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UNIVERSITY

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INSTITUTION'S  
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COUNCIL  
(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 Seminar on  
**“Stress Management”**

organized to celebrate

**"Women's Day"**

Invited speaker

**Dt. Nirja Parekh**  
Diet Counsellor

**Date:** 13<sup>th</sup> March 2023

**Venue:** EC AV Room

**Faculty Coordinators**

Prof. Dhruti Sharma & Prof. Gayatri Kapadia

In association with

Institution's Innovation Council (IIC) SCET

Women Development Cell, SCET



SARVAJANIK UNIVERSITY  
SARVAJANIK COLLEGE OF ENGINEERING & TECHNOLOGY



**IIC-SCET & WOMEN DEVELOPMENT CELL**

**Organizes**

## **SEMINAR ON STRESS MANAGEMENT**

*Women's Day  
Celebration*



**JOIN US**

**Date: 13-Mar-2023, Monday**

**Time: 2.00 PM to 4.00 PM**

**Venue: EC A.V. Room**



**Dt. Nirja Parekh  
Diet Counselor**

## **Objective of the event:**

To enlighten the skills for the healthy lifestyle and the stress free life.

## **Details of Invited Speaker:**

Ms. Nirja Parekh is a certified breastfeeding counsellor and Diet Counsellor and Proprietor at the 'Fit Appetite' – the Diet Counselling Centre, Parle Point (Since 1996). Her contributions towards the society are as follows:

- She is an on panel dietician for - (i) Orkid Medilife, Vesu, (ii) Saurabh Maternity and Orthopedic Hospital, Ichchhanath, (iii) Love and Care Maternity Hospital, Rander, (iv) Just Kids Children Hospital, (v) Apple Multi-Speciality Hospital.
- She has conducted a Lifestyle Management Project at GUJARAT GAS COMPANY LIMITED (Surat, Ankleshwar, and Ahmedabad) and worked on the 1500 employees of the company, Gave dietary management sessions and one on one dietary advice.
- She has conducted a Lifestyle Management Program for the employees of Shri Laxmi Diamonds Pvt Ltd, A.k. Road, Surat.
- She is a regular columnist in GUJARAT MITRA newspaper for nutrition related articles since 1999.
- She has published a Book 'TAME ANE TAMARO AHAAR' on comprehensive health tips and basic nutrition in Gujarati in 2001.
- She writes articles on nutrition, human relationships and child psychology on regular basis till date in different newspapers in Gujarati, Hindi and English languages.

## **Participants' Details:**

The students and faculty members of various engineering departments have been invited for the event. In response, more than 100 students and more than 10 faculty members are participated in the event.

## **Key Notes of the activity**

Ms. Nirja has discussed about the Circadian Rhythm (Biological clock) of the body. She has advised on 9 good habits in daily routine for maintain healthy life style. She has also discussed various reasons for stress in the day-to-day life and how to deal with such stress.

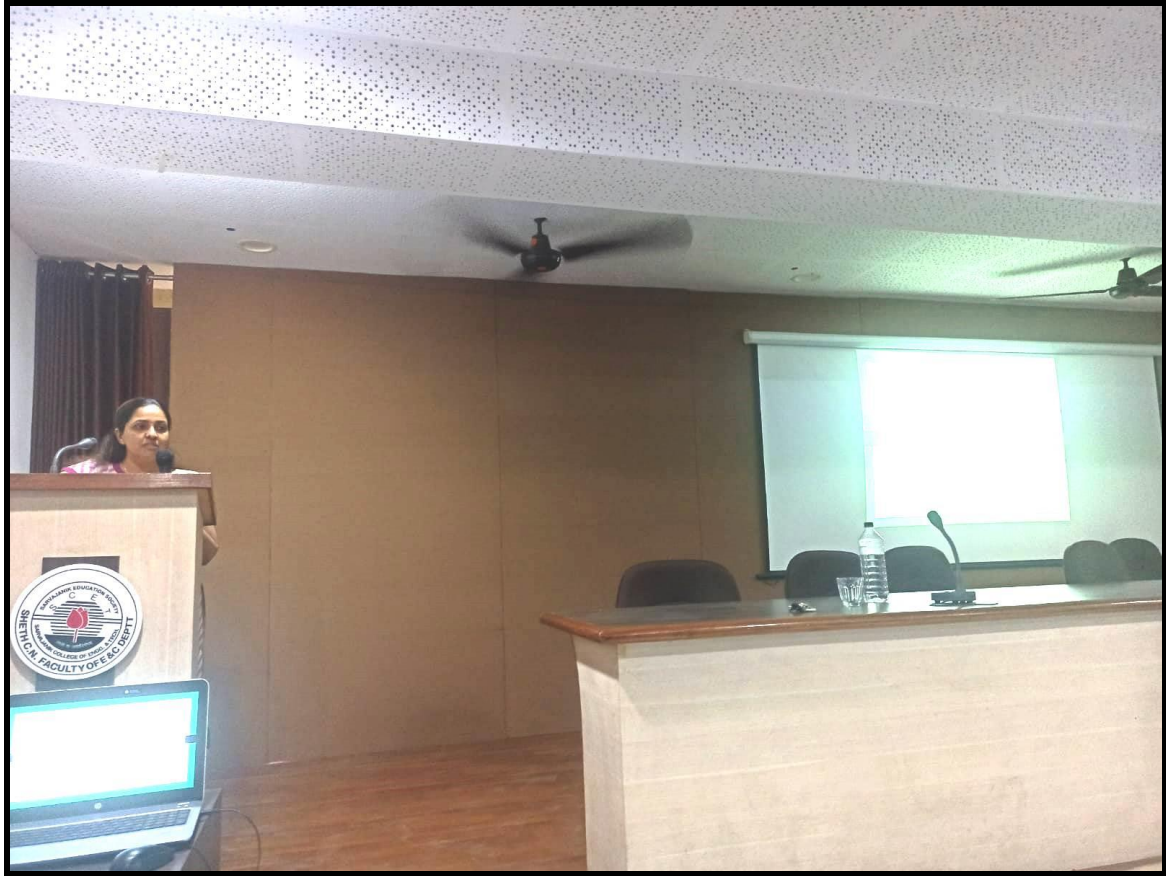
At the end, question-answer session was conducted. Ms. Nirja has attended the queries coming from students as well as staff.

### Glimpse of the event:









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