



Gender Sensitization

Activity Index

Sr. No.	Date	Activities Name
		A.Y 2019-20
1	04-01-2019	Seminar on 'Building Self Confidence'
2	09-08-2019	Webinar on 'Fitness for Healthy Life'



Report on Building Self Confidence

Title of the event:Building Self Confidence

Date:04.01.2019

Time: 10:30 AM to 1:00 PM

Objective of the event: To empower students with techniques and strategies to boost self-confidence, manage fear of failure, and improve self-expression and body language.

Description:

A seminar focused on enhancing self-confidence among college students was conducted with interactive sessions, motivational talks, and group activities. The seminar aimed at helping students overcome fear, develop a positive mindset, and communicate assertively

Mode of Conduct: Offline

Venue: Seminar hall

Speakers Details:Mr. Rajiv Mehta, Motivational Speaker and Certified Life Coach

Participants details:Students and faculty

No. of participants:60

Attendance Sheet: Attached

Key outcome of the activity:

- Students gained awareness about their self-limiting beliefs.
- Learnt practical tools to build and sustain confidence.
- Improved participation and engagement in group discussions.
- Positive feedback from students regarding increased motivation.

Photographs:



Attendance



ATTENDANCE LIST

1	SURKAR MOHIT SUNIL	31	KHARADI RANIBEN KIRITKUMAR
2	PATEL KRUPALIBEN RAMESHBHAI	32	JETASAR SUKESHA SURYAKANT
3	PATEL ISHITA DINESHKUMAR	33	HALPATI ROSHANI KUMARI KAUSHIKBHAI
4	PATEL DHRUVIL JAGDISHBHAI	34	GOVANI ANJUMFATEMA TURABALI
5	NIDHI ASHWINKUMAR PATEL	35	GOSWAMI ZEEL PRAKASHPURI
6	KRUTI JAXESH BHAVSAR	36	GODHA MANISHKUMAR RAMESHKUMAR
7	SOLANKI GHANSHYAMKUMAR MANILAL	37	DEVGANIYA SRUSHTIBEN ASHOKBHAI
8	MAKWANA POOJABEN MOHANBHAI	38	DESAI SEJALBEN DANABHAI
9	PATEL AYUSHI DINESHBHAI	39	DESAI DIVYKUMAR VISHNUBHAI
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12	SAGAR KHLIVATBEN PRAKASHBHAI	42	PATEL SHRUSHTI RAJESHBHAI
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14	YADAV UTTAMKUMAR PRAHLAD	44	PRAJAPATI SACHIN VINODBHAI
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16	PATEL MANANKUMAR RAMESHBHAI	46	RABARI ANKIT MAVHIBHAI
17	PATEL NISHTHABEN ARVINDBHAI	47	SOLANKI KALYANSINGH DILIPSINGH
18	PATEL RIDHDHIBEN KANUBHAI	48	SOLANKI JAIMIN VANRAJBHAI
19	PATEL ROOMANA SALIMBHAI	49	SOLANKI PRATHAM HIMMATLAL
20	PATEL RUTVIK HASHMUKHBHAI	50	VAGHELA DIVYANG CHANDRAKANT
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24	PRAJAPATI KASHYAP PRAHLADBHAI	54	PARGI ARYAN MAGESHBHAI
25	PATEL HIMANIBEN ANILBHAI	55	CHENVA HITESH JASHVANT BHAI
26	PATEL CHINTAN KIREETBHAI	56	PATEL DISHA ASHVIN BHAI
27	PATEL BHAVIBEN HASHMUKHBHAI	57	RANA KHUSHBOO JAYESHBHAI
28	PATEL AMISHA JAGDISHBHAI	58	MAKWANA MANISHA SANJAYBHAI
29	PANCHOTIYA DHRUMIT KUMAR KANTILAL	59	PATEL NISHA SHRI PINKUKUMAR
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Webinar on Fitness for Healthy Life

Activity Name: Webinar on Fitness for Healthy Life

Date: 09.08.2019

Description:

The *Fitness for Healthy Life* webinar, conducted on **9th August 2019**, was organized to promote health awareness and encourage participants to adopt a balanced and active lifestyle. The session was held online, making it accessible to a wide audience of students and faculty from various departments.

