



List of Event Performed by Women Cell,
Dharmsinh Desai University, Nadiad.

Sr.No.	Name of Event	Organised By	Date & Year
1	Requirment of Sanitary Pads vending and incinerator machines at University	DDU Women Cell Coordinator	21/07/2017
2	Seminar on “ Societal Cognizance for Indian Women”	FOT, Women Cell , DDU	13/09/2017
3	Rangoli & Salad Decoration Competition	Faculty of Dental Science Women Cell, DDU	28/09/2017
4	Societal cognizance for India women	IC Women Cell, DDU	27/09/2017
5	Lecture on Mind Power	Faculty of Dental Science Women Cell	08/03/2018
6	Gujcost sponsored One day national level Seminar on “Common Gynaecological Disorders in Women-Issues, Awareness and Preventive Measures.	FOP, DDU Women cell.	08/03/2019
7	“Grasp from the Great” Opportunities and challenges of women in the IT industry	IT DEPT, Women cell, DDU	19/09/2021
8	ONE DAY WEBINAR on “ <i>Cyber Crime and It's Prevention</i> ”	FOT, Women Cell , DDU	08/10/2021
9	Webinar on “Women Scientist in Health Care System”	FOP, Women Cell , DDU	08/03/2022
10	Guest lecture on “Problems faced by working women” and “Cancer awareness”	NDDFMSR, Women Cell , DDU	08/03/ 2022
11	Guest Lecture On Stress Management	NDDFMSR, Women Cell , DDU	14/05/ 2022
12	Celebration : “INTERNATIONAL YOGA DAY-2022” One week training session	NDDFMSR, Women Cell , DDU	11/06/2022



Programme Report

on

“Come together to aware School Girls on menstrual hygiene”

1	Organized By	Faculty of Pharmacy and University Women cell Dharmsinh Desai University, Nadiad.
2	Date	10 th March, 2023
3	No of Participants	50
4	Programme Co-ordinators	1. Dr. Mayuree A. Patel
Social Media Promotion		
5	Twitter Link	https://twitter.com/Fop_ddu/status/1471745285046951942
6	Facebook Link	https://www.facebook.com/FOPDDU2006/posts/436520574592435
7	Instagram Link	https://www.instagram.com/p/CXk2IM6h3rL/

Programme/Event Summary

Faculty of Pharmacy, University Women cell and N.D.Desai Medical College had successfully celebrated the International Women's Day in association with APTI (Association of Pharmaceutical Teachers of India) on 10th March, 2023. The main objective is to teach and aware the girls students about menstrual hygiene and donating the sanitary pads to them. This programme is arranged in government Nagarpalika School No 6 located near Amdavadi bazar in Nadiad.

For the same, we have invited Dr. Harshaben V. Patel (APTI Member), Principal, Indukaka Ipkowala College of Pharmacy, New Vallabh Vidyanagar, Gujrat to grace the function. We had also with us an eminent personality, Dr. Alka Dave (Anesthesiologist), faculty of Dr. N. D. Desai medical science and research centre will address the audience. Mam had deliver a talk on maintenance of health, importance of nutrient/ healthy diet, Balance diet and menstrual cycle and its hygiene to school girl students.

Approximate 50 students had participated in this programme. They were highly inspired and fully appreciated by the knowledge and awareness provided by well-known speaker. Mrs.



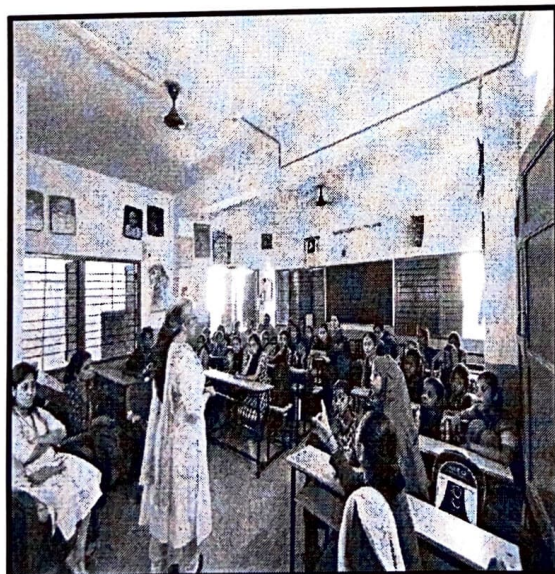


Faculty of Pharmacy Dharmsinh Desai University

Geetaben Vataliya, Principle, government Nagarpalika School No 6 and other school teachers had present in this event. The sanitary pads were also distributed by Dr. Tejal Soni mam, Dean, Faculty of Pharmacy, DDU, Nadiad.

Hence, the main purpose behind this event is to come together to aware School Girls on menstrual hygiene as they are the future pillar of this Nation. This workshop got wide attraction to School girls.

Programme/Event Photograph





**Faculty of Pharmacy
Dharmsinh Desai University**



Dr. Mayuree A. Patel

Women cell Coordinator
Faculty of Pharmacy,
DDU, Nadiad.

Seal of the Institute



Dr. Tejal G. Soni

Dean and Convener
Faculty of Pharmacy,
DDU, Nadiad.



Faculty of Pharmacy
Dharmsinh Desai University

Press Note

Divya Bhaskar



ખેડા નડિયાદ 13-03-2023

ફાર્મસી ફેકલ્ટી નડિયાદમાં આંતરરાષ્ટ્રીય મહિલા દિવસની ઉજવણી કરવામાં આવી



નડિયાદ ભાસ્કર । ધર્મસિંહ દેસાઈ યુનિવર્સિટીની ફાર્મસી ફેકલ્ટી યુનિવર્સિટી વુમન સેલ અને ડો.એન.ડી.દેસાઈ મેડિકલ કોલેજ દ્વારા આંતરરાષ્ટ્રીય મહિલા દિવસની ઉજવણી નગરપાલિકાની સ્કૂલ નંબર-6 માં કરવામાં આવી હતી. જેમાં 50 વિદ્યાર્થીનીઓએ ભાગ લીધો હતો. ડો.એન.ડી.દેસાઈ મેડિકલ કોલેજ એન્ડ રિસેચમાં ફરજ બજાવતા ડો.અલ્કાબેન દવેએ વિદ્યાર્થીનીઓને શરીરને સ્વસ્થ રાખવાના સિદ્ધાંતો, સંપૂર્ણ આહારનું જીવનમાં મહત્વ અને મેન્સ્ટ્રુઅલ હાઈજન વિશે માહિતી પુરી પાડી હતી.





નડિયાદની યુનિવર્સિટીમાં મહિલા દિવસની ઉજવણી



આંતરરાષ્ટ્રિય મહિલા દિનની નડિયાદની ધર્મસિંહ દેસાઈ યુનિવર્સિટીના ફાર્મસી ફેકલ્ટી, વુમન્સ સેલ, અને મેડીકલ કોલેજ દ્વારા ઉત્સાહભરે ઉજવણી કરવામાં આવી. ૧૦મી માર્ચના રોજ એસોસિએશન ઓફ ફાર્માસ્યુટિકલ ટીચર્સ ઓફ ઇન્ડિયાના સહયોગથી નડિયાદના અમદાવાદી બજાર ખાતે આવેલ સ્કુલ નં. ૬માં એક સેમિનારનું આયોજન કરવામાં આવ્યું હતું. જેમાં શાળાની ૫૦ વિદ્યાર્થીનીઓએ ભાગ લીધો હતો. આ પ્રસંગે ઇન્કોવાળા કોલેજ ઓફ ફાર્મસીના વડા ડૉ. હર્ષભેન પટેલ સહિત અન્ય મહાનુભાવો ઉપસ્થિત રહ્યા હતા.





Women Cell-IT Dept, Dharmsinh Desai University

Event Report: Grasp from the Great

Aim: To discuss opportunities and challenges of women in the IT industry.

Event Details:

Date	19 September 2021, Sunday
Time	10:00 am. to 12:00 pm
Venue	Google Meet
Organised by	Women Cell, IT Dept
Target Audience	Women of sem 3, 5 &7
Faculty Coordinator	Prof. Nikita Desai [Associate Professor, IT Dept, FoT, DDU]

