

## **Women Development Cell**

Women's Development Cell were set up in Government Polytechnic for Girls, as per UGC guidelines , mention in SAKSHAM-BOOK from below mention link.

[https://www.ugc.ac.in/pdfnews/5873997\\_SAKSHAM-BOOK.pdf](https://www.ugc.ac.in/pdfnews/5873997_SAKSHAM-BOOK.pdf)

### **Roles and Responsibility**

- To enhance self esteem and self confidence of women students, faculty and staff in college.
- To guide about Women Welfare Laws.
- To assert the importance of spiritual, economic, social, racial and gender equality.
- To highlight the importance of health and hygiene.
- To assist the girl students in the overall personality development.
- To organize seminars, workshops relating to women development.
- To deal with cases of sexual harassment, in a time bound manner and in accordance with the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013,
- To provide and maintain a dignified, congenial working environment for women employees and students, where they can work, study and explore their potential to the fullest.
- To provide for dialogue, discussion, and deliberation on woman's rights and gender related issues. To encourage participation from NGOs and law enforcement agencies in this area.
- To become a resource centre for women and provide a forum for exchange of ideas.
- To review safety and security measures for female employees and girl students on the University campus.

# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD

## EVENTS ORGANIZED BY WOMEN DEVELOPMENT CELL

(TERM :2017-18, 2018-19, 2019-20, 2020-2021)

**International Yoga day ,on 21/06/2019**

**Name of organizer :** Women cell developoment

Under the visionary Leadership of Hon. Prime Minister Shri Narendrabhai Modi, 21<sup>st</sup> June has been declared as INTERNATIONAL YOGA DAY. Yoga has not been limited and restricted to any community, religion, area, nation, society or any individual economy, but today the entire world has accepted and started practicing yoga. The whole credit for this completely vested to our culture roots. Government Polytechnic For Girls, Ahmedabad celebrated the **International Day of Yoga 2019** in the college premises. All effort was made to spread awareness about the benefits of yoga in life.



# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD

**Workshop on Self Defence ,on 10 /12/2019**

**Name of organizer :** Women cell deveopment

A self defence workshop was conducted at our institute on 10<sup>th</sup> December 2019. The workshop was organized to spread awareness on issues of personal development, safety and self defence. The aim was to prepare the girls to be alert, confident and quick in responding to situations where their security and safety is under threat.

## **The event had two sessions:**

The first session was a discussion with the girls. The topic of physical changes and development among girls. Discussions on changes in the body pertaining to age and dressing were held where responses were collected from the girls on how their families placed restrictions on the way they should behave and dress as they grow up. The second session covered situation-based play acts with regard to self defence techniques.



# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD



# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD

**Seminar on Stress management, on 03/02/2020**

**Name of organizer :** Vidushee Gargi Women Development Cell

**Name of co-ordinator:** Dr ShivangiKhandwala

**Name of speaker:** Mr.J.C.Patel

A seminar on Stress management was arranged at college on 3<sup>rd</sup> February 2020. The speaker of the seminar was Mr.J.C.Patel. He emphasized on the fact that stress will only lead to failure. If one practices a stress free life, success is inevitable.He also demonstrated few exercises which can help release stress, which can lead to a peaceful mind.



# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD

**Webinar on “House Warriors of Lockdown”, on 6<sup>th</sup> June, 2020.**

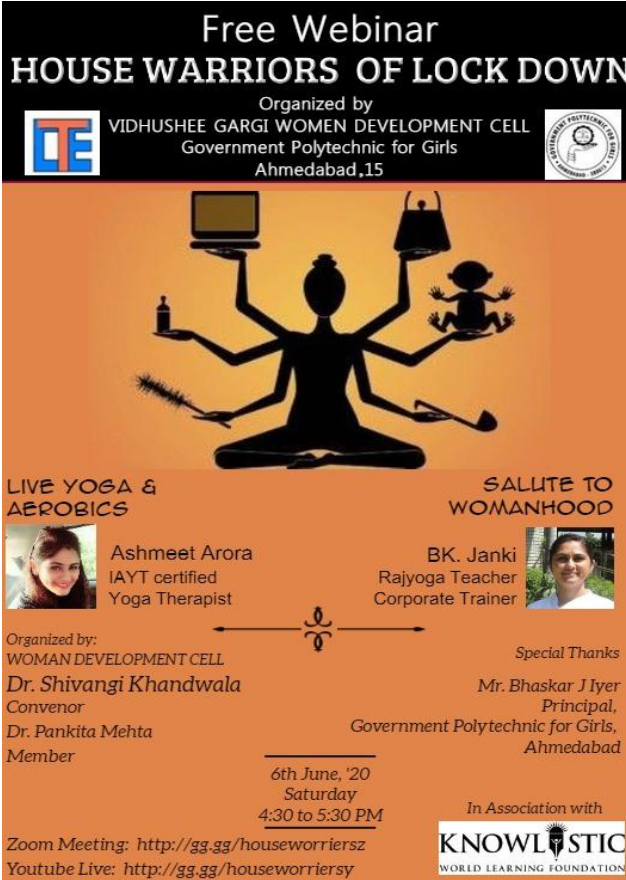
**Name of organizer :** Vidushee Gargi Women Development Cell

**Name of co-ordinator:** Dr ShivangiKhandwala

**Name of member:** Dr Pankita Mehta

**Name of speaker:** A.M. Arora ,B.K. Janki

Gymkhana committee of GPG, Ahmedabad, organized a webinar on “House Warriors of Lockdown” on 6<sup>th</sup> June, 2020. The webinar was conducted by ShriB.K.JankiRajyoga trainer and A.M.Arora Yoga Therapist. Dr. ShivangiKhandwala coordinated the event. The webinar made the participants aware about the world level scenario during this COVID-19 pandemic. After attending this event, the participants were motivated to stay strong during these challenging times of pandemic.



**Free Webinar**  
**HOUSE WARRIORS OF LOCK DOWN**

Organized by  
VIDHUSHEE GARGI WOMEN DEVELOPMENT CELL  
Government Polytechnic for Girls  
Ahmedabad,15

**LIVE YOGA & AEROBICS**  
Ashmeet Arora  
IAYT certified  
Yoga Therapist

**SALUTE TO WOMANHOOD**  
BK. Janki  
Rajyoga Teacher  
Corporate Trainer

Organized by:  
WOMAN DEVELOPMENT CELL  
Dr. Shivangi Khandwala  
Convenor  
Dr. Pankita Mehta  
Member

Special Thanks  
Mr. Bhaskar J Iyer  
Principal,  
Government Polytechnic for Girls,  
Ahmedabad

6th June, '20  
Saturday  
4:30 to 5:30 PM

In Association with  
**KNOWLSTIC**  
WORLD LEARNING FOUNDATION

Zoom Meeting: <http://gg.gg/housewarriorsz>  
Youtube Live: <http://gg.gg/housewarriorsy>

# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD

Webinar on “Solo Female Traveller”, on 11<sup>th</sup> October, 2020.

**Name of organizer :** Vidushee Gargi Women Development Cell

**Name of co-ordinator:** Ms J.G. Pillai

**Name of convener:** Dr ShivangiKhandwala

**Name of speaker:** MsTejalVasavada

The webinar on “Solo traveller” was organized by gymkhana committee of GPG, Ahmedabad. The event was conducted by Ms. TejalVasavadaDirector American Corner Abad & Solo traveller and was coordinated by Ms. J.G.Pillai, the faculty member of workshop department and Ms. S.M.Khandwala, the convener of gymkhana committee. The webinar celebrated the success story of a woman solo traveler of the institute, Ms. J.G.Pillai. The webinar also motivated and encouraged the participants to go on solo travelling by eliminating out their fears about solo travelling, especially the girls. It also gave the participants very clear ideas about the problems that one can face while going on a solo trip and how to tackle those problems and make their trip a successful one. The webinar motivated the participants to live their dream of solo travelling without fear and presumptions.

