

Awareness Program Report
COLLEGIATE WOMEN'S DEVELOPMENT CELL (CWDC)
APTI sponsored
“INTERNATIONAL AWARENESS PROGRAM ON WOMEN HEALTH AND
WOMEN EMPOWERMENT”

Date: 26th July, 2019

Venue: Auditorium II

Babaria Institute of Pharmacy is thankful to APTI for sponsoring the program conducted by CWDC-BIP on 26th July, 2019. A woman is the full circle. Within her is the power to create, nurture and transform. With this believe and aim of making the society aware about importance of women health and women empowerment which helps them to take their own decisions by breaking all personal limitations, Collegiate Woman's development cell (CWDC) of Babaria Institute of Pharmacy, in collaboration with APTI organized “International Awareness program on Women Health and Women Empowerment” on 26th July, 2019. The major area of focus of the awareness program was women empowerment and women health related issues like pre-menstrual syndrome (PMS) as well as role of alternative approaches to improve health status.

The program was held under the presence of Dr. Saroj Vangani, Founder, Cherish Holistic Health, USA; Dr. Vandana B. Patel, Principal & Professor-BIP, Chairman CWDC-BIP, Convener-APTI, Women Forum Gujarat State Branch; Ms. Nirali Rathod, Assistant Registrar, BITS Edu Campus; Dr. Shalini Sharma, Associate Professor-BIP, Co-ordinator-CWDC-BIP, EC Member-APTI, Women Forum Gujarat State Branch; Dr. Naazneen Surti, Vice Principal, BIP; all the faculty members and delegates.

The program started with lamp lighting and invocation prayer by Ms. Banshari Gajjar, student of 3rd sem B. Pharm. Tulsi sapling was presented to all the dignity present on the dais. Dr. Vandana Patel welcomed the guests and delegates by her warm welcome speech.

Ms. Rutvi Patel, 3rd sem B. Pharm, delivered a wonderful speech, stressed the importance of strengthening and supporting women empowerment in today's world.

A mesmerizing dance was performed on “My feminity, My existence, My Empowerment” depicting it through the conceptual dance form “Ardhnareshwar” by Ms. Hetvi Shah, Alumini.

Dr. Vandana continued the session on “Unveil Your Power To Empower” by outlining the objective of the seminar, including the real practical aspect and perspective. She stressed how women have lost the game by telling that they are not empowered which in reality is myth according to her. Moreover her speech included the ways for applying some simple fingertip solution which will eventually leads to unveiling the power to empower. Her speech concluded with song “SCAR TO YOUR BEAUTIFUL” by Alessia Cara with the notes that “This is your power, Know your power, Awaken yourself, Be proud of yourself” & “In the Rush of Empowerment, don't lose your power.”

Further the session was continued by Dr. Saroj Vangani with a highly informative lecture on “A promising approach for prevention & management of diseases”. She discussed in detail over Ayurveda and Dosha system- it's balanced state and imbalanced state & its causes, diet and lifestyle; disease associated with each doshic imbalance and its restoration. Moreover, the most significant focus was on woman's health.

Session was concluded with few statements:

“My Vata is quicker than lightening more creative than a magician and moves like the wind.”

“My pitta is on fire, Passion is my flame, Courage is my strength”

“My Kapha is sweeter than a chocolate, steady as heartbeat and it is like rock”

Students from 5th sem B. Pharm, Ms. Megha Mehta and Ms. Riddhi Dinghani showed their talent through a song “BEKHAUF”.

After that the session was continued by Dr. Shalini on a topic “Alternatives Healing Therapies & Treatments” which mainly stressed upon the Naturopathy treatment and alternatives ways to improve health like sun bathing, enema, wet pack, mud therapy etc. which further continued toward the laughter therapy/yoga and meditation.

Skit was performed on different scenario of women’s life. Its main aim was to spread awareness about women health and pre-menstrual syndrome (PMS).

The whole session ended with “ZUMBA” which stressed the importance of physical activity for women health under the guidance of zumba instructor, Ms. Devangi Chavan, Alumni. The entire audience along with speakers and guests took full enjoyment of zumba session.

Poster Competition was held on the topic of Women Empowerment. The best three posters were awarded with prices and certificates.





Prepared by

Ms. Pooja Goswami
Member, CWDC

Approved by

Dr. Vandana B. Patel
Principal, BIP