



SEMINAR ON “EMPOWERING WOMEN THROUGH FITNESS: URGE OF FIT INDIA”
ORGANIZED BY VIDUSHI GARGI - CENTRE FOR WOMEN DEVELOPMENT
in association with
STREE CHETANA (affiliated to BHARTIYA STREE SHAKTI)
ON THE OCCASION OF
INTERNATIONAL WOMEN’S DAY

Women Development Cell (WDC) of Gujarat Technological University organized seminar on “**EMPOWERING WOMEN THROUGH FITNESS: URGE OF FIT INDIA**” at GTU-Chandkheda campus on the occasion of International Women’s Day on 5th March 2020.

Date: 5th MARCH, 2020 (THURSDAY)

TIME: 11 A.M. TO 1:00 P.M.

VENUE: GTU, CHANDKHEDA CAMPUS, AHMEDABAD (GUJARAT)

The programme started with lighting of lamp to get the blessings of Goddess Saraswati.

GTU song was played in the beginning. All participants were enthusiastic about initiatives of Women Development Cell of Gujarat Technological University.



WELCOME OF DIGNITARIES -



Dr. Sarika Srivastava welcomed Dr. Bhagwati Oza



Dr. Krishna Parmar welcomed Smt. Shaileja Andhare

PROGRAMME SCHEDULE

Registration	10.30 A.M. to 11.00 A.M.
Inauguration by Lamp Lighting & Felicitation of Guests	11.00 A.M. to 11.05 A.M
GTU Song	11:05 A.M. to 11.10 A.M
Welcome Address by Dr. Ushma Anerao Principal, Govt. Polytechnic College for Girls & Chairperson- WDC, GTU	11:10 A.M. to 11.20 A.M
Short inspiring Film/Video	11.20 A.M to 11.30 A.M.
Address by Guest of Honour - Smt. Shaileja Andhare , Secretary (Gujarat Section) - Stree Chetana Organization on ' <i>Sakas Aahar – Samarth Mahila</i> '	11.30 P.M. to 11:45 P.M.
Address by Chief Guest – Dr. Bhagawati Oza , practicing gynecologist from Vadodara on ' <i>Healthy Lifestyle & Fitness</i> '	11:45 P.M. to 1.00 P.M.
Vote of Thanks – Dr. Sarika Srivastava	1.00 P.M. onwards

DIGNITARIES ON THE DAIS



WELCOME ADDRESS BY DR. USHMA ANERAO

Dr. Ushma Anerao, Principal, Govt. Polytechnic College for Girls and Chairperson- WDC, GTU welcomed all the dignitaries and participants. She discussed the purpose and importance of launching '**VIDUSHEE GARGI – CENTRE FOR WOMEN DEVELOPMENT**'.

Vidushee Gargi was an inspirational woman. She was an ancient Indian philosopher. In addition she addressed various issues

like legal rights, health of women, security of women and gender sensitization.



SMT. SHAILEJA ANDHARE



Smt. Shaileja Andhare, Secretary (Gujarat Section) - Stree Chetana Organization delivered a talk on 'Sakas Aahar – Samarth Mahila'. She emphasized on the importance of good diet to avoid iron, protein and calcium deficiency among women.

DR. BHAGAWATI OZA

Dr. Bhagwati Oza is known for her fitness and at the age of 84 she still takes part in competitions like cycling and swimming. A gynecologist by profession she started to take part in sports from the age of 65 when most of the persons of her age are suffering from various medical complications. Dr. Oza has won more than 100 medals at state and national level.



She strongly gave the message to the audience to live happily and to be happy even in the worst situations of life. She told that "Don't get scared". Her motivational words were very well appreciated by the participants.

Documentary Video of Women Entrepreneur related to women development, challenges and opportunities was also played in the seminar session for motivating the women.

VOTE OF THANKS

Vote of thanks was proposed by **Dr. Sarika Srivastava**, Assistant Professor & GTU-WDC Coordinator to all the dignitaries, WDC committee members, faculty members, GTU female staff members and students.

The seminar was attended by the approx. 120 faculty members, university's female staff members and students. Certificates were distributed at the end of the seminar.

PARTICIPANTS





MEMBERS OF GTU- WOMEN DEVELOPMENT COMMITTEE (WDC) AND SEXUAL HARASSMENT MONITORING CELL (SHMC) WITH INVITED DIGNITARIES



REPORT PREPARED BY -

**Dr. Sarika Srivastava
Assistant Professor and GTU- WDC Coordinator**