Registration Statistics: Total - 48

Dept.	Sem 3	Sem 5	Sem 7	Other
IT	12	20	5	3
CE	2	6	-	-

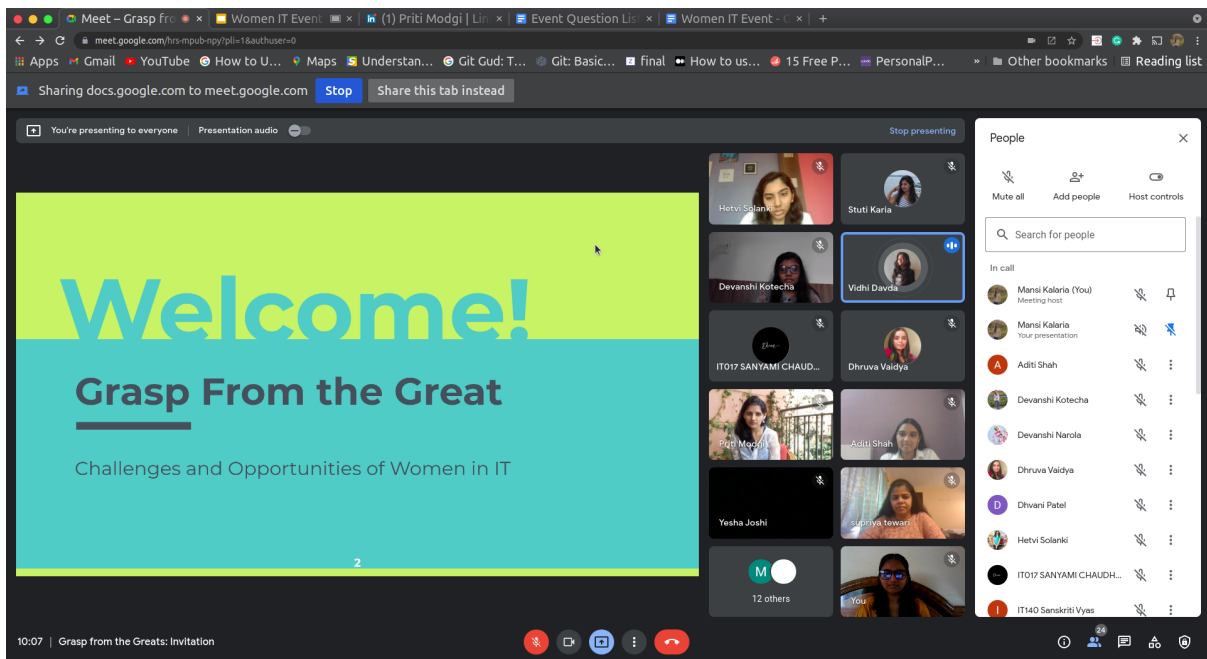
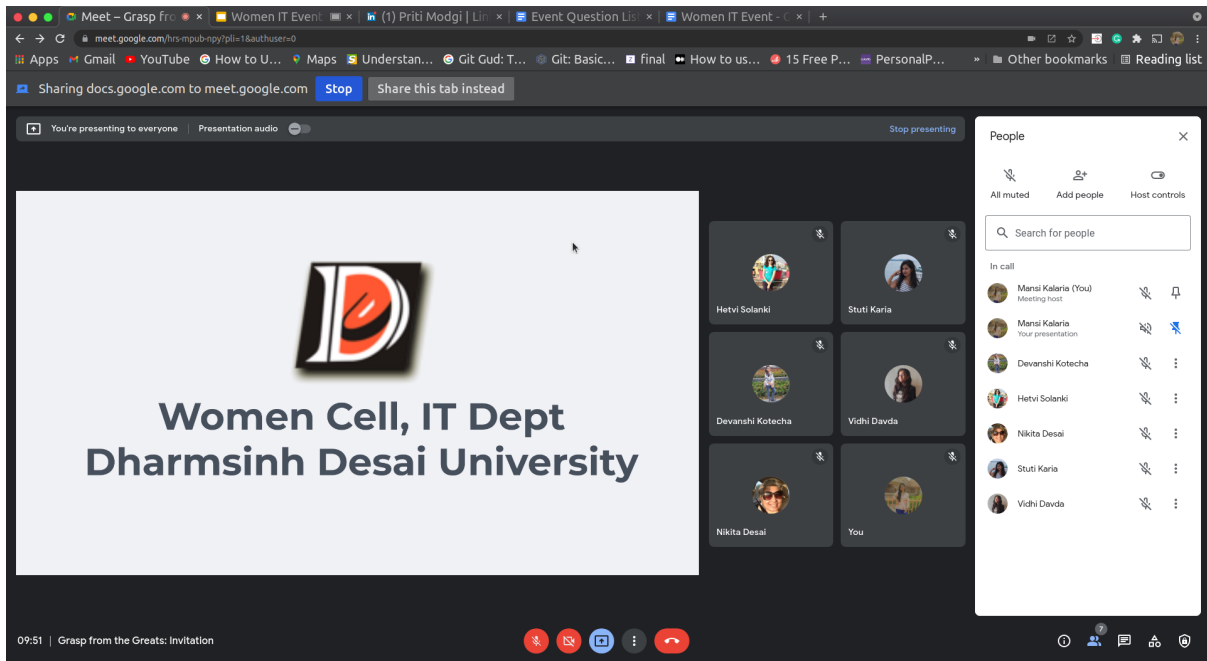
Guest Speaker Details:

Name	Designation	Points Discussed
Priti Modgi	Technical Lead at Wipro	<ul style="list-style-type: none">• Journey in DDU• The work culture at different companies• Fighting the male mindset• Importance of marketing yourself
Yesha Joshi	SWE at AWS	<ul style="list-style-type: none">• Journey in DDU• Experiences of studies in the US• Importance of networking• Tips on networking on LinkedIn
Supriya Tewari	UFLP Management Trainee at HUL	<ul style="list-style-type: none">• On-campus placement• Switching career• Opportunities in the Management field• Work experience at HUL
Aditi Shah	Associate Quality Assurance Engineer at Aubergine Solutions Pvt. Ltd.	<ul style="list-style-type: none">• How clubs improved her management & communication skills• Interview preparation strategy• Resume and project building tips• Work experience as QA at Aubergine
Shivani Bathani	Software Engineer at SoftSages Technology	<ul style="list-style-type: none">• Internship experience at ISRO• Importance of clubs in personality development• Importance of communication• Work experience at SoftSages

Organisers' Details:

Name	Dept & Sem	Responsibilities
Mansi Kalaria	IT-5	<ul style="list-style-type: none">● Presentation● Poster● Meeting Invites● Convince Speakers● Snapshots of event● Report
Vidhi Davda	IT-5	<ul style="list-style-type: none">● WhatsApp Message● Speech
Hetvi Solanki	IT-5	<ul style="list-style-type: none">● Registration form● Feedback form● Speech● Convince Speakers
Devanshi Kotecha	IT-5	<ul style="list-style-type: none">● WhatsApp Message● Poster● Recording● Presentation
Stuti Karia	IT-7	<ul style="list-style-type: none">● Speech

Glimpses of Event:



Meet - Grasp from the Greats: Invitation

meet.google.com/hrs-mpub-npy?pli=1&authuser=0


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Priti Modgi

- Technical Lead at Wipro Limited (Digital), Pune
- Associate at Cognizant Technology Solutions, Pune
- Worked as Software Engineer at Cybage, Elitecore Technologies
- 10+ years of Experience in Industry



10:16 | Grasp from the Greats: Invitation

People

Mute all Add people Host controls

Search for people

In call

- Mansi Kalaria (You) Meeting host
- Mansi Kalaria Your presentation
- Anandi Pankhania
- Aditi Shah
- Devanshi Kotecha
- Devanshi Narola
- Dhruva Vaidya
- Dhruvi Patel
- Fatema Vhora
- Hetvi Solanki

19 others

Meet - Grasp from the Greats: Invitation

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Yesha Joshi

- Software Development Engineer at Amazon Web Services (AWS)
- Master of Science from Northeastern University
- Systems Engineer at Infosys



10:24 | Grasp from the Greats: Invitation

In-call messages

Let everyone send messages

<https://forms.gle/qmavvq1tubwvgyz>

You 09:38
Nowadays, opportunities are growing for women due to diversity hiring drives. What is your take on the effectiveness of such drives?

Many males see this diversity hiring as a threat to their jobs. They also comment on this as unfair and say that underserving women get jobs due to diversity hiring. And these women are not given due respect at their workplace.

Yesha Joshi 10:18
Quees for @Preeti. Coping with gender bias is hard, do you feel after all these years would you have chosen a different path to deal with your manager rather than resigning?

Nikita Desai 10:23
great point

Neeva Oza 10:23
Thank you Priti Didi

Nikita Desai 10:24
loud and clear

Send a message to everyone

Meet - Grasp from the Greats: Invitation

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Supriya Tewari

- UFLP Management Trainee at Unilever
- PGDIM from National Institute of Industrial Engineering, Mumbai
- System Engineer at Infosys
- National Finalist at Amazon (ACE) 2020

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10:37 | Grasp from the Greats: Invitation

People

Mute all Add people Host controls

Search for people

In call

- Mansi Kalaria (You) Meeting host
- Mansi Kalaria Your presentation
- Aanandi Pankhania
- Aditi Shah
- Devanshi Kotecha
- Devanshi Narola
- Dharmi Chavda
- Dhruva Vaidya
- Dhruvi Patel
- Fatema Vhora

