolhapur	7083540942
2	Sah Pushpa Shivshankar	B.Sc I	Uchgaon	7507103888
3	Ambalnure Jyoti Hanmanta	B.Sc I	Shirdhon	8329099469
4	Jadhv Snehal Pandurang	B.Sc I	Marwade	9325397625
5	Chadane Charubala Dipak	B.Sc I	Sangaon	9096750011
6	Ravan Ankita Arun	B.Sc I	Shiroli	7020645059
7	Pawar Nikita Dhanjay	B.Sc I	Shiroli	7218481963
8	Yelkar Snehal Sambhaji	B.Sc I	Kolhapur	8605400454
9	Mane Ashwini ashok	B.Sc I	Shiroli	7447282825
10	Injal Shreya Shekhar	B.sc I	Kolhapur	7620115020
11	Dodman Umashree Sadashiv i	B.Sc I	Kolhapur	9148775654
12	Inamdar Purvaja Ravaji	B.Sc I	Kolhapur	7261979949
13	Memam Jinnat Javed	B.Sc I	Shiroli	8605806736
14	Mulla Muskan Jakirhusen	B.Sc I	Kolhapur	
15	Mane Gayatri Chandrakant	B.Sc I	Kolhapur	8624830096
16	Powar Pallavi Suresh	B.Sc I	Kolhapur	9921587972
17	Jadhav Urjita Uttam	B.Sc I	Solapur	9970437686
18	Patil Riya Ragunath	B.Sc I	Shiroli	820887373




  
Head

Department of Zoology  
Rajarshi Chh. Shahu College, Kolhapur

**Rayat Shikshan Sanstha's**  
**Rajarshi Chhatrapati Shahu College, Kolhapur**  
**Short term Course**  
**Women Health and Hygiene**  
**Time -Table (2018-2019)**

Sr. No	Time	Day	Day
1	3.30 to 4.30pm	Monday (Lecture)	Saturday (Lecture)
2	4.45 to 5.45pm	Monday (Practical)	Saturday (Practical)



*for*   
Head  
Department of Zoology  
Rajarshi Chh. Shahu College, Kolhapur.

Rayat Shikshan Sanstha's  
Rajarsh. Chhatrapati Shahu College Kolhapur  
Department of Zoology (2018-2019)

Short term course on "Women Health and Hygiene" Student Attendance

Sr. No.	Name of Students	8/11/2018	9/11/2018	10/11/2018	11/11/2018	12/11/2018	13/11/2018	14/11/2018	15/11/2018	16/11/2018	17/11/2018	18/11/2018	19/11/2018	20/11/2018	21/11/2018	22/11/2018	23/11/2018	24/11/2018	25/11/2018	26/11/2018	27/11/2018	28/11/2018	29/11/2018	30/11/2018	
1	Shradha Appaso Powar	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh	4.40 to 5.45 S.P. Suresh
2	Sah Pushpa Shivshankar	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh	S.P. Suresh
3	Ambalnure Jyoti Hanmanta	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.
4	Jadhv Snehal Pandurang	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS	IS
5	Chadane Charubala Dipak	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.
6	Ravan Ankita Arun	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.	A.A.R.
7	Pawar Nikita Dhanjay	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar	Navar
8	Yelkar Snehal Sambhaji	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
9	Mane Ashwini ashok	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane
10	Injal Shreya Shekhar	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals	Trjals
11	Dodman Umashree Sadashivi	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.	Ab.
12	Inamdar Purvaja Ravaji	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.	P.R.S.
13	Memana Jinnat Javed	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ
14	Mulla Muskan Jakirhusen	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ
15	Mane Gayatri Chandrakant	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.
16	Powar Pallavi Suresh	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.
17	Jadhav Urjita Uttam	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ
18	Patil Riya Ragunath	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil

Head,  
Department of Zoology

Rayat Shikshan Sanstha's  
Rajarshi Chhatrapati Shahu College Kolhapur  
Department of Zoology (2018-2019)

