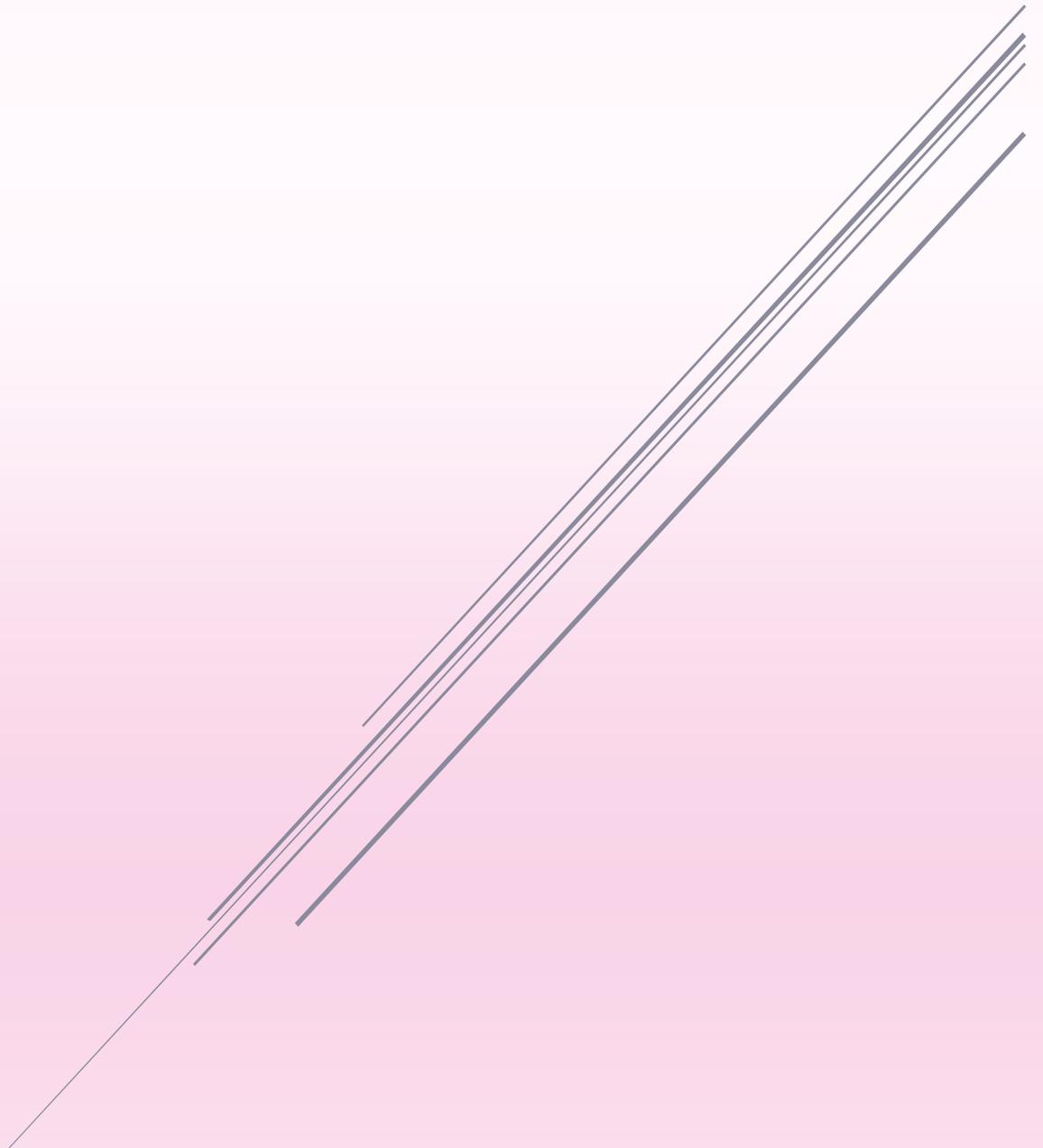


# WOMEN CELL

[2023-2024]



**S. M. Patel College of Home Science**

*In charge: Dr. Minal Chauhan and Dr. Mital Barot*

# Women Cell

## Activities for the Academic Year 2023-2024

### 1. Narayani Sangam Program

Under the leadership of the Principal Dr. Bhavana Chauhan, Women Cell of the College attended a Narayani Sangam Program with the students on 8<sup>th</sup> October 2023(Sunday) from 9:00 AM to 3:00 PM at Ravi Sabhakan, Swaminarayan Mandir, Vadtal, organized by Three Madhav Seva Trust, Nadiad and hosted by Narayani Sangam (Anand-Kheda district, Nadiad department).