"VIDUSHI GARGI" - Women Development Cell  
Government Polytechnic for Girls &  
GPG Alumni Association, Ahmedabad

PRESENTS

સંગઠા >  
One Step, Together

Female  
Solo Travellers

**Tejal Vasavada**  
Director,  
American Corner, A'bad  
& Solo Traveller

**Jaya Pillai**  
Lecturer,  
Powerlifter, Rider,  
Traveller

**Dr. Shivangi Khandwala**  
Moderator  
Convener, WDC  
Government  
Polytechnic for Girls

**11<sup>TH</sup> OCT 2020 - 2 PM, SUNDAY**  
JOIN HERE: [HTTP://GG.GG/SANGATH1](http://gg.gg/sangath1)

KNOWLSTIC  
WORLD LEARNING FOUNDATION  
GIVE TO THE GIVE AND GET THE BEST

GOVERNMENT POLYTECHNIC FOR GIRLS  
AHMEDABAD

AMERICAN CORNER  
Ahmedabad

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# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD

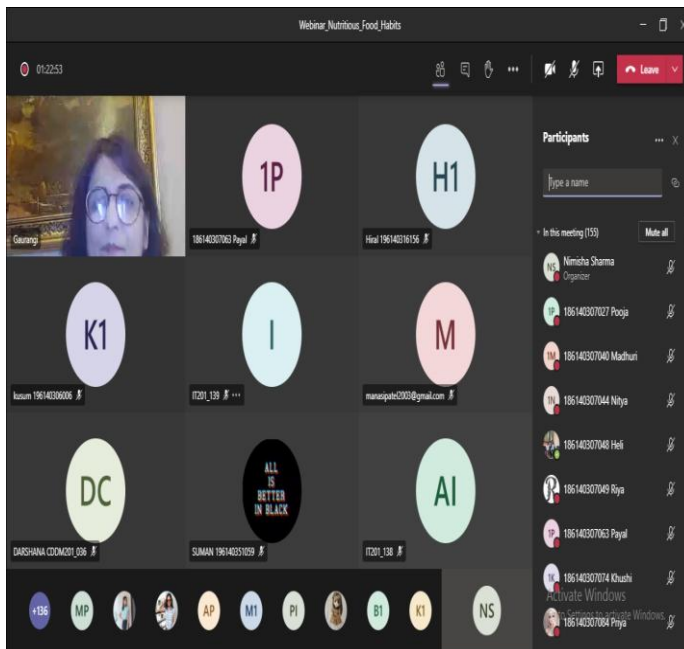
Webinar on “awareness about nutritious and healthy food habits”, on 28<sup>th</sup> November,2020

**Name of organizer :** FIT India Youth Club & Gymkhana

**Name of convener:** Dr Shivangi Khandwala(Gymkhana Convenor)

**Name of speaker:** Dr. Gaurangi Bhatt

Gymkhana committee of GPG under FIT INDIA YOUTH CLUB, Ahmedabad, organized a webinar on “awareness about nutritious and healthy food habits”, on 28<sup>th</sup> November,2020. The webinar was conducted by ShriDr. Gaurangi Bhatt, a homeopathy physician and a nutrition and wellness advisor from. Ms. N.H. Sharma and Ms. K.J.Shah from GPG coordinated the event. Dr Gaurangi explained students that the eating healthy is making sure that your body is getting the necessary nutrients it needs to function properly. She emphasize on healthy eating habits such as people eat fruits, vegetables, whole grains, fats, proteins, and starches. She told that for best results, people should avoid fried or processed foods, as well as foods high in added sugars and salts. At last she told in these days how much it is necessary to have nutritious and good food for having healthy life. Students took great knowledge from this webinar. Around 200 students and faculties participated in the event.





# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD

Webinar on “Boost fitness with aerobics”, on 13<sup>th</sup> December,2020

**Name of organizer :** FIT India Youth Club & Gymkhana

**Name of co-ordinator:** MsIla M Mistry, MsNimisha Sharma, Ms K.J. Shah

**Name of convener:** Dr Shivangi Khandwala(Gymkhana Convenor)

**Name of speaker:** A.M. Arora

The webinar on “Boost fitness with aerobics” was organized by gymkhana under Fit India Youth Club, on 13<sup>th</sup> December, 2020. The webinar was conducted by Ms. AshmeetArora, an IAYT certified yoga therapist. The event was coordinated by Ms. Ila M. Mistry, Ms. Nimisha Sharma and Ms. Khyati Shah from institute. AshmeetArora began the session with meditation where she taught focusing the mind on a particular object, thought, or activity to train attention and awareness, and achieve a mentally clear and emotionally clam and stable state. Then she demonstrated yogasanas and along with her students also started doing yogasan and learnt many aasans. After that she continued with performing aerobics and taught students many exercise steps. As it was morning session, students felt a very good with meditation yoga warmup and lot of aerobics. Around 50 participants took benefit of the event.

**FIT INDIA CLUB AND GYMKHANA ORGANIZE**  
**WEBINAR ON**  
**BOOST FITNESS WITH AEROBICS**

**Ashmeet Arora**  
IAYT Certified  
Yoga Therapist

**13 DEC.**  
**8:00 AM**  
**ONWARDS**

Facilitator  
Prof. Bhaskar J. Iyer  
Government polytechnic for Girls,  
Ahmedabad

Gymkhana Co-ordinator  
Dr. Shivangi M. Khandwala

Event Co-ordinator  
Ms. Ila M. Mistry  
Ms. Nimisha H. Sharma  
Ms. Khyati J. Shah

Ashmeet Monga

# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD

**Webinar on “The secret source of fitness”, on 19<sup>th</sup> December, 2020**

**Name of organizer :** FIT India Youth Club & Gymkhana

**Name of convener:** Dr Shivangi Khandwala(Gymkhana Convenor)

**Name of speaker:** Ms. Jaya Pillai

The webinar on “the secret source of fitness” was organized by Fit India Club and Gymkhana committee of GPP, Ahmedabad, on 19<sup>th</sup> December, 2020. The webinar was delivered by Ms. J.G.Pillai, lecturer, GPG, who is also a solo traveler and a power lifter. The event was coordinated by Ms. Nimisha Sharma and Ms. Khyati Shah. Jaya G. Pillai started with explaining advantages of exercise and its effect in our regular day to day life. Then she told how much nutritious food makes a human being healthy. She also mentioned about components of fitness that includes cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. Then she told about marathon, yogan and its importance. She enlighten on that fact that staying active is the secret sauce of the fitness. She also told her personal experience of weight loss by doing regular exercise. Then she ended the session with advice that any form of exercise should be done atleast 4-5 days a week for 40-45 minutes. Total 64 students and faculty members participated in the webinar.