21 others

Meet - Grasp from the Greats: Invitation

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Aditi Shah

- Associate Quality Assurance Engineer at Aubergine Solutions Pvt. Ltd.
- Head of Event Management & Marketing at Malgadi

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10:52 | Grasp from the Greats: Invitation

People

Mute all Add people Host controls

Search for people

In call

- Supriya Tewari
- Hetvi Solanki
- Yesha Joshi
- Devanshi Kotecha
- Priti Modgi
- Vidhi Davda
- Aditi Shah
- Dhruva Vaidya
- IT017 SANYAMI CHAU...
- IT122 Maitri Rajpara
- Sakshi Shah
- Neeva Oza
- Vidhi Davda
- Maitri Joshi-IT-2024
- Aanandi Pankhania
- 17 others


Meet - Grasp from the Greats: Invitation

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You're presenting to everyone Presentation audio Stop presenting

Shivani Bathani

- Software Engineer at SoftSages Technology
- Research Intern at ISRO



11:08 | Grasp from the Greats: Invitation

Participants: supriya tewari, shivani bathani, Yesha Joshi, Devanshi Kotecha, Priti Modgi, Vidhi David, Stuti Karia, Aditi Shah, Dhruva Valdiya, IT017 SANYAMI CHAU..., Hetvi Solanki, IT079 Aastha Modi, Sakshi Shah, Neeva Oza, Yasvi Patel, Maitri Joshi-IT-2024, 19 others, You

Women IT Event - Meet - Grasp from the Greats: Invitation

Participants: Shreya Desai, Mridhavyani Lankapati, supriya tewari, Vidhi David, Stuti Karia, Yesha Joshi, shivani bathani, Aditi Shah, Hetvi Solanki, Devanshi Kotecha, Maitri VH, Ashaka Mehta, Shreya Patel, Fatema Vhora, Maitri Joshi-IT-2024, Sanjana daki, Mitsuru Katsagawa, You

12:14 | Grasp from the Greats: Invitation

Feedback from Participants: A feedback form link was shared with the participants in the meeting.

Few Prominent Feedback:

Question: Any overall feedback for the event?

Vaidya Dhruva[IT-5]:

It was an outstanding event and so much inspiring thank you for arranging it.

Joshi Maitri[IT-3]:

Indeed A Great and Fruitful Event!! Looking forward to more such sessions!!

Bathani Kruti[IT-3]:

It was really a Great and inspiring session and it will be very much helpful to us

Patel Shreya[IT-3]:

The event was so informative and got to know their experiences in the industry. Waiting for more such events.

Question: How do you think the session could have been improved?

Joshi Maitri[IT-3]:

Really Great Session!!! But the Time taken was a bit more.. Looking forward to knowing more about the experiences of more alumni..
Thanks!!



REPORT ON ONE DAY WEBINAR ORGANIZED

BY

FACULTY OF TECHNOLOGY

AND

UNIVERSITY WOMEN CELL

IN ASSOCIATION WITH

COMEXPO CYBER SECURITY FOUNDATION

“Cyber Crime and It’s Prevention”

One day Webinar on “Cyber Crime and It’s Prevention” was organized by Faculty of Technology and University Women Cell in association with Comexpo Cyber Security Foundation for the students and faculties of university on 08th October 2021 with an objective of making provision of opportunity to create awareness about the well spread of cyber crime in society and measures to be taken to prevent them and remain safe.

Speakers were invited from Comexpo Cyber Security Foundation for covering various aspects related to the issue.

Approximately 830 students and faculty members from Faculty of dental science, faculty of pharmacy, Faculty of Management and Information Science, Faculty of Commerce, Faculty of Technology and Faculty of Medical Science have attended the program.



નડિયાદ, તા.૯
નડિયાદ નગરપાલિકા સેવ્યને ઈદેમિલાદનુનુ કુલુક કલ્યાય અને
અલેદનન આપુ છે. ઈદેમિલાદન સેવ્યનાને સરકારી પાલિકાના
વુલ પાલન તાને નેવ્યનાની આપના માંગ કડા છે. માલિકાનાઈ નં-૧
પાલિકા કુલ્યને ઈલેક્શન અલિકા કલ્યાયને અલેદનનન પાલન છે.
ઈદેમિલાદન સેવ્યને આપના તા.૯-૧૦-૨૦૨૧ ના રોજ આપે
છે. સરકારી પાલિકાના વુલ પાલન તાને ખેડ ઈલેક્શન તમામ લાકા



અવગણના કાળ અને રસકાંડ
માહિતી આવી હતી, આ કાર્યક્રમમાં
ગ્રાવરકટર અને પ્રોસીક્્યુશન પરીશ્રમી ધોરા, પંચુડી ગ્રાવરકટર અને
મોસીજીવન રાકેશભાઈ રાણ, એડવોકેટ, સરકારી વકીલો અને વિવિધ
વિષયમાંથી આમણી આગેવાનો ઉપસ્થિત રહ્યા હતા.



