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**INSTITUTION'S
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(Ministry of HRD Initiative)



Sarvajani Education Society

Sarvajani College of Engineering & Technology

Dr. R. K. Desai Marg, Opp.Mission Hospital, Athwalines, Surat-395001

Report for a Celebration of
“International Women’s Day”

Date: 8th March 2024

Venue: Seminar Hall, SCET

Faculty Co-ordinators

Dr. Vivaksha Jariwala

Dr. Kaushika Pal

In association with

Institution’s Innovation Council (IIC), SCET

Introduction

SCET commemorated International Women's Day with great zeal and excitement on March 8, 2024. The purpose of the occasion was to celebrate women's accomplishments and advance healthy lifestyle. An inspiring talk led by a Fitness expert, who gave women staff members some helpful tips on healthy practices to maintain a healthy lifestyle, was the main highlight of the celebration.

About International Women's Day

The celebration began with a warm welcome address by the Faculty Coordinator, who emphasized the importance of International Women's Day and recognized the significant contributions of women in various fields. The coordinator introduced the guest of the session and brief the participants about the event. The event focussed on the healthy practices to be followed in day to day life for healthy and pleasant living.

Participation Details:

The celebration of International Women's Day saw enthusiastic participation from various faculty members and students of our college. The event was well-attended and received positive feedback from all participants. Over 50 faculty members from various departments attended the event, showing their support and interest in promoting health and wellness. Around 30 non-teaching staff members participated in the celebration, actively engaging in the discussions and activities.



Event Highlights:

Inauguration Ceremony and Introduction of Guest:

The celebration began with a warm welcome address by the Faculty Coordinator, who emphasized the importance of International Women's Day and recognized the significant contributions of women in various fields. The coordinator Dr. Vivaksha Jariwala introduced the guest of the session Mr. Karan Joshi and brief the participants about the event. The event focussed on the healthy practices to be followed in day to day life for healthy and pleasant

living. The guest of the event **Mr. Karan Joshi** is a professional fitness expert working in **Pal Fitness Club** and has vast experience of around 20 years in the fitness domain. The coordinators welcomed the expert and brief the audience about the achievements and the track record that the expert possesses.



Keynote Address by Expert:

Mr. Karan Joshi discussed several key aspects of healthy living, focusing on practical and achievable habits that women can incorporate into their daily routines. The talk began with the discussion on Importance of Balanced Diet in day to day life which should be rich in nutrients and minerals. He gave several tips on meal planning and preparation. He emphasized on the role of hydration and the benefits of drinking sufficient water.

Then the talk shifted towards the importance aspect of fitness i.e. the regular exercise. The expert discussed various benefits of regular physical activity, including improved mental health and reduced risk of chronic diseases. Simple exercise routines that can be done at home or at work were also presented. The importance of incorporating both cardiovascular exercises and strength training were also mentioned. The expert presented different strategies for managing stress and maintaining mental well-being and the importance of sleep and various techniques for improving sleep quality.

Interactive Session

Following the keynote address, an interactive session was held where attendees had the opportunity to ask questions and seek personalized advice from the expert. Different staff members and students cleared their doubts and gained insights about various aspects of healthy living. The session was highly engaging, with many participants expressing their concerns and receiving practical solutions.



Conclusion:

The celebration of International Women's Day at SCET was a resounding success, with the session by **Mr. Karan** being particularly well-received. The event not only celebrated the achievements of women but also empowered them with knowledge and tools to lead healthier lives.

We express our heartfelt gratitude to the Provost, Principal, faculty members, and all the participants and students for making this celebration of International Women's day a truly memorable and meaningful event. As we look forward to the coming years, we aspire to continue this tradition of spreading awareness about various aspects of healthy living among our staff members and students with enthusiasm and dedication.
