



## **ACTIVITIES TO PROMOTE GENDER EQUITY**

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Activity Name	Seminar on Women Awareness
ORGANISED BY	SWARRNIM STARTUP & INNOVATION UNNIVERSITY
Year	2021-2022
Date of the event	15-06-2021
Duration	1 Hours
Expert Details	Dr. Nehansi Chauhan
Faculty Coordinator Details (Name, Designation, Contact Details)	Dr. Jaynesh Vandra Assistant Professor 7874901922
Participant's Branch/Institutes	Venus Institute of Physiotherapy
Total Number of Participants	55



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### **“GENDER EQUALITY Awareness Lecture”**

<b>INSTITUTE &amp; DEPARTMENT</b>	AARIHANT AYURVEDIC MEDICAL COLLEGE AND RESEARCH INSTITUTE, AARIHANT AYURVEDIC HOSPITAL AT - BHOYAN RATHOD , GANDHINAGAR
<b>ACTIVITY NAME / EVENT NAME</b>	Gender Equality Awareness Lecture
<b>DATE OF THE EVENT</b>	15/06/2021
<b>DUTRATION</b>	At :- 10:00 AM onwards
<b>PLACE</b>	Aarihant Ayurvedic Medical College & Research Institute
Speakers	Dr.Vaishali Vasavada Professor & HOD, Dept. of PTSR , Faculty of Ayurveda,Nadiad
Faculty Coordinator Details	Dr.Santosh Gurav , Professor & HOD , Dept. of Samhinta
Organised by	Swarnnim startup & innovation university

#### **Objective of the event**

Gender Equality Awareness lecture was conducted in our institute with the aim of promoting equal opportunities, rights and participation for all individuals regardless of their gender. The program seeks to address gender-based discrimination, stereotypes and biases that perpetuate inequality. Theme of the program was ‘Embracing Equity’.

#### **Flow of the event:**

Lecture was started at 11 AM , hosted by Dr.Santosh Gurav. She introduced speaker of the seminar as well as objective of seminar, Dr.Vaishali Vasavada gave the lecture with addressing issues such as gender based discrimination, and also how we can increase the representation and leadership of under-represented gender. The vote of thanks was given by Dr.Santosh Gurav. Certificate was given by Dr. Navin Banarase (principal) to Dr.Vaishali Vasavada.

#### **Significance / Outcome:**

Faculties and approximately 105 students had taken benefit of this lecture.

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## **"Breaking Barriers: Promoting Gender Sensitization and Equality"**

<b>Name of event</b>	<b>"Breaking Barriers: Promoting Gender Sensitization and Equality"</b>
<b>Date of event</b>	<b>18-02-2021</b>
<b>Coordinator</b>	<b>Ms. Supriya Tiwari</b>
<b>Organised by</b>	<b>Swarnim startup &amp; innovation university</b>
<b>Time</b>	<b>10:00AM – 12:00PM</b>
<b>Venue</b>	<b>Swarnim Science College</b>
<b>Reporter's Name</b>	<b>Mr. Vipul Sadava</b>

On February 18, 2021, swarnim Science College organized a seminar titled "Breaking Barriers: Promoting Gender Sensitization and Equality," aimed at fostering awareness and understanding of gender issues among students and faculty. The seminar was well-attended, with enthusiastic participation from the college community. The lecture delivered by Dr.Ami Shah & event coordinator is Ms. Supriya Tiwari.

The event featured insightful discussions led by experts in gender studies and advocacy. Key topics included addressing stereotypes, promoting inclusivity, and advocating for equal opportunities in academic and professional settings. Participants engaged in dialogues exploring the challenges faced by marginalized genders and strategies to create a more inclusive environment within the college and beyond.

Interactive sessions encouraged open dialogue and reflection on personal biases and societal norms that perpetuate gender inequalities. Practical initiatives, such as workshops on gender sensitivity training and promoting respectful communication, were also part of the seminar's agenda. These activities aimed to equip attendees with practical tools to contribute positively to gender equity efforts in their academic and professional lives.

The seminar concluded with a commitment to ongoing education and action towards creating a more equitable and inclusive college environment. Participants left with a deeper understanding of gender dynamics and a renewed sense of responsibility to advocate for diversity, respect, and equal opportunities for all genders.