पेडा हिस्सा ऐक्यां कान्हेरनाचें वृषारोपणान सयवंस बोयाचें जालें. आ कांयशेक्यां १००० ऐवळा पुलांनी वापचीं इशेक्यां खरी जालीं. भा. ऐव भातें इशे वरवीं पुलांपेवणून् आचार्यन कसपाचें आले. हें, खंयकसर ऐव अपीक भो. डे. डा. संतनाथ भोंरिना सयवंसशेक भायाराचें, वासय भोंरिना सयवंसशेक सतिनाथ आक्रीचीं उपनिवेद रवा. कता.



મહામંડાલાદ શિક્ષિવિનાયક મંદિર ખાતે તાજેતરમાં ગાંધીજીયર્ષિના અનુગ્રંહને નાગામી બેન્ચેની કોમળાંગ યોજાવાઈ હતી. આ કાર્યક્રમમાં નાગામી અને આજ્ઞાકારી માધ્યમના વિષયમાં તેમ જ મેકો-સીટિયાદના અગ્રણીક શિક્ષકને ઉદ્ઘાટનકારી તરીકે રજા કરવામાં આવ્યાં. મંદિરના મહંતશીએ યુવાઓને નાગામી દુર રહેવાના શ્રાવણ અને જાણકારી આપી હતી. આ પ્રસંગે મંદિરનાસ્ટી તરફ નાગામી પૂરોત્તર સહિત ઉપસ્થિત રજા કરવા.

કરમસદમાં વિજય મહોત્સવની ઉજવણી



વણસોલ વિજ્ઞાનનગર : કરમશાહ શહેર માંથી ગોંડીનગર મહાનગરપાલિકા નજીક પોષાણેથી મુંબઈમાં વિજય બેટલ વિજયોત્સવની ઉજવણી કરવામાં આવી હતી. આ પ્રસંગે સુરેશ સોલંકે દિવાળી પહેલે, શહેર સંગઠન પ્રમુખ સુજીત ગુપ્તા, આચાર્યની, પાલિકા પ્રમુખ, ઉપપ્રમુખ, પંચાયત નેતા સયા કાન્તીનીશ્વરે અને કાર્યકર્તા ઉપસ્થિત રહ્યા હતા.

વણસોલ ૨૭ પાટીદાર સમાજ સ્નેહમિલન

[illegible]

વિપયક 
 લેક્ચર પટેલ મુખ્ય જન્મ :
 Engineer U.K., માટે સુંદર,
 ગોળા વાલીઓ તરફથી
 ર સાથે સંપર્ક આવકાર્ય છે.
 No. : 94273 86564
 jal93@hotmail.com

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**Faculty of Pharmacy
Dharmsinh Desai University**

**Programme Report
on
“Women Scientists in Health Care Innovations”**

1	Organized By	Women cell of Faculty of Pharmacy, IIC, AICTE, Nirmaan-Student Club, Dharmsinh Desai University, Nadiad.
2	Date	8 th March, 2022
3	No of Participants	203
4	Programme Co-ordinators	1. Dr Mansi Dholakia 2. Ms. Dinal Patel
5	Name of Resource Person	1. Dr. Hetal Thakkar Professor, Faculty of Pharmacy, The Maharaja Sayajirao University, Baroda 2. Dr. Tejal Mehta Professor & Head, Institute of Pharmacy, Nirma University, Ahmedabad 3. Dr. Munira Momin Principal and Professor, Department of Pharmaceutics, SVKM's Dr. Bhanuben Nanavati College of Pharmacy, Mumbai.
Social Media Promotion		
5	Twitter Link	https://twitter.com/Fop_ddu/status/1500706654761140226?t=4UHL5jdZBMOGOXMNKV0qvg&s=19
6	Facebook Link	https://www.facebook.com/104929807751515/posts/482808846630274/
7	Instagram Link	https://www.instagram.com/p/Catw6DijPTH/?utm_medium=copy_link