The webinar began with a welcome note and a brief overview of the importance of fitness in today's fast-paced, sedentary lifestyle. The first speaker, **Dr. Kiran Patel**, a certified sports physiotherapist, explained the long-term benefits of daily exercise, proper posture, and body flexibility. He also demonstrated simple at-home exercises that could be done without equipment.

The interactive session included live polls, chat-based Q&A, and practical challenges to engage the audience. Attendees appreciated the ease of accessing expert advice from the comfort of their homes, especially the practical takeaways they could apply immediately.

Title of the event: "Take care of your body. It's the only place you have to live."

Objective of the event:

To promote awareness about healthy living by encouraging regular exercise, balanced diet, and mental well-being among college students and staff.

Mode of Event: Online

Time Duration: 10:30 AM to 1:00 PM

Speakers Details: Dr. Kiran Patel, (Sports Physiotherapist)

Key outcome of the activity:

- Enhanced understanding of daily fitness habits.
- Awareness of the link between mental and physical well-being.
- Increased student interest in starting personal fitness routines.
- Participation in interactive workout and breathing sessions

Attendance:

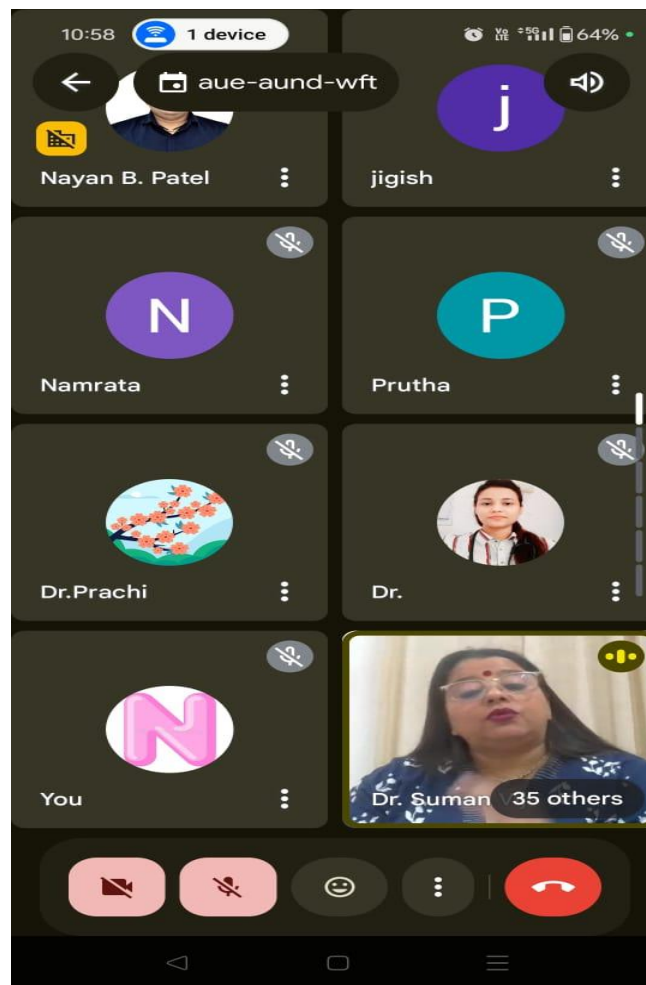


ATTENDANCE LIST

1	ASHA CHANDUBHAI HADIYAL	51	MORADIYA NIDHEEBEN NARESHBHAI
2	VARIA YASH DIPAKKUMAR	52	NAYAK DEVANSH JIGNESHBHAI
3	CHAVDA URMI KAILASHBHAI	53	OZA DEEP KISHORBHAI
4	CHAUDHARY VARSHA BABU BHAI	54	PANCHAL DEVANGKUMAR HARSHADBHAI
5	LEUVA HEMANT PRAVINBHAI	55	PANCHAL DURGESH MAHENDRABHAI
6	NAVADIYA UDIT SANJAYBHAI	56	PANCHAL SHREYA KAMLESHBHAI
7	LADUMOR TARUNKUMAR GUNVANTBHAI	57	PANDIT RUCHA MADHUSUDAN
8	AMIPARA ARSH JITENDRABHAI	58	PARMAR KAJAL KESAJI
9	VAGHELA JINAL KAMLESHKUMAR	59	PARMAR ROSHNI NATUBHAI
10	CHAUDHARI SANJAYKUMAR GANPATBHAI	60	PARMAR SAMEEP NAROTTAMBHAI