Short term course on "Women Health and Hygiene" Student Attendance

Sr. No.	Name of Students	11/12/2019	11/12/2019	11/12/2019	11/12/2019	11/12/2019	11/12/2019	11/12/2019	11/12/2019	11/12/2019	11/12/2019	11/12/2019
1	Shraddha Appaso Powar	4.45 S.P.Shir	4.45 S.P.Shir	4.45 S.P.Shir	4.45 S.P.Shir	4.45 S.P.Shir	4.45 S.P.Shir	4.45 S.P.Shir	4.45 S.P.Shir	4.45 S.P.Shir	4.45 S.P.Shir	4.45 S.P.Shir
2	Sah Pushpa Shivshankar	S.P.Shir	S.P.Shir	S.P.Shir	S.P.Shir	S.P.Shir	S.P.Shir	S.P.Shir	S.P.Shir	S.P.Shir	S.P.Shir	S.P.Shir
3	Ambalnure Jyoti Hanmantia	AJH	AJH	AJH	AJH	AJH	AJH	AJH	AJH	AJH	AJH	AJH
4	Jadhv Snehal Pandurang	JS	JS	JS	JS	JS	JS	JS	JS	JS	JS	JS
5	Chadane Charubala Dipak	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.	C.D.C.
6	Ravan Ankita Arun	AAR	AAR	AAR	AAR	AAR	AAR	AAR	AAR	AAR	AAR	AAR
7	Pawar Nikita Dhanjay	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar
8	Yelkar Snehal Sambhaji	Yelkar	Yelkar	Yelkar	Yelkar	Yelkar	Yelkar	Yelkar	Yelkar	Yelkar	Yelkar	Yelkar
9	Mane Ashwini ashok	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane	Mane
10	Injal Shreya Shekhar	Injal	Injal	Injal	Injal	Injal	Injal	Injal	Injal	Injal	Injal	Injal
11	Dodman Umashree Sadashiv	Dodman	Dodman	Dodman	Dodman	Dodman	Dodman	Dodman	Dodman	Dodman	Dodman	Dodman
12	Inamdar Purvaja Ravaji	P.R.J.	P.R.J.	P.R.J.	P.R.J.	P.R.J.	P.R.J.	P.R.J.	P.R.J.	P.R.J.	P.R.J.	P.R.J.
13	Meman Jinnat Javed	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ	MJ
14	Mulla Muskan Jakirhusen	Mulla	Mulla	Mulla	Mulla	Mulla	Mulla	Mulla	Mulla	Mulla	Mulla	Mulla
15	Mane Gayatri Chandrakant	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.	M.G.C.
16	Powar Pallavi Suresh	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.	P.P.S.
17	Jadhav Urjita Uftam	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ	UJ
18	Patil Riya Ragunath	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil

Head  
Department of Zoology



**Rayat Shikshan Sanstha's**  
**Rajarshi Chatrapati Shahu College, Kolhapur**

**Department of Zoology**

**Short Term Course (2018-19)**

**“Women Health and Hygiene”**

**Marks of Examination**

Sr No	Name of Student	MCQ (30)	Oral (10)	Total Out of 40)
1	Shraddha Appaso Powar	22	08	30
2	SahPushpaShivshankar	30	10	40
3	AmbalnureJyotiHanmanta	22	10	32
4	JadhvSnehalPandurang	18	09	27
5	ChadaneCharubalaDipak	24	09	33
6	RavanAnkitaArun	22	08	30
7	Pawar Nikita Dhanjay	28	09	37
8	YelkarSnehalSambhaji	26	06	32
9	Mane Ashwiniashok	28	08	36
10	InjalShreyaShekhar	24	08	32
11	DodmanUmashreeSadashiv	28	08	36
12	InamdarPurvajaRavaji	24	06	30
13	MemamJinnatJaved	26	09	35
14	MullaMuskanJakirhusen	28	09	37
15	Mane GayatriChandrakant	22	08	30
16	PowarPallavi Suresh	28	07	35
17	JadhavUrjitaUttam	22	09	31
18	PatilRiyaRagunath	28	08	36



*For*  
  
**Head**  
Department of Zoology  
Rajarshi Chh. Shahu College, Kolhapur



**Rayat Shikshan Sanstha's**  
**Rajarshi Chhatrapati Shahu College, Kolhapur**  
**Department of Zoology**  
**Short Term Course**  
**Women Health and hygiene**  
**Examination - 2019**

**Day and Date :**

**Time :**

**Marks: 30M**

**Instructions:** 1) Select the correct alternative from the given options.

2) Each question is carry two marks.