Faculty of Pharmacy Dharmsinh Desai University

Programme/Event Summary

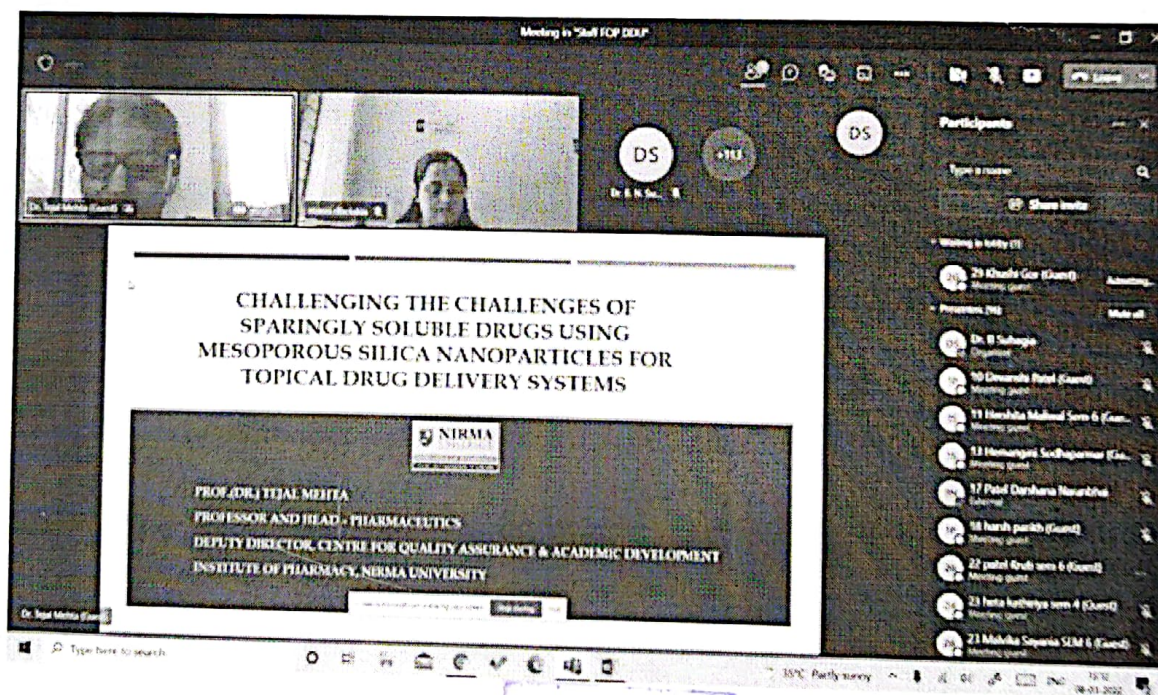
Dharmsinh Desai University (DDU) formerly known as DDIT, was founded in 1968 by respected educationists, social workers, and the Member of Parliament Late Shri Dharmsinh Desai. In the year 2000, it earned the status of Deemed University by the Government of India, in recognition of its standards in academia. In April 2005, the Government of Gujarat declared the institution as a State University. D. D University is approved by the UGC Under sections 2f and 12B. It has trained scientists & engineers to provide leadership in academia and industry since 1968. Its students have exhibited a drive for professional excellence throughout their careers. Women cell, DDU, constantly working on the number of events like webinars related to cybercrime and prevention, gynaecological disorders to provide the awareness in girls, talks to celebrate success of women scientists, sensitization workshops to encourage gender equity in institutions etc. This webinar was designed especially for the young faculty members, Research Scholar, innovators & students in the field of Pharmaceutical Sciences and related subject areas. The webinar was proposed to discuss how advanced research is conducted by women innovators in pharma field. Information gathered through collaborative public research can be transformed into the precious knowledge essential to deal with the unmet need for the development of pharmaceutical products. The major objective of the webinar was to focus on the contribution of women scientists not only in education but also in the innovation of patentable products for the betterment of the community. The conference was organized by inspiring from leadership of eminent women scientist in pharma academic sector and provided brain storming platform to all researchers of pharma field. Total 203 participants have successfully completed this seminar. The eminent scientists have guided the all participants with their knowledge and words of wisdom.





