Swarrnim Startup and Innovation University

Academic Integrity Policy

1. Preamble

The basic aim of the university's plagiarism and academic integrity policy is to maintain and promote academic integrity and honesty. The primary objective of the plagiarism and academic integrity policy is to foster originality and innovation while promoting fairness. Ensure adherence to academic norms. help mitigate any legal complications.

Swarrnim Startup & Innovation University, in accordance with the directives of the University Grants Commission (UGC) as outlined in the UGC Act of 1956, is entrusted with the responsibility of overseeing and establishing the benchmarks for higher education. Evaluation of scholarly and investigative endeavours undertaken in pursuit of the partial completion requirements for the conferral of Master's and Research degrees. The production of a thesis is often undertaken by individuals within an academic community, such as students, faculty members, researchers, or staff members. The dissertation and publishing of research papers, chapters in books, full-fledged books, and other similar works serve as indicators of the degree to which Higher Educational institutions (HEIs) adhere to principles of academic integrity and originality in their respective processes. The UCC circular of 23rd July, 2018 outlines the definition of particular terminology in accordance with the Promotion of Academic Integrity and Prevention of Plagiarism in Higher Educational Institutions.

Objectives

a) To enhance knowledge about the proper conduct of research, dissertations, the promotion of academic integrity, and the prevention of misconduct, specifically addressing plagiarism, among the academic community including students and faculty members. The individuals involved in this study include researchers and staff members.

b) To build an institutional framework that utilizes education and training to effectively promote responsible research practices. The primary focus of

this study is the examination of strategies aimed at fostering academic integrity and discouraging plagiarism inside educational institutions.

c) To facilitate the identification of instances of plagiarism and establish effective measures to deter and penalise academic misconduct, it is necessary to undertake the development of plagiarism detection systems and the implementation of comprehensive preventive strategies inside educational institutions. The act of plagiarism is being committed by a researcher or staff member affiliated with Swarrnim Startup & Innovation University

2. Awareness Programmes and Trainings:

a) Swarrnim Startup & Innovation University aims to provide education on proper citation practises to its students, teachers, researchers, and staff members. It is advisable to get the author's consent when deemed essential. The proper citation of sources is essential in adhering to the specific standards and conventions of many academic fields and their respective citation guidelines. The source is governed by conventions and laws at the international level.

b) Swarrnim Startup & Innovation University intends to organise sensitization seminars and awareness programmes on a biannual basis, focusing on responsible research conduct, thesis and dissertation writing, promotion of academic integrity, and ethics in education. These initiatives aim to benefit students, faculty members, researchers, and staff members alike.

c) Swarrnim Startup & Innovation University will:

i. Integrate the fundamental tenets of academic integrity as required course work or modules in the curriculum of undergraduate (UC), postgraduate (PG), and master's degree programmes, as well as other degrees.

ii. Integrate components of responsible research conduct and publishing ethics as a mandatory component within the coursework or module for both Masters and Research Scholars.

iii. Integrate components pertaining to the principles of responsible research conduct and publishing ethics into the Induction and Refresher Courses

designed for the academic and staff members of Swarrnim Startup & Innovation University.

iv. Provide training sessions for students, faculty members, researchers, and staff members on the use of plagiarism detection techniques and reference management software.

v. Setup a facility that is equipped with modern technology for the purpose of detecting plagiarism.

vi. Encouraging students, academics, researchers, and staff to sign up for worldwide researcher registries is encouraged.

3. Plagiarism Prevention

3.1. Swarrnim Startup & Innovation University benchmark for checking similarity index reports

I. All individuals involved in research work, such as students, faculty members, researchers, and staff, are expected to adhere to the guidelines for plagiarism set forth by Swarrnim Startup & Innovation University.

II. In order to ensure academic integrity, it is required for every student submitting a thesis, dissertation, or any similar document to the University to provide an undertaking. This undertaking serves to confirm that the document has been prepared by the student and that it is their original work, free from any instances of plagiarism.

III. iii. The undertaking shall include the fact that the document has been duly checked through a Plagiarism detection tool approved by the Swarrnim Startup & Innovation University i.e. Authenticate (from Turnitin). It is of utmost necessity to attach the similarity index report generated by the plagiarism detection tool.

IV. Every supervisor is required to provide a certificate attesting that the study conducted by the respective researcher under their supervision is devoid of any instances of plagiarism.

V. It is essential to guarantee that the document, once posted, is not retained inside the repository. The document to be uploaded is stored in the relevant class that it has been generated in.