The Narayani Sangam program was organized to unite and empower women, foster reflection and discussion about their societal roles, and enhance their participation in the nation's development. The event highlighted women's significant place in Indian culture and their contributions as equal partners in societal progress.

The program saw enthusiastic participation from 15 college students and two in charge faculty members, Dr. Minal Chauhan and Dr Mital Barot, showcasing the interest and commitment of the younger generation and educational institutions towards women's empowerment Program Highlights.

Mrs. Ashaben Dalal's (President, Jagrut Mahila Sangathan) presence as the chief guest added immense value to the event. Her speech emphasized women's critical role in societal advancement and inspired the attendees with her insights and experiences.

Shitalben Joshi (Rashtra Sevika Samiti, Nadiad Department) presided over the event, providing valuable guidance and reinforcing the importance of unity and active participation among women for the betterment of society.

Dr. Ruta Parmar (Vidhyabharti Gujarat Pradesh, Punaruththan Vidhyapeeth, Bharatiya Vichar Manch) delivered a thought-provoking lecture on the significance of women's empowerment and their integral role in national development. Her speech highlighted historical perspectives, contemporary challenges, and the way forward for women's active participation in various sectors.

The program focused on women's empowerment, discussing ways to enhance their capabilities and opportunities in various fields. The speakers stressed the importance of education, economic independence, and leadership roles for women.

Emphasis was placed on women's sacred and essential place in Indian culture and how their collective power can lead to societal transformation. The discussions also touched upon the traditional values and modern challenges women face.

Various speakers highlighted the contributions of women to the development of society and the nation. Real-life examples and success stories were shared to motivate and inspire the participants.



## **2. Fitness awareness program**

On 19th March 2024, a fitness awareness program was conducted for S.M. Patel College of Home Science students. This initiative, organized by the women's cell in collaboration with Khel Kud Dhara, aimed to promote health and fitness among young women.

The program was guided by Dr. Bhavana Chauhan, the college principal, who contributed significantly to the event's success. The event featured several distinguished speakers who provided valuable insights into various aspects of health and fitness:

Bharat Mekwan (Manager, SFWD The Gym) and Vikram Singh (Coach, Strens Sports and Conditioning) shared their expertise on physical fitness, emphasizing the importance of regular exercise and proper workout techniques.

Dr. Mittal Barot delivered an informative session on health, fitness, and nutrition, highlighting the significance of a balanced diet and healthy lifestyle choices.

Dr. Bhavana Chauhan spoke passionately about women's empowerment and health, encouraging the students to take proactive steps towards their well-being. A practical fitness demonstration was a highlight of the program. The Programme was successfully led by Dr. Minal Chauhan, Dr. Mittal Barot and Mr.Ranjit Bhagora.

The demonstration gave the students practical knowledge and techniques to incorporate into their daily fitness routines.



### 3. Seminar on sexual harassment in the workplace

On 26<sup>th</sup> October 2024, A seminar on sexual harassment at the workplace was organized by the Women's Cell of the College, under the guidance of Principal Dr. Bhavana Chauhan, in collaboration with the Women's Development Department, Government of Gujarat. This seminar aimed to empower women to raise awareness and provide essential legal knowledge and the mechanisms to protect them from sexual harassment in the workplace.

The seminar featured detailed presentations by legal experts on the "Sexual Harassment of Women at Workplace" (Prevention, Prohibition and Redressal) Act, 2013. Key topics covered included the legal provisions and protections offered under the Act. Step-by-step guidance on how to file complaints of sexual harassment. Information on the resources available to women who have experienced sexual harassment, including legal aid, counseling, and support groups.

The seminar also included interactive sessions. The students gave feedback on how this seminar was crucial in empowering them and promoting a safer, more equitable work environment. It was an informative and impactful event.

