



VIDUSHI GARGI CENTRE *for* WOMEN DEVELOPMENT



Event Report

Event Title: “Panel Discussion on Work-Life Balance for Women”

Event Date: 19.10.2024

Event Time: 11:00 AM to 02:00 PM

Venue: B0- Hall, GTU main building, GTU, Chandkheda

No. of participants: 150

Invited Panelists:

1. Dr. Shefali Desai, MS Cancer Specialist, Ahmedabad
2. RJ Toshali RJ, Top FM, Bhavnagar
3. Prof. Vidya Vemireddy, Professor, IIMA; Chairperson, Gender Centre, IIMA
4. Dr. Gitika Kharkwal, Scientist, National Institute of Occupational Health, Ahmedabad
5. Dr. Nirali Patel, MD (Transfusion Medicine), UN Mehta Civil Hospital, Ahmedabad
6. Hima Parikh, Director, Gujarat State Yog Board, Gandhinagar
7. Dr. Sharada CV, Professor, IIT-Gandhinagar
8. Dr. Hetal Shah, Director, Mewrit Medical Writing & Healthcare, Ahmedabad

About the event:

The Vidushi Gargi Centre for Women Development at Gujarat Technological University (GTU) hosted a thought-provoking panel discussion on "Work-Life Balance for Women." The event took place at the B0-Hall, Chandkheda Campus, and brought together prominent professionals to discuss challenges and strategies for balancing work and personal life.

The program commenced with a lamp-lighting ceremony and a welcome address by Dr. Komal Borisagar, Chairperson of the Women's Development Cell (WDC) at GTU. Dr. Rajul K. Gajjar, Honorable Vice Chancellor of GTU, delivered an opening address, setting the tone for the discussions.

Work-life balance is not just a trendy phrase; it's a vital component of our well-being. When we find that equilibrium, we enhance our productivity, creativity, and overall happiness. It allows us to be fully present in both our professional and personal lives.

It's essential to establish clear lines between work and home. Prioritization is key. Communication with our employers and colleagues can lead to more flexible work arrangements. Understanding the importance of self-care and prioritizing our well-being is crucial.



VIDUSHI GARGI CENTRE *for* WOMEN DEVELOPMENT

The panel was divided into two sessions:

Panel 1 (12:00–12:45 PM): Featured discussions led by Dr. Shefali Desai, RJ Toshali, Prof. Vidya Vemireddy, Dr. Gitika Kharkwal, and Dr. Nirali Patel. Topics included setting boundaries, prioritizing tasks, and the role of time management.

Panel 2 (12:45–1:30 PM): Panelists such as Hima Parikh, Dr. Sharada CV, and Dr. Hetal Shah focused on the impact of technology on time management, recognizing signs of imbalance, and the importance of supportive ecosystems.

The discussion concluded with a vote of thanks from Dr. Neelam Nathani, Coordinator, WDC, GTU, followed by the national anthem and a group photograph. The event provided valuable insights and fostered meaningful dialogues about enhancing work-life balance for women.

Objectives:

The panel discussion on "Work-Life Balance for Women" aimed to enhance awareness about balancing professional and personal life, provide practical time management strategies, and recognize signs of stress. It emphasized the wise use of technology, creating supportive ecosystems, empowering communication, and advocating for workplace policies that promote better work-life balance for women.

Glimpse of event:





