



ACTIVITIES TO PROMOTE GENDER EQUITY

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Objective of the event

Theme of the program was ‘Embracing Equality’.

Lecture was started at 11 AM , hosted by Dr.Rakesh Salve. She introduced speaker of the seminar as well as objective of seminar Dr.Vishal Solanki 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.Rakesh Salve. Certificate was given by Dr. Navin Banarase (principal) to Dr.Vishal Solanki

Faculties and approximately 125 students had taken benefit of this lecture.

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Minutes of the Meeting

Date: 04-02-2019

Time: 12:15 PM

Venue: Swarnnim Science College

Attendees:

- Dr. Archna Pandey (Coordinator)
- Dr. Hemant Chaube (Reporter)
- Faculty and staff members involved in the event

Agenda:

1. Recap of the Event "Understanding PCOS and PCOD: Empowering Women's Health"
2. Feedback and Discussion

Proceedings:

- The meeting commenced at 12:15 PM with Dr. Archna Pandey thanking everyone for their participation and contributions to the event.
- Dr. Hemant Chaube provided a brief overview of the event, highlighting the schedule, sessions conducted, and the overall turnout.
- Feedback from participants was discussed, noting the engagement and interest shown during the sessions.
- Dr. Archna Pandey acknowledged the efforts of all speakers and volunteers who supported the event.
- Several attendees shared positive feedback received from students and faculty regarding the importance of the topic and the informative nature of the sessions.
- Suggestions for future events included expanding outreach to local communities and enhancing interactive elements during sessions.
- The meeting concluded with appreciation for everyone's dedication and commitment to promoting women's health awareness.

Action Items:

- Dr. Archna Pandey to compile feedback and suggestions for future reference.
- Faculty members to provide additional ideas for improving future health education events.
- Coordinate with student representatives for disseminating key takeaways from the event.

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Next Meeting- To be scheduled by Dr. Archana Pandey for planning future health education initiatives.



Ragini Ravindrabhai Shah

"Understanding PCOS and PCOD: Empowering Women's Health"

Name of event	"Understanding PCOS and PCOD: Empowering Women's Health"
Date of event	07-02-2019
Coordinator	Dr. Archna Pandey
Organised by	Swarnnim Science College
Time	10:00AM – 12:00PM
Venue	Swarnnim Science College
Reporter's Name	Dr. Hemant Chaube

On 7 february 2019, Swarnnim Science College hosted a seminar titled "Understanding PCOS and PCOD: Empowering Women's Health," which garnered a substantial turnout of students eager to grasp the complexities of these prevalent health conditions. The lecture delivered by Dr. Hardiksinh & the event coordinator is Dr. Archna Pandey. The seminar featured an external faculty member renowned for expertise in genecology and endocrinology, who delivered a comprehensive presentation on Polycystic Ovary Syndrome (PCOS) and Polycystic Ovarian Disease (PCOD).

PCOS, a hormonal disorder affecting many women of reproductive age, was a focal point of discussion. The seminar elucidated its hallmark symptoms, including irregular menstrual cycles, elevated androgen levels, and the formation of small cysts on the ovaries. These symptoms often lead to challenges such as fertility issues, weight gain, acne, and excessive hair growth. Moreover, the session emphasized the broader health implications of PCOS, such as insulin resistance, type 2 diabetes, and cardiovascular risks, underlining the importance of early detection and management strategies.

The discussion also addressed PCOD, historically synonymous with PCOS but focusing specifically on the ovarian cysts associated with the condition. Attendees gained valuable insights into the diagnostic methods and treatment options available for both PCOS and PCOD, including lifestyle modifications like diet, exercise, and stress management. The external faculty member stressed the significance of proactive healthcare practices in managing these conditions effectively and enhancing overall well-being.

The seminar at Swarnnim Science College served as a pivotal educational platform, equipping students with essential knowledge to empower themselves and others in understanding and addressing the complexities of PCOS and PCOD. It underscored the importance of awareness and

A large, modern lecture hall with a high ceiling and large windows. Students are seated in blue chairs, facing a whiteboard where a lecturer is standing. The room is well-lit and has a clean, minimalist design.

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Conclusion

The seminar on "Understanding PCOS and PCOD: Empowering Women's Health" at Swarnnim Science College was a pivotal educational event that effectively educated a diverse audience of students. Led by an expert in gynecology and endocrinology, the seminar provided comprehensive insights into PCOS and PCOD, covering symptoms, diagnostics, and treatment options. Emphasizing proactive healthcare through lifestyle adjustments highlighted the importance of early detection and holistic management strategies. By promoting awareness and informed decision-making, the seminar empowered attendees to advocate for women's health and foster supportive communities. Swarnnim Science College's initiative contributes significantly to preparing future healthcare professionals and raising awareness about these prevalent conditions.



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Name of event	"Empowerment through Defense: Women's Safety and Self-Defense Workshop"
Date of event	03-09-2019
Coordinator	Dr. Archna Pandey
Organised by	Swarnnim Science College
Time	10:00AM – 12:00PM
Venue	Swarnnim Science College
Reporter's Name	Ms. Hemali Kachadiya & Ms. Ankita Kanetiya

On September 3, 2019, Swarnnim Science College organized a seminar titled "Empowerment through Defence: Women's Safety and Self-Defense Workshop," which garnered enthusiastic participation from all students and faculty members. The Powerful session Delivered by Ms. Kinjal Mehta and workshop coordinator is Dr. Archna Pandey. The seminar aimed to empower attendees with essential skills and knowledge to enhance women's safety and confidence through self-defence techniques.

The event featured a skilled karate master who conducted comprehensive training sessions. Students and faculty attentively participated in learning practical self-defense maneuvers tailored to real-life situations, emphasizing techniques to fend off potential threats and protect oneself effectively. The training covered various scenarios, including physical confrontations and verbal aggression, equipping participants with the confidence to react assertively and safeguard their personal safety.

The seminar also included informative sessions on understanding situational awareness and strategies for preventing and de-escalating conflicts. Participants engaged actively in discussions, sharing insights and concerns related to women's safety both on and off-campus. The emphasis on proactive measures, such as awareness of surroundings and assertive communication, resonated strongly with attendees, fostering a sense of empowerment and preparedness.

Overall, the seminar on "Empowerment through Defense: Women's Safety and Self-Defense Workshop" at Swarnnim Science College was a resounding success. It not only provided practical self-defense skills but also promoted a culture of empowerment and solidarity among students and faculty. The event underscored the college's commitment to equipping its community with the tools and confidence needed to navigate personal safety challenges effectively.

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Conclusion

The seminar "Empowerment through Defense: Women's Safety and Self-Defense Workshop" at Swarnim Science College was a pivotal event, fostering a culture of empowerment and preparedness among students and faculty. Led by a skilled karate master, participants actively engaged in learning practical self-defense techniques and strategies for enhancing personal safety. The seminar emphasized proactive measures and situational awareness, equipping attendees with the confidence to handle potential threats effectively. Overall, the event not only imparted crucial skills but also strengthened a sense of community solidarity and commitment to women's safety within the college environment.



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