### **Conclusion**

The seminar "Breaking Barriers: Promoting Gender Sensitization and Equality" at Swarnim Science

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College on February 18, 2021, was a transformative event. Through expert-led discussions and interactive sessions, participants gained a deeper understanding of gender issues and the importance of fostering inclusivity. The seminar inspired a commitment among students and faculty to actively promote respect, equality, and diversity within the college community and beyond. Moving forward, Swarnim Science College aims to continue these efforts, ensuring ongoing education and advocacy to create a supportive environment where all individuals, regardless of gender, can thrive and contribute positively to society.



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## **Ovarian Cancer Awareness Seminar**

<b>Name of event</b>	<b>Ovarian Cancer Awareness Seminar</b>
<b>Date of event</b>	5/07/2021
<b>Coordinator</b>	Ms. Mittal Makwana
<b>Organised by</b>	Swarnnim startup & innovation university
<b>Time</b>	10:00AM – 12:00PM
<b>Venue</b>	Swarnnim Science College
<b>Reporter's Name</b>	Ms. Saloni Joshi

### **Summary:**

On the 5th of July, Swarnnim Science College organized a significant event dedicated to raising awareness on "World Ovarian Cancer Day." The event featured esteemed speakers Dr. Swati Shah who expertly delved into the complexities of ovarian cancer, providing attendees with invaluable insights. The event coordinator is Ms. Mittal Makwana.

Dr. Swati Shah commenced the session by shedding light on the reasons behind the occurrence of ovarian cancer. They meticulously discussed various factors contributing to the development of this disease, including genetic predispositions, environmental influences, and lifestyle choices. Through their thorough analysis, attendees gained a deeper understanding of the multifaceted nature of ovarian cancer etiology.

Furthermore, the speakers elucidated the risk factors associated with ovarian cancer, emphasizing the importance of early detection and proactive measures. Attendees were enlightened about the significance of regular screenings, particularly for individuals with a family history of the disease or other predisposing factors. Additionally, she highlighted precautionary measures that individuals can adopt to reduce their risk, such as maintaining a healthy diet, exercising regularly, and avoiding tobacco use.

Throughout the session, the audience actively engaged with the speakers, posing numerous questions about ovarian cancer. Queries ranged from the identification of symptoms to the intricacies of diagnosis and available treatment options. Dr. Swati Shah adeptly addressed each query, providing comprehensive and understandable explanations that empowered attendees to make informed decisions regarding their health.

In conclusion, the event proved to be an enriching experience for all participants, offering a wealth of knowledge about ovarian cancer and its mitigation strategies. By fostering open dialogue and providing expert guidance, Swarnnim Science College's initiative served as a beacon of awareness, equipping individuals with the tools necessary to combat this formidable health issue. It





underscored the importance of community education and collaboration in the fight against ovarian cancer, ultimately empowering attendees to take proactive steps towards prevention.

### Conclusions:

The event held at Swarnim Science College on "World Ovarian Cancer Day" was a resounding success. The informative session provided attendees with a comprehensive understanding of ovarian cancer, including its causes, risk factors, and preventive measures. The active engagement between the speakers and the audience fostered an environment conducive to learning and addressing concerns. By equipping participants with knowledge about ovarian cancer, the event not only raised awareness but also empowered individuals to make informed decisions regarding their health. Overall, it underscored the importance of education, early detection, and proactive measures in combating this disease.



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### **“GENDER EQUALITY Awareness Lecture”**

<b>INSTITUTE &amp; DEPARTMENT</b>	AARIHANT AYURVEDIC MEDICAL COLLEGE AND RESEARCH INSTITUTE, AARIHANT AYURVEDIC HOSPITAL AT - BHOYAN RATHOD , GANDHINAGAR
<b>ACTIVITY NAME / EVENT NAME</b>	Gender Equality Awareness Lecture
<b>DATE OF THE EVENT</b>	16/09/2020
<b>DUTRATION</b>	At :- 11:00 AM onwards
<b>PLACE</b>	Aarihant Ayurvedic Medical College & Research Institute
<b>Speakers</b>	Dr.Alex Gorge Professor & HOD, Dept. of Shalakyatantra , Faculty of Ayurveda,
<b>Faculty Coordinator Details</b>	Dr.Vaibhav Bhadane , Professor & HOD , Dept. of Kriya Sharir
<b>Organised by</b>	Swarnnim startup & innovation university

#### **Objective of the event**

Gender Equality Awareness lecture was conducted in our institute with the aim of promoting equal opportunities, rights and participation for all individuals regardless of their gender. The program seeks to address gender-based discrimination, stereotypes and biases that perpetuate inequality. Theme of the program was ‘Embracing Equilty’.