VI. Swarrnim Startup & Innovation University proposes to provide INFLIBNET with electronic versions of the dissertations and thesis from its Doctoral

Research Programme. This submission will occur within one month after the conferral of degrees, with the purpose of storing these documents in the digital repository known as the "Shodh Ganga e-repository".

3.2. **Benchmark - Similarity Index Reports**

Any alterations to these rules will need to be approved by the relevant Faculty Dean.

Sr. No.	Parameter	Values	Remark
1	Exclude Quotes	ON	Commonly used phrases will be excluded
2	Exclude Bibliography	ON	Text given a proper reference will be excluded
3	Exclude matches	<5 words	Continuous 5 words or more appearing in a sentence will be remarked as plagiarised content
* Similarity of <1% sources will be counted as plagiarism			
Self-plagiarism will not be excluded			

4. Degree of Plagiarism in the content

Plagiarism can be categorised into different levels, each representing varying degrees of severity, in order to better understand its definition:

i. Level 0: Similarities up to 10% - Minor similarities, no penalty

ii. Level l: Similarities above 10% to 40%.

iii. Level 2: Similarities above 40% to 60%

iv. Level 3: Similarities above 60%

As per the set parameters, following benchmarks of Level 0 will be maintained in the University for any kind of publication.

● Publication similarity <10% can proceed for the submission

- Publication similarity >10%. Please revise the content and recheck (not recommend the paper/thesis/dissertation to be submitted).

5. Detection/Reporting/Handling of Plagiarism

Any academic who has reasonable suspicions that a work contains plagiarism may report the incident. He or she will have an opportunity to report it to the Departmental Academic Integrity Panel (DAIP). Upon receiving such a complaint or allegation, the DAIP will thoroughly examine the matter and provide its recommendations to the institutional Academic Integrity Panel (IAIP) of the Swarrnim Startup & Innovation University.

6. Departmental Academic Integrity Panel (DAIP)

i. All Departments in Swarrnim Startup & Innovation University will notify a DAIP, which will have the following composition:
   a. Chairman - Head of the Department
   b. Member - Senior academician from outside the department, to be nominated by the Dean of Faculty.
   c. Member - An individual with extensive knowledge and expertise in the field of anti-plagiarism tools is to be nominated by the Head of the Department. The duration of the members' tenure with regards to points
      i. 'b' and 'c' should be two years. The minimum number of members required for a meeting to proceed, known as the quorum, should consist of two out of the three members, which includes the Chairman.

ii. ii. The Disciplinary Academic Integrity Panel (DAIP) is required to adhere to the principles of natural justice while making determinations about allegations of plagiarism involving students, faculty members, researchers, and staff.

iii. The Digital Academic Integrity Panel (DAIP) is vested with the authority to evaluate the extent of plagiarism and propose appropriate penalties in response.

iv. The DAIP is committed to conducting a thorough investigation and will submit its report with recommendations on penalties to the Institutional Academic Integrity Panel (lAlP) within 45 days from the date of receiving the complaint or initiating the proceedings.

7. Institutional Academic Integrity Panel (lAlP)

i. Swarrnim Startup & Innovation University IAIP composition is as given below

Chairman – Dean, School of Doctoral Research and Innovation

Member - Senior Professor from the Department

Member - One external member (outside Swarrnim Startup & Innovation University) nominated by the Provost.

Member - Librarian who is conversant with the tool usage.

The Chairman of DAIP and IAIP shall not be the same.

ii. The IAIP will gladly consider the valuable recommendations of DAIP.

iii. The IAIP is responsible for conducting investigations into cases of plagiarism in accordance with the regulations outlined.

iv. The IAIP is granted the authority to carefully assess the recommendations put forth by the DAIP, including any proposed penalties, while providing a thorough and well-founded rationale.

v. The IAIP is responsible for submitting the report, along with the findings and suggested penalties, to the provost within 45 days of receiving the recommendation from the DAIP, complaint, or commencement of the proceedings.

vi. The IAIP is kindly requested to consider providing a copy of the report to the individual(s) who are the subject of the inquiry report.

The duration of the term for Committee members, including the Chairman, shall be three years. The minimum number of members required for a meeting to proceed, known as the quorum, should consist of three out of the four total members, which includes the Chairman. The IAIP will adhere to the tenets of procedural fairness while deliberating on the accusation of plagiarism levied against the student. The term "faculty" refers to the collective body of academic staff members within an educational institution The individuals involved in this study are researchers and staff members affiliated with Swarrnim Startup & Innovation University.

