

**Report
on Seminar
about
"AWARENESS OF WOMEN HEATH AND HYGIENE"
under
Collegiate Women's Development Cell – CWDC**



Shri. K.K. Shastri Government Commerce College

Ahmedabad

Date : 25/09/2023

CWDC (Collegiate Women's Development Cell) of Shri K.K. Shastri Government Commerce College, Maninagar (E), Ahmedabad organized a one day seminar entitled, "AWARENESS OF WOMEN HEATH AND HYGIENE " on date 25th September,2023.

Our college CWDC has always been active and has always planned its activities empowering today's youth, especially girl students, in particular. May it be relating to their health & hygiene, social awareness, gender sensitivity, workplace behaviour, how to become a self-made person, to name a few, the CWDC of the college always steps forward and guides it's students towards a better living with utmost ardor and confidence.

The growing age of adolescent is sensitive in terms of adopting healthy behavior. This behavior has lifelong consequences. Health education teaches physical, mental, social, and psychological health (overall well-being). It helps students to make healthy choices and avoid risky behaviors. Health education training mainly focuses on preserving health, avoiding illnesses, and training students to make healthier decisions in their lives.

The aforementioned seminar was organized with the guidance of a prominent Expert speaker Dr. Yminiben Trivedi , MD OBGY, Professor and HOD ;LG hospital and AMCMET medical college ahmedabad. She honoured of Best professor award by Gujarat university in 2012, she was also Invited as faculty in international clinical research conference at San Francisco; USA in year 2007.

She shared her real life work experiences and explained in such a way that every girl presents over there can relate herself without hesitation. She gave her valuable insights on how to stay hygienic. The seminar was wrapped up with Question Answer Round where students were free to ask doubts and she cleared them. It was Two Way Interactive Seminar. The seminar was informative as well as educative.

More than 250 female students eagerly offered their time for the aforementioned program, which helped them reevaluate their lifestyle in perspective of health and hygiene

The said seminar provided an opportunity to the girls to open up, express themselves, show their inner abilities lied underneath, remove the fear within and prepare themselves for the real world outside.

The planned session also helped the girls in gaining an insight about personal hygiene which would further boost their overall morale. It was well conducted through each student's involvement in various discussions which made it even more engaging.




Over and above this, the said session also helped the students to boost up their confidence level. The students were pretty much happier to see the end results with a change in their persona as well as the way of their thinking.

The said program was mainly coordinated by CWDC: Committee Head as well as Assistant Professor (Accountancy) Dr. Palak Shah, along with the support , motivation & guidance of the Principal of the college Dr. Yogesh Yadav and all other teaching & non-teaching staff members.



Glimpses of the seminar



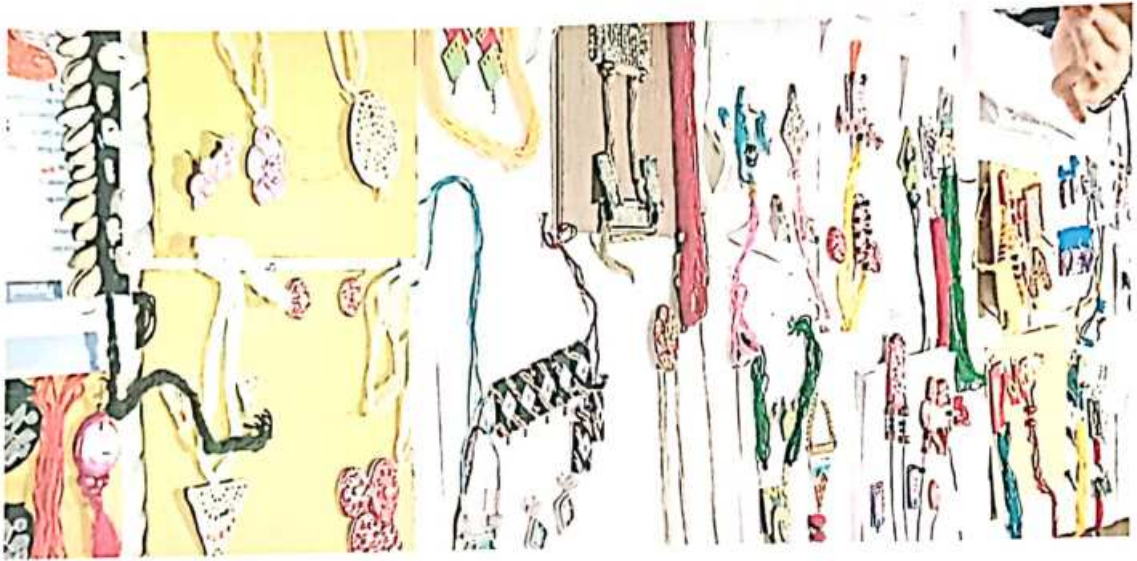


SHRI K.K. SHASTRI GOVERNMENT COMMERCE COLLEGE
SHRI K.K. SHASTRI EDUCATIONAL CAMPUS,
KHOKHRA, AHMEDABAD.