3) All questions are compulsory

- 
- 1) **The absorption of fructose by intestinal mucosa is-----**  
a) Co-transport mechanism    b) simple diffusion  
c) facilitated transport    d) active transport
- 2) **The gaseous exchange in alveoli is a type of -----**  
a) Simple diffusion    b) osmosis  
c) Active transport    d) passive transport
- 3) **Which one of the following plasma proteins is involved in the coagulation of blood?**  
a) .Fibrinogen    b) Serum amylase    c) Globulin    d) .Albumin
- 4) **Fallopian tubes are also called as -----**  
a) Oviducts    b) Follicles    c) Fimbriae    d) Luteum
- 5) **The period of \_\_\_\_\_ is known as adolescence.**  
a) 11 to 19 years    b) 5 to 10 years    C) 30 to 40 years    d) 22 to 28 years
- 6) **\_\_\_\_\_ controls the changes occurring during adolescence.**  
a) **Hormones**    b) Enzyme    c) Lymph    d) None of the above
- 7) **Ovulation generally takes place at the \_\_\_\_\_ of a menstrual cycle.**  
a) day 18    b) day 1    c) Day 8    d) days 1
- 8) **Which of these hormones does not increase during pregnancy?**  
a) Testosterone    b) Progesterone    c) Estrogens    d) Human chorionic gonadotropin
- 9) **Who discovered oxytocin?**  
A. John Roberts    B. Ivan Pavlo    C. Charles Darwin    D. Henry Day
- 10) **Which of the given below sexually transmitted disease is completely curable-----**  
a) Trichimionis    b) Genital herpes    c) hepatitis B    d) HIV-infecti
- 11) **Female eggs have a (n) \_\_\_\_\_ chromosome.**  
a) A    b) Z    c) Y    d) X
- 12) **Foetal sex can be determined by examining cells from the amniotic fluid by looking for**  
a) Kinetochore    b) chiasmata    c) Autosomes    d) Barr bodies
- 13) **Which of the following is a method of birth control?**  
a) GIFT    b) IUD    c) IVE-ET    d) HTF
- 14) **Factors that contribute to first time parents being hesitant about their child receiving childhood immunizations are:**  
a) Religion    b) Knowledge    c) Stress    d) Populated Data
- 15) **Which of the following can give us information about fetal health?**  
a) Blood tests    b) amniocentesis  
c) Urine tests    d) all of these



**Rayat Shikshan Sanstha's  
Rajarshi Chatrapati Shahu College, Kolhapur**

Department of Zoology

**Short Term Course**

"Women Health and Hygiene"

Batch No IV (2018-2019)

**REPORT**

Department of Zoology runs a Short Term Courses "Women Health and Hygiene" Only for girls students of all Faculty streams. During this academic year there was good response form the students then also for continuity of the course the department is taking efforts to run the same course. This year 18 students participated in this course. The lectures are conducted in the department of zoology by the faculty members along with the Practical's. The course syllabus contains all the informative topics concerned with women heath and hygiene. The practical's are conducted in the department of in which the first aid, measuring the blood Pressure, Pulse, Hemoglobin etc. are demonstrated in the participants. The practicals like intravenous injections, parturities, dressing and nursing are demonstrated in the nearby hospital under the guidance of expert doctor and nurses. The nominal fees Rs.500 (Rupees Five Hundred only) Is collected from the participant girls for the enrollment in this course.



A handwritten signature in blue ink, appearing to be "R. G. S.", written over the printed name "Head".

Head  
Department of Zoology  
Rajarshi Chh. Shahu College, Kolhapur

Rayat shikshan Sanstha's  
**Rajarshi Chhatrapati Shahu college, Kolhapur**  
**Department of Zoology**

**Short Term Course - Women Health and Hygiene (2018-19)**

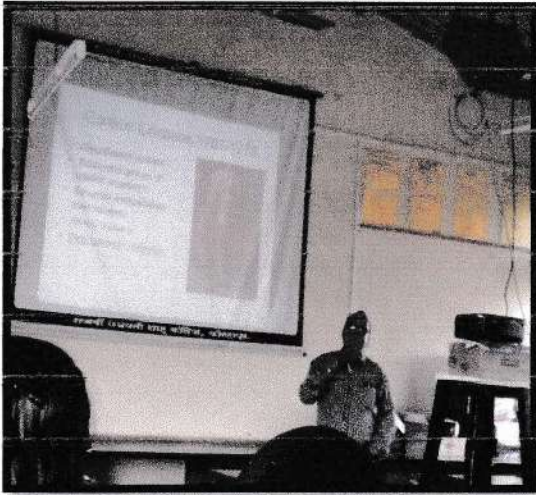


Photo: Lecture by Mr.R.P .Dethe for women heath and hygien short term course.



Photo: Lecture by Dr. V.B. Nalawade for women heath and hygiene short term course.



For *V.B. Nalawade*  
**Head**  
Department of Zoology  
Rajarshi Chh. Shahu College, Kolhapur