8. Penalties

Penalties for plagiarism are applicable to students enrolled in Masters and Research programs, as well as researchers, faculty, and staff of Swarrnim Startup & Innovation University. These penalties are implemented only after thorough investigation and conclusive evidence of academic misconduct by the individual in

question. When all possible avenues of appeal have been explored and the individual in question has been given ample opportunity to present their defence in a fair and transparent manner.

8.1. Penalties in case of Plagiarism

The Institutional Academic Integrity Panel (lAlP) shall impose a penalty considering the severity of the Plagiarism.

i. Level 0: Similarities upto 10% - Minor Similarities, no penalty

ii. Level 1: Similarities above 10% to 40% - Such student shall be asked to submit revised script within a stipulated time period not exceeding 6 months

iii. Level 2: Similarities above 40% to 60% - Such student shall be debarred from submitting a revised script for a period of one year.

iv. Level 3: Similarities above 60% -Such student registration for that programme shall be cancelled.

Note 1:

Penalty for repeated plagiarism - Students who engage in plagiarism will face increasingly severe consequences with each subsequent offense, corresponding to a higher level of misconduct than their previous offense. In situations where the highest level of plagiarism is observed, appropriate measures will be taken to address and address the issue.

Note 2:

In situations where plagiarism is proven after the degree or credit has already been obtained, it is recommended that the degree or credit be temporarily suspended for a period of time as determined by the IAIP and approved by the Head of the institution.

8.2. Penalties in case of Plagiarism in Academic and Research Publication

i. Level 0: Similarities up to 10% - Minor similarities. no penally

ii. Level l: Similarities from 10% to 40%

Shall be asked to withdraw manuscript

iii. Level 2: Similarities from 40% to 60%

- Shall be asked to withdraw manuscript
- Shall be denied a right to one annual increment
- Shall not be allowed to be a supervisor to any new Master's, M.Phil., Ph.D. Student/scholar for a period of two years

iv. Level 3: Similarities above 60%

- Shall be asked to withdraw manuscript
- Shall be denied a right to two successive annual increments
- Shall not be allowed to be a supervisor to any new Master's, M.Phil., Ph.D. Student/scholar for a period of three years

Note I:

The consequences for repeated instances of plagiarism include the need to remove the paper and the imposition of a penalty that is one level greater than the previous offense committed by the individual. In instances when the most severe form of plagiarism is perpetrated, the corresponding penalty will be enforced. If a level 3 infraction is repeated, the University will take disciplinary action, which may include suspension or termination, in accordance with the service rules.

Note 2:

In instances where the acquisition of benefit or credit has already occurred, if plagiarism is substantiated at a later point, the individual's benefit or credit will be suspended for a duration determined by the IAIP and sanctioned by the Provost.

Note 3:

Swarrnim Startup & Innovation University intends to establish a process to guarantee the completion of each student's paper publishing, thesis, or dissertation. The University ensures that all academic members, researchers, and staff undergo plagiarism checks before submitting their work.

Note 4:

If there happens to be an allegation of plagiarism against the Provost, it would be appropriate to take the necessary steps in accordance with the established

regulations. It is recommended that the Controlling Authority of the Swarrnim Startup & Innovation University take appropriate action.

Note 5:

In the event that a complaint of plagiarism is raised against the Head of Department/Authorities at the institutional level, the IAIP will carefully assess the situation and propose an appropriate course of action in accordance with the regulations. This recommendation will then be reviewed and approved by the Competent Authority.

Note 6:

If there happens to be any allegation of plagiarism against a member of DAIP or IAIP, it is requested that the concerned member voluntarily refrain from attending the meeting(s) where their case is being deliberated or investigated.

9. Grievance Redressal

Addressing the challenge at hand UGC has the authority to address any challenges that may arise during the implementation of these Regulations, in collaboration with the Government of India/ Ministry of Human Resource Development. In the event of any grievance, the appropriate redressal procedures will be followed in accordance with the established norms of Swarrnim Startup & Innovation University's grievance redressal policy

Extension and Outreach Policy

Objectives:

The core objective of extension activity involves identifying community needs and then partnering with local organizations and individuals to address them through awareness campaigns, medical camps, extending knowledge, provide medical services and other institutional resources to the community. Outreach programs enhance learning and applying practicability to curriculum, building of essential values of teamwork, community care and compassion for society. Active participation of students and staff in the same allow a solid reflection about ongoing processes and methods, encouraging modification and advancement through feasible innovation.