Faculty of Pharmacy Dharmsinh Desai University

Programme/Event Photograph



- ① Mausil Dholakia
- ② Dinal Patel

Name and Signature
Programme Coordinators

Seal of the Institute

Dr. B. N. Suhagia
Dean and Convener



DR.N D DESAI FACULTY OF MEDICAL SCIENCE & RESEARCH
UNIT OF WOMENS CELL, DDU, NADIAD.
ACTIVITY REPORT MARCH 2022

Women's Day 2022 celebration in collaboration with the department of OBGY of Dr. N D. Desai Medical college.

Women's Day 2022 was celebrated by the Dr. N D Desai faculty of medical sciences, Unit of women cell DDU on **8th of March 2022** in collaboration with the department of OBGY.

Inauguration & lamp lightening of the event was graced by the Dr. Trupti Shah- CDMO from Nadiad Civil Hospital as chief guest. This was followed by a series of guest lectures for the empowerment & education of female health.

The topics that were taken by various speakers are as follows.

1. Welcome Speech & History of the Women's Day –by Dr.Chintan Upadhyay (HOD & Associate Professor department of OBGY, NDDFMSR)
2. Problems faced by working women – by Dr.Priyanka Purohit (Assistant professor department of OBGY, NDDFMSR)
3. Cancer awareness – by Dr.Shwetambari Navale (Assistant professor department of OBGY, NDDFMSR)
4. Thanksgiving & concluding speech by Miss.Twinkle (MBBS student)

All the speakers were given a certificate by the Faculty of Medicine-Unit of women's cell DDU, as a token of appreciation for their sharing of knowledge with us.

This program was followed by the various activities organised at the hospital premises OPD area. These activities included welcoming of all the visitors at the OPD gate with Happy Women's Day , street play based on the impact of society on the growing stages of women's life (Like girl child birth, right to education, right to work, gender equality etc..), Free health check-up of the cervical cancer by collection of PAP smear at the OBGY department for the female staff & women attending the OPD services, gift hamper distribution to the girls & women attending the OPD on 8th march, and wishing all the female health care workers of the hospital "Happy Women's Day" with token of appreciation. All these were successfully

organised by the teams of MBBS students of Dr.N D Desai Medical college. (Team for Creative art, Team for Street play, Team for stalls - gift hampers arrangement, Team for distribution of token of appreciation)

We were pleased to have been visited and appreciated for the efforts made by us , by the Rev. Mr.Kushal Narendrabhai Desai (Chairman of DDIT) who inspired all of us with his words of motivation & encouragement.

Image Gallery-







DR.N D DESAI FACULTY OF MEDICAL SCIENCE & RESEARCH
UNIT OF WOMENS CELL, DDU, NADIAD.
ACTIVITY REPORT MAY- 2022

Guest Lecture On Stress Management

On 14th of May 2022, We organised a Guest lecture on the stress management for the Staff & Students of the DDU campus, and the Speaker invited to deliver the lecture was Dr.Aayushi S Patel (Senior resident from the department of Psychiatry, NDDFMSR). Faculty & students of DDU participated in this event. Dr.Aayushi gave us the knowledge on how we can cope up with stressful life situations with practical examples & few techniques that can be practiced to relieve daily stress. It was very helpful to gain this knowledge for all of us. At the end of the session Dr.Aayushi was presented with a memento & certificate as appreciation from the women's cell, DDU, Medical faculty unit.







DR.N D DESAI FACULTY OF MEDICAL SCIENCE & RESEARCH

UNIT OF WOMENS CELL, DDU, NADIAD.

ACTIVITY REPORT JUNE- 2022

"INTERNATIONAL YOGA DAY-2022" Celebration :-

As a part of the celebration of International Yoga Day-2022, we Dr.Alka Dave & Dr.Purvi Khristi (Member s of women's cell committee DDU) organised a week long training session on Yoga & Meditation for the MBBS students of DDU. We had invited well known Yoga acharya Mrs.Sheela Shah as our instructor for this training. She began with the motivation session on YOGA & Meditation on the 11th June 2022, that was followed by daily practice of YOGA for one hour in the morning 8 to 9am. She was the source of motivation and guidance for us. Students were trained to do basic YOGA practices including various Asanas, Pranayam, Surya namaskara, & Meditation. The goal was to help them to relieve their stress of study, increase their concentration & motivate them to make YOGA a routine practice. After a weeks training period, on 21st June International Yoga Day was celebrated at the NDDFMSR with the performance of all the learned YOGA practices. It made huge impact on the students as they participated in the event with great enthusiasm. Mrs.Sheela was given a memento & certificate of appreciation for the efforts she made in teaching us the YOGA.

Image gallery