#### **Flow of the event:**

Lecture was started at 11 AM , hosted by Dr.Vaibhav Bhadane. She introduced speaker of the seminar as well as objective of seminar Dr.Alex Gorgegave the lecture with addressing issues such as gender based discrimination, and also how we can increase the representation and leadership of under-represented gender. The vote of thanks was given by Dr.Vaibhav Bhadane. Cerificate was given by Dr, Navin Banarase (principal) to Dr.Alex Gorg



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## **Empowering Change: Workshop on Addressing Violence Against Women"**

<b>Name of event</b>	"Empowering Change: Workshop on Addressing Violence Against Women"
<b>Date of event</b>	11-03-2020
<b>Coordinator</b>	Mr. Prem Prajapati
<b>Organised by</b>	Swarnnim Startup & innovation university
<b>Time</b>	10:00AM – 12:00PM
<b>Venue</b>	Swarnnim Science College
<b>Reporter's Name</b>	Ms. Hemali Kachadiya

On March 11, 2020, Swarnnim Science College organized a workshop titled "Empowering Change: Workshop on Addressing Violence Against Women," which aimed to raise awareness and foster dialogue on the pervasive issue of violence against women. And the lecture delivered by Dr. Nidhi Gondaliya and the event coordinator is Mr. Prem Prajapati.

The workshop commenced with an introduction to the various forms of violence that women commonly face, including physical, emotional, and economic abuse. Expert speakers from social welfare organizations and legal professionals provided insights into the root causes and societal impacts of such violence. They highlighted the importance of recognizing and addressing these issues to create a safer environment for women.

Interactive sessions allowed participants to discuss case studies, share personal experiences, and explore strategies for intervention and support. Practical workshops on self-defence techniques and assertiveness training equipped attendees with tools to empower themselves and others in challenging situations.

The workshop concluded with a call to action, encouraging participants to advocate for policy changes, promote gender equality, and support victims of violence. It emphasized the role of education, community engagement, and collaboration in creating a society free from gender-based violence.

Overall, the workshop served as a catalyst for meaningful discussions and proactive steps towards addressing and preventing violence against women within the college and beyond.

## Conclusion

In conclusion, the workshop "Empowering Change: Workshop on Addressing Violence Against Women" held at Swarnim Science College on March 11, 2020, was a significant initiative in raising awareness and fostering dialogue about the critical issue of violence against women. Through expert insights, interactive sessions, and practical workshops, participants gained a deeper understanding of the various forms of violence and learned valuable strategies for intervention and support. The workshop underscored the importance of education, advocacy, and community action in creating a safer and more equitable environment for women. Moving forward, attendees were encouraged to apply their newfound knowledge and skills to advocate for change, promote gender equality, and support initiatives aimed at preventing violence against women in society.



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### "Empower Her: Celebrating Women's Strength and Leadership"

<b>Name of event</b>	<b>"Empower Her: Celebrating Women's Strength and Leadership"</b>
<b>Date of event</b>	17-09-2020
<b>Coordinator</b>	Ms. Anjali Prajapati
<b>Organised by</b>	Swarnnim Startup & innovation university
<b>Time</b>	10:00AM – 12:00PM
<b>Venue</b>	Swarnnim Science College
<b>Reporter's Name</b>	Ms. Richa Raval

On September 17, 2020, Swarnnim Science College organized a seminar titled "Empower Her: Celebrating Women's Strength and Leadership," which successfully engaged both students and faculty members in celebrating and acknowledging the contributions of women in various spheres of life. The lecture delivered by Dr. Richa Soni and event coordinator is Ms. Anjali Prajapati.

The seminar commenced with inspiring keynote speeches and panel discussions led by prominent female leaders from diverse fields such as academia, business, and social advocacy. These sessions highlighted the significant achievements of women and their pivotal roles in shaping society. Attendees gained valuable insights into overcoming challenges, breaking stereotypes, and fostering inclusive environments that promote gender equality and empowerment.

Interactive workshops and skill-building sessions were conducted to equip participants with practical tools and strategies for personal and professional development. Topics included leadership skills, entrepreneurship opportunities for women, and the importance of mentorship in career growth.

The seminar also featured cultural performances and exhibitions showcasing the talents and achievements of female students and alumni, further emphasizing the celebration of women's strength and resilience.

**In conclusion** The seminar "Empower Her: Celebrating Women's Strength and Leadership" at Swarnnim Science College served as an empowering platform to recognize, celebrate, and empower women. It reinforced the college's commitment to gender equality and provided a forum for dialogue and action towards creating a more inclusive and supportive environment for all. Participants left inspired and motivated to contribute positively to advancing women's rights and opportunities in their respective fields and communities.





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