Vision:

To foster a culture of social responsibility by empowering communities through transformative knowledge-sharing and sustainable development initiatives.

Mission:

- To provide holistic solutions to societal issues by leveraging academic expertise, doctors and fostering inclusive partnerships.
- To bridge academia and community through sustainable initiatives that address health, education, and environmental challenges.

MODE OF OPERATION:

- A central team, consisting of faculty members from various departments and student co-ordinators will oversee the smooth operation of all extension and outreach activities. The School Principals, Directors and Head of the Departments shall approve each project and initiative, ensuring overall nature of conductions.
- Each department will select two student co-ordinators to lead the rest of the students for each semester. The selection and planning of activities shall be done in the first week of every semester.
- The range and dimensions of activities may be as follows:

Rural Development: Health and sanitation awareness drives, medical camps and support initiatives, Infrastructure development (water supply, renewable energy projects).

Community Empowerment: Women empowerment programs, Self-help groups and entrepreneurship training, Education initiatives for underprivileged children

Skill Development: Vocational training workshops, Digital literacy camps, Job-

oriented skill-building initiatives.

Environment and Sustainability: Tree plantation drives, Renewable energy projects (e.g., solar panel installations), Waste management and recycling awareness campaigns.

Health and Wellness: Free medical and health check-up camps, Blood donation drives.

- When funds from external sources are involved, they should be managed through the university office or a joint account with the university. All accounts related to extension activities are subject to internal audit by the university. Therefore, all transactions must be supported by relevant vouchers and documents and submitted to the audit committee.

Outcome Indicators:

Extension and outreach programs drive measurable impact through increased literacy, improved health outcomes, skill development, and enhanced livelihoods. Key indicators include the number of beneficiaries, environmental initiatives like afforestation and waste management, and alignment with SDGs. Stakeholder feedback and community transformation validate their long-term success.

SWARRNIM STARTUP & INNOVATION UNIVERSITY ACTIVITY REPORT 2023

Institute and Department	**AARIHANT HOMOEOPATHIC MEDICAL COLLEGE AND RESEARCH INSTITUTE**
Activity Name / Event Name	Aids Prevention & Awareness Rally And Nukkad Natak On The Occasion Of World's Aids Day 2023 at Tintoda Villagae.
Date of the event	01/12/2023
Duration	10 AM TO 1 PM
Semester	1ST to 4TH BHMS STUDENTS and Interns
Faculty Coordinator Details (Name, Designation, Contact Details)	Dr. Rakesh Sharma Prof. & HOD Dept of Community Medicine Dr. Jaya Srivastava Asst. Prof. Dept of Community Medicine
Number of Participants	130 Students and 10 faculties from Aarihant Homoeopathic Medical College and RI participated

Objective of the event:

1) **World AIDS Day**, designated on 1 December every year since 1988, is an international day dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection and mourning those who have died of the disease. The acquired immunodeficiency syndrome (AIDS) is a life-threatening condition caused by the human immunodeficiency virus (HIV). The HIV virus attacks the immune system of the patient and reduces its resistance to other 'diseases'. Government and health officials, non-governmental organizations, and individuals around the world observe the day, often with education on AIDS prevention and control. World AIDS Day is one of the eleven official global public health campaigns marked by the World Health Organization (WHO). So as a part of medical education many students were aware about this pandemic disease thus they can spreads awareness regarding prevention of AIDS amongst the society. **Basic Aim of this event to spread awareness about AIDS disease amongst Village people.**

2) To spread awareness regarding this year theme**- " LET COMMUNITIES LEAD".**
3) This event was organized to encourage students to participate in such activity so their communication skill would develop and in future they will become good Health Workers to serve better in Mankind**.**

Flow of the event: mention the flow / schedule of the event in detail
1) **At 10.00 all students and faculties gathered at college and started our awareness campaign from college people .**
2) **We reached at Tintoda village at 10:30 am and started our rally .**
3) **After rally Intern students performed Nukkad Natak.**
4) **At 12.30 rally completed.**
5) **At 1 pm all student and faculties returned to college.**

Significance/Outcome:
 Students become active member of our health delivery system and participant of noble work. They understand the field work done by a doctor related to promotion, awareness, prevention apart from treatment.. Student's communication skills and confidence developed due to such event.