 **CWDC**
COLLEGIATE WOMEN'S DEVELOPMENT COMMITTEE
TALK ON AWARENESS OF WOMEN HEALTH & HYGIENE
Date : 25th September 2023, Monday
RESOURCE PERSON : DR. YAMINIBEN TRIVEDI 

A Report
on "Jewellery Making" workshop
under "Sarjanatmak Abhivyaakti Dhara"
(Creative Expressions Band)



SHRI K. K. SHASTRI GOVERNMENT COMMERCE COLLEGE,

AHMEDABAD.

DATE: 14th and 15th December, 2023

“Creativity” is endless; it has its own wings. Wings of freedom, expressions, imaginations, ideas and cognitive thinking ability.

In order to provide such wings to its students, Shri. K.K. Shastri Government Commerce College, Ahmedabad planned a two-days' workshop on “Jewellery Making” under “**Sarjanatmak Abhivyakti Dhara**” (**Creative Expressions Band**) on 14th and 15th December, 2023.

The idea behind this workshop planning was not only to motivate the students and enhance their creative skills, but also prepare them to undertake a self-business thereby, giving a boost to their entrepreneurial skills, as well.

Jewellery is something that adds more beauty to one's personality. And adding beauty is something one would always adore. The workshop touched upon this aspect and benefitted the students, at large. Beautiful girls and Handsome Boys of the college showed their enthusiasm and participated in this workshop to sharpen up their cognitive skills and prepare themselves for building up their careers and move in a direction of starting up their own ventures by applying these creative skills learnt, thereby.

The workshop was well planned for two days, which commenced with an Inaugural Function on 14th December, 2023, followed up by a Valedictory Function on 15th December, 2023.

Around 35 students: both girls and boys, showed their keen interest in participation, which was further divided into small groups in order to educate them to develop a team spirit amongst themselves and cultivate the feeling of sharing & caring their ideas for the best end results possible.

The entire workshop was carried out under the guidance and supervision of an expert trainer Shri. Vandana Vankhede Madam. She moulded our students towards being independent & self-employed by sharing her life experiences. In addition, she also motivated our students on the possibility of designing their careers ahead by smartly using these skills. Each group was observed closely and supervised minutely, to make them mere perfect in their learnings.

The said workshop was a result of rigorous efforts put in by Dr. Palak Shah, Co-ordinator of Sarjnaatmak Abhivvyakti Dhara alongwith the guidance and support of the Principal Dr. Yogesh Yadav. The said workshop was also well supported by the joint co-ordinators Dr. M. J. Mansuri and Dr. Tejas Gandhi.

The end results were surprising yet so pleasing that the students learnt perfectly the art of preparing jewellery in this

limited time slot only which were earmarked through their words of appreciation in their feedbacks post workshop.









WOMEN'S SELF-DEFENSE TRAINING WORKSHOP

SUMMARY REPORT (2023-24)

under

Collegiate Women's Development Cell – CWDC



SHRI K. K. SHASTRI GOVERNMENT COMMERCE COLLEGE,

AHMEDABAD.

DATE: 18/01/2024 till 25/01/2024

CWDC (Collegiate Women's Development Cell) of Shri. K.K. Shastri Government Commerce College, Ahmedabad has always been active and has always planned its activities empowering today's youth, especially girl students, in particular. May it be relating to their health & hygiene, social awareness, gender sensitivity, workplace behaviour, how to become a self-made person, to name a few, the CWDC of the college always steps forward and guides it's students towards a better living with utmost ardor and confidence.

One such Self-Defense Training Workshop was designed especially for the girls of SKKSGCC in order to boost their inner abilities and strength. The said workshop aimed not only to educate the girls about the self-defense techniques but also prepare them on handling the practical situations of life and "*Fight for the Right*" in a positive spirit.

The said training workshop was designed for a duration of a Week (7 days), pertaining 2 hrs. training each day. **52 girl students** enthusiastically volunteered themselves for the said workshop and got their persona redefined. The workshop was held from **18/01/2024 till 25/01/2024**, wherein various self-defense techniques such as what is a

Good or a Bad Touch, Ten Sensitive Parts, Attack-defense techniques, types of punches, elbow strikes, rape & kidnapping defensive techniques and many such crucial techniques were taught. The entire workshop was largely a practical hand-on training which made our girls physically fit and mentally strong. It helped our girls to strengthen their inner abilities and believe that they can practically handle any worse situation on their own from now on. Not only this, but the girls were confident enough to teach these techniques further to their friends, relatives and empower the society, as a whole. The training rendered a sense of self-dependency amongst our girls and prepared them to face the real life situations in life.

The said training workshop was planned under the expertise of a renowned coach *Mr. Amandeep Singh Gotra* who holds a position of a General Secretary at Thai boxing Association, Gujarat. He is a well-known figure in his field, has several National & International Level achievements to his credit and has rendered his expertise to various government and private bodies.

The said Self-Defense Training Workshop was mainly coordinated by CWDC: Committee Head as well as Assistant Professor (Accountancy) **Dr. Palak Shah**, along with the support of the Principal of the college **Dr. Yogesh Yadav** and all other teaching & non-teaching staff members.

**Glimpses of Self-Defense Training Workshop for
the Academic Year 2023-24**









**Report on
Training Program
"Women Health for Social Health"
under "SETU"
(Sustaining Equality through Universities/College)**

**A Joint Initiative by Gender Resource Center,
Woman & Child Development Department**

&

Commissioner of Higher Education

**SHRI K. K. SHASTRI GOVERNMENT COMMERCE COLLEGE,
AHMEDABAD.**

DATE: 26 February, 2024

શ્રી કે. કા. શાસ્ત્રી સરકારી વાણિજ્ય કોલેજ, મણિનગર, અમદાવાદ

તા. ૨૬/૦૨/૨૦૨૪

Training Program – 1 “Women Health for Social Health”

વક્તાશ્રીઓ,

1. ડૉ. યામિનીબેન ત્રિવેદી (પ્રોફેસર અને વિભાગ અધ્યક્ષ , એલ. જી હોસ્પિટલ તેમજ AMC MET મેડિકલ કોલેજ, અમદાવાદ)
2. પ્રા. સુહાગ દલપતભાઈ મહેરીયા (મદદનીશ પ્રાધ્યાપક, એકાઉન્ટન્સી)



શ્રી કે. કા. શાસ્ત્રી સરકારી વાણિજ્ય કોલેજ, મણિનગર, અમદાવાદ દ્વારા તા. ૨૬/૦૨/૨૦૨૪ ને સોમવારના રોજ, જેન્ડર રિસોર્સ સેન્ટર, મહિલા અને બાળક વિકાસ વિભાગ અને ઉચ્ચ શિક્ષણ કમિશનરશ્રીની કચેરી, ગાંધીનગર ગુજરાત રાજ્યના સંકલનમાં મહિલા વિષયક મુદ્દાઓ ધ્યાનમાં રાખીને “સેતુ (SETU) SUSTAINING EQUALITY THROUGH UNIVERSITIES/COLLEGE” અંતર્ગત “સામાજિક સ્વાસ્થ્ય માટે મહિલાઓનું સ્વાસ્થ્ય” વિષય પર

તાલીમ કાર્યક્રમ -૧નું આયોજન કરવામાં આવેલ હતું, જેમાં મહિલાઓના સ્વાસ્થ્યને અસર કરતા પરિબલોની ચર્ચા કરવામાં આવી હતી.

જેમાં, નીચે મુજબની બાબતોનો સમાવેશ થાય છે.

1. મહિલા સ્વાસ્થ્ય એક સામાજિક મુદ્દો
2. મહિલાઓ માટે આહાર અને પોષણનું મહત્વ
3. હાલના સમયમાં કેન્સર રોગ અને મહિલાઓ
4. જંકફૂડની હાનિકારક અસરો અને નુકસાન
5. મહિલાઓ અને માનસિક સ્વાસ્થ્ય

ઉપરોક્ત બાબતો અંગેનું ઊડાણપૂર્વકનું વ્યાખ્યાન વક્તાઓશ્રી દ્વારા આપવામાં આવ્યું હતું. આ ઉપરાંત વિદ્યાર્થીઓના વિષય સંબંધિત પ્રશ્નોના જવાબો પણ ડૉ. યામિનીબેન ત્રિવેદી દ્વારા ખુબજ વિસ્તૃત આપવામાં આવ્યા હતા.



ડૉ.યામિનીબેન ત્રિવેદી દ્વારા વ્યાખ્યાન



મહેમાનોનું સ્વાગત કોલેજના આચાર્યશ્રી ડૉ. યોગેશ યાદવ દ્વારા કરવામાં આવેલ હતું અને સેતુની તાલીમ અંગેની માહિતી સેતુના નોડલ ઓફિસર ડૉ. પલક શાહ મેડમ દ્વારા આપવામાં આવેલ હતી. કાર્યક્રમમાં સમિતિ સભ્ય પ્રા. મિરલબેન મારડિયા તેમજ પ્રા. નુપુરબેન શાહ પણ ઉપસ્થિત રહેલ હતા. પ્રસ્તુત કાર્યક્રમમાં 189 વિદ્યાર્થીઓએ ઉત્સાહપૂર્વક ભાગ લીધો હતો જેમને કોલેજ તરફથી પ્રમાણપત્ર અને અલ્પાહારની સુવિધા આપવામાં આવેલ હતી.



કોલેજના આચાર્યશ્રી ડૉ. યોગેશ યાદવ દ્વારા વિદ્યાર્થીઓને પ્રેરક વક્તવ્ય.



પ્રાધ્યાપક સુહાગ મહેરિયા દ્વારા મહિલાઓ અને માનસિક સ્વાસ્થ્ય વિષય પર વ્યાખ્યાન



સેમિનાર હોલ ખાતે બેઠક વ્યવસ્થા



વિદ્યાર્થીઓ માટે અલ્પાહારની વ્યવસ્થા