11	GOSAI KHUSHBUBEN RAJESHGIRI	61	PATANI JAGRUTI RAKESHBHAI
12	MUNJANI RUCHITA HARESHBHAI	62	PATEL BHARGAVI DEVAJIBHAI
13	MISTRY KHUSHALI GIRISHKUMAR	63	PATEL DEVANSHI MAHENDRABHAI
14	PRAJAPATI ANADI BHULABHAI	64	PATEL DHRUVKUMAR HIRENKUMAR
15	RAJPUT JIGARSINH MANSUKHBHAI	65	PATEL MANSI AMRUTLAL
16	RAVAL AARTI GIRISHBHAI	66	ACHARYA KRISH SHUBHASHCHANDRA
17	PRAJAPTI ASHWIN JAYESHBHAI	67	MODI VRUSHTI VIPULKUMAR
18	ROHIT NEHA CHIMANBHAI	68	RATHOD AYUSHIBEN NARENDRASINH
19	CHAUHAN MITTALBEN SHIVABHAI	69	VAGHELA RAJDIPSINH MAHENDRASINH
20	PATEL DEEPAKUMAR RAKESHBHAI	70	JADAV VRUSTI NILESHKUMAR
21	CHUDASAMA TRUPTI RAJESHBHAI	71	CHAUDHARY NIKKIBEN DASHARATHBHAI
22	ANSARI NAZIYA BANU MAQBOOL HUSSAIN	72	MAHESHWARI URVASHI MURLIBHAI
23	LUHAR KRISHNABEN GOVINDBHAI	73	LABANA RONIKA SHAMBHUBHAI
24	PATEL HARSHILKUMAR SHAILESHBHAI	74	PATEL DHVANEEN RAJUBHAI
25	RABARI BHAVNABEN RATNABHAI	75	MODH PRATHAM PANKAJKUMAR
26	RATHOD HANI JITENDRAKUMAR	76	ZALA YASHKUMAR VIKRAMSINH
27	PATEL KHUSHI GHANSHYAMBHAI	77	MAKWANA SHRADDHA LAKHUBHAI
28	AGRAWAL OMKAR MADHAVBHAI	78	HADIYA KHUSHALBHAI HIMMATBHAI
29	PRAJAPATI GIRISHKUMAR LALABHAI	79	RAVAL DIPIKA SENDHABHAI
30	SUTARIYA ALIS ASHOKBHAI	80	CHAUDHARY DINESHBHAI VANABHAI
31	MANDORI AHESAN KHAN DHANJIMIYA	81	PARMAR URMILABEN DINESHBHAI
32	RABARI HEMAXI BALDEVBHAI	82	AHIR MEHULBHAI BHUPATBHAI
33	JAIN HARSH BHARATKUMAR	83	ANASARI MINHAZBANU MOINUDDIN
34	JAIN NIHARIKA RAKESHBHAI	84	ANSARI MOHAMMED SOHAIB ABDULGAFFAR
35	JAIN PREKSHA SURESHKUMAR	85	ANSARI SANANAAZ DILSHADAHMED
36	JOSHI AISHWARYA SHURESHBHAI	86	ARORA KARAN HARISHCHNDRA
37	KACHHAD VISHAL PRAVINBHAI	87	BALADANEYA DILIP VALLABHBHAI
38	KALSARIYA ASHOK BHAVANBHAI	88	BEHL ANJALI ANIL
39	KALSARIYA VIKRAM BHOLABHAI	89	BHUNETAR JANKEEBEN MAHESHBHAI
40	KHANIYA NILESH DEVJIBHAI	90	CHAUDHARI DIPIKA CHELABHAI



Photographs:





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