Conclusion:

ON 01/12/2023 on the occasion of World AIDS day AARIHANT HOMOEOPATHIC MEDICAL COLLEGE AND RESEARCH INSTITUTE organized AIDS prevention Rally and Nukkad Natak at Tintoda Village. Basic Aim of this event to spread awareness about AIDS disease amongst Village people and also this year theme- 'LET COMMUNITIES LEAD'. It also encourage students to participate in such activity so their communication skill would develop and in future they will become good Health Workers to serve better in Mankind. 130 students and 10 faculties were participated in this Awareness Program.

PHOTOGRAPHS:

Tintoda, Gujarat, India
6HR4+H49, Tintoda, Gujarat 382422, India
Lat 23.241582°
Long 72.555514°
01/12/23 10:55 AM GMT +05:30

Kalol, Gujarat, India
6GC9+PPC, Saij, Kalol, Gujarat 382721, India
Lat 23.221729°
Long 72.519139°
01/12/23 11:34 AM GMT +05:30

OFFICE ORDER

A "Women Development Cell" is created to deal with the gender issues and to carry out various activities of gender sensitization and women development.

The following Advisory Committee is re-constituted with immediate effect:

Sr. No.	Name	Designation
1	Dr Vineeta Neeraj Kumar, Aarihant Homeopathic Medical college & Research Institute	Convener
2	Dr Sonali Ladhi, Aarihant Ayurvedic Medical college & Research Institute	Co - Convener
3	Dr. Kavita Kshatriya, Academic Dean	Member
4	Dr Hiren Kadikar, Academic Director	Member
5	Dr Drashti Shah, Venus Institute of Physiotherapy	Member
6	Mrs. Parul Makwana, Aarihant institute of Nursing	Member
7	Dr Leena Patekar, Swarrnim Institute of Technology	Member
8	Dr Kinjal Patel, Aarihant Homeopathic Medical college & Research Institute	Member
9	Ms. Hemali Kachhadiya, Swarrnim School of Science	Member
10	Ms. Hiteshree Patel, Swarrnim School of Design	Member
11	Dr. Varsha Patel, Swarrnim School of Management, Commerce & Liberal Arts	Member
12	Ms. Darshna Gondaliya, Swarrnim School of Computing & IT	Member
13	Devanshee Pala, BHMS 3rd Year	Member (student)
14	Krisha Parekh, BBA 1st Year	Member (student)
15	Mrs. Meenaben Dhobi, Hostel Warden	Member
16	Mrs. Nilam Sanghavi, Assistant Registrar	Member Secretary

The term of the convener and other members will be for a period of 3 years.

Registrar

Copy to:

1. The Vice President, Swarrnim Startup & Innovation University
2. The Provost, Swarrnim Startup &Innovation University
3. Chief Administrative Officer/ Academic Director/ Dean/ Principals/ Functional Head/ HODs, Swarrnim Startup & Innovation University
4. Guard File

SWARNIM STARTUP & INNOVATION UNIVERSITY

WOMEN DEVELOPMENT CELL

MINUTES OF MEETING

Date: 02/09/2024

Time: 04:00 PM

Venue: Swarrnim Incubation Center, Swarnim Startup and innovation University.

Members:

Sr. No.	Name	Designation
1	Dr Vineeta Neeraj Kumar, Aarihant Homeopathic Medical college & Research Institute	Convener
2	Dr Sonali Ladhi, Aarihant Ayurvedic Medical college & Research Institute	Co - Convener
3	Dr. Kavita Kshatriya, Academic Dean	Member
4	Dr Hiren Kadikar, Academic Director	Member
5	Dr Drashti Shah, Venus Institute of Physiotherapy	Member
6	Mrs. Parul Makwana, Aarihant institute of Nursing	Member
7	Dr Leena Patekar, Swarrnim Institute of Technology	Member
8	Dr Kinjal Patel, Aarihant Homeopathic Medical college & Research Institute	Member
9	Ms. Hemali Kachhadiya, Swarrnim School of Science	Member
10	Ms. Hiteshree Patel, Swarrnim School of Design	Member
11	Dr. Varsha Patel, Swarrnim School of Management, Commerce & Liberal Arts	Member
12	Ms. Darshna Gondaliya, Swarrnim School of Computing & IT	Member
13	Devanshee Pala, BHMS 3rd Year	Member (student)
14	Krisha Parekh, BBA 1st Year	Member (student)
15	Mrs. Meenaben Dhobi, Hostel Warden	Member
16	Mrs. Nilam Sanghavi, Assistant Registrar	Member Secretary

Agenda: Seven members of women development cell of Swarrnim Start Up & Innovation University assembled for a meeting at 04:00 PM in the Swarrnim Incubation Center, Swarnim Startup and innovation University.

Discussion:

1) Micro Planning of the event to be held on 16/09/2024 with the title "**Mental Health and Self-Care for Women:**" was done meticulously.

2) Customized memento along with stall of honor to felicitate the Resource person will be arranged by Dr Drashti Shah

3)Anchoring of the events will be arranged by Mrs. Parul Makwana,
4)Deep Pragtya arrangements will be managed by Dr Leena Patekar by Mrs. Parul Makwana,
5)Hospitality manager will be intimated by Dr Drashti Shah for arrangements of snacks and floral bouquet for the welcome of resource person.

Attendance Record

Sr. No.	Name	Signature
1	Dr Vineeta Neeraj Kumar, Aarihant Homeopathic Medical college & Research Institute	Vineeta
2	Dr Sonali Ladhi, Aarihant Ayurvedic Medical college & Research Institute	Sr
3	Dr. Kavita Kshatriya, Academic Dean	—
4	Dr Hiren Kadikar, Academic Director	—
5	Dr Drashti Shah, Venus Institute of Physiotherapy	Drashti
6	Mrs. Parul Makwana, Aarihant institute of Nursing	parul
7	Dr Leena Patekar, Swarrnim Institute of Technology	L.Patekar
8	Dr Kinjal Patel, Aarihant Homeopathic Medical college & Research Institute	Kinjal
9	Ms. Hemali Kachhadiya, Swarrnim School of Science	Hemali
10	Ms. Hiteshree Patel, Swarrnim School of Design	HPatel
11	Dr. Varsha Patel, Swarrnim School of Management, Commerce & Liberal Arts	—
12	Ms. Darshna Gondaliya, Swarrnim School of Computing & IT	Darshna
13	Devanshee Pala, BHMS 3rd Year	—
14	Krisha Parekh, BBA 1st Year	Krisha. P
15	Mrs. Meenaben Dhobi, Hostel Warden	મીના
16	Mrs. Nilam Sanghavi, Assistant Registrar	N

Institute / Department	Swarrnim Startup & Innovation University
Activity / Event Name	**Mental Health and Self-Care for Women**
Date of the event	16/09/2024
Duration	02 Hour
Location	Seminar Hall, Swarrnim University
Participant's Branch/Institutes	Female faculty from Swarrnim University
Total Number of Participants	75
Full Name of Speaker / Guest with designation	Dr. Sweta Parikh, (M.D.Psychiatrist)
Faculty Coordinator Details	WDC Cell, SSIU

Objective of the event:

- To raise awareness among female faculty about **Mental Health and Self-Care for Women.** Enhancing Awareness of Women's Mental Health.

- Introduce self-care techniques that support mental health, including mindfulness, stress management, and establishing healthy boundaries.

- Provide information on recognizing early signs of mental health issues and when to seek professional help.

- Discuss mental health considerations during significant life events such as pregnancy, menopause, and aging. Provide strategies to navigate these transitions with resilience and support

Flow of Event:

- Participants check in and enjoy light refreshments.
- Welcome address by the host or organizing committee.
- Emphasis on the importance of self-care and seeking support.
- An expert discusses the unique mental health challenges women face, including societal pressures and life transitions.
- Guided practices to enhance mental clarity and reduce stress.
- Interactive Q&A session with the audience

Significance/Outcome:

- Engaging in self-care routines has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, and increase happiness.
- Life skills training based on self-care has been shown to significantly enhance the quality of life and mental health among women.
- The seminar aims to empower women by providing knowledge and strategies to manage their mental health proactively.
- Open discussions and educational sessions aim to increase awareness about women's mental health issues.
- This awareness contributes to reducing the stigma associated with mental health challenges, encouraging more women to seek help when needed.

Quote / Comment

- the seminar is designed to provide women with the knowledge, tools, and support necessary to prioritize their mental health and implement effective self-care practices in their daily lives.

Conclusion:

- Understanding Mental Health: We've explored the unique mental health challenges women face and the importance of recognizing and addressing them.

- **Self-Care Strategies**: Practical tools and techniques have been shared to help integrate self-care into daily routines.
- **Community and Support**: The value of building supportive networks and seeking help when needed has been emphasized.

Photograph