**FIT INDIA CLUB AND GYMKHANA ORGANIZE WEBINAR  
ON  
THE SECRET SAUCE OF FITNESS**

 **JAYA G. PILLAI**  
POWER LIFTER  
LECTURER  
MECHANICAL ENGINEERING  
GPG AHMEDABAD

**Date. 19/12/2020  
11.30 AM Onwards**

**GYMKHANA CONVENER  
Dr. SHIVANGI M. KHANDWALA**

**FACILITATOR  
Prof. BHASKAR J. IYER  
GOVERNMENT POLYTECHNIC FOR  
GIRLS, AHMEDABAD**

**EVENT CO-ORDINATORS  
Ms. NIMISHA H. SHARMA  
Ms. KHYATI J. SHAH**

# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD

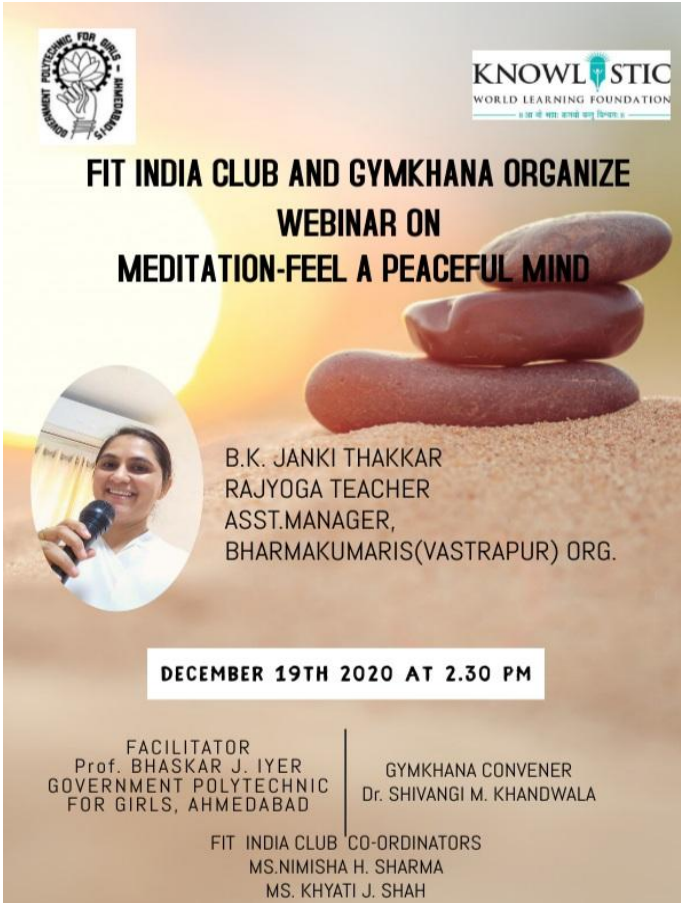
**Webinar on “Meditation- A peaceful mind”, on 19<sup>th</sup> December, 2020**

**Name of organizer :** FIT India Youth Club & Gymkhana

**Name of convener** Dr Shivangi Khandwala(Gymkhana Convenor)

**Name of speaker:** B.K. Janki

Gymkhana committee of GPG under FIT INDIA YOUTH CLUB, Ahmedabad, organized a webinar on “Meditation- A peaceful mind”, on 19<sup>th</sup> December, 2020. The webinar was conducted by B.K.JaniThakkar, a Rajyoga teacher as well as Assistant manager at Brahmakumaris Organization, Vastrpur, Ahmedabad. The webinar made the participants aware about the required amount of calories per to to maintain fit body and mind. The speaker also emphasized on keeping the strength of the body instead of focusing on the appearance only. The event was coordinated by gymkhana convener Ms. Shivangi M. Khandwala.



**GOVERNMENT POLYTECHNIC FOR GIRLS - AHMEDABAD**

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WORLD LEARNING FOUNDATION  
॥ ज्ञानं विद्यां शान्तिं ॥

**FIT INDIA CLUB AND GYMKHANA ORGANIZE  
WEBINAR ON  
MEDITATION-FEEL A PEACEFUL MIND**

**B.K. JANKI THAKKAR**  
RAJYOGA TEACHER  
ASST.MANAGER,  
BHARMAKUMARIS(VASTRAPUR) ORG.

**DECEMBER 19TH 2020 AT 2.30 PM**

**FACILITATOR**  
Prof. BHASKAR J. IYER  
GOVERNMENT POLYTECHNIC  
FOR GIRLS, AHMEDABAD

**GYMKHANA CONVENER**  
Dr. SHIVANGI M. KHANDWALA

**FIT INDIA CLUB CO-ORDINATORS**  
MS.NIMISHA H. SHARMA  
MS. KHYATI J. SHAH

# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD

**Receipt of Incinerator (Sanitary Napkin Machine) ,on 28/12/2020, Monday**

**Name of organizer :** Women cell development

**Name of convener:** Dr Shivangi Khandwala

Our Institute Government Polytechnic for Girls, Ahmedabad is the largest Girls Polytechnic of Gujarat with capacity of 1700 female students has received Incinerator (Sanitary Napkin Machine) by the members of Shri Jain Swetamber Terapanth Mahila Mandal, Ahmedabad. We are thankful to the President Ms Manita Chopra, Vice President Ms. Pratiska Sutaria and Ms. Sarita Loda of Shri Jain Swetamber Terapanth Mahila Mandal for their generous and compassionate contribution of Incinerator (Sanitary Napkin Machine) which encourages safe disposal of sanitary waste and it also promotes awareness about cleanliness and hygiene.



# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD

**Thalassemia awareness program, on 20/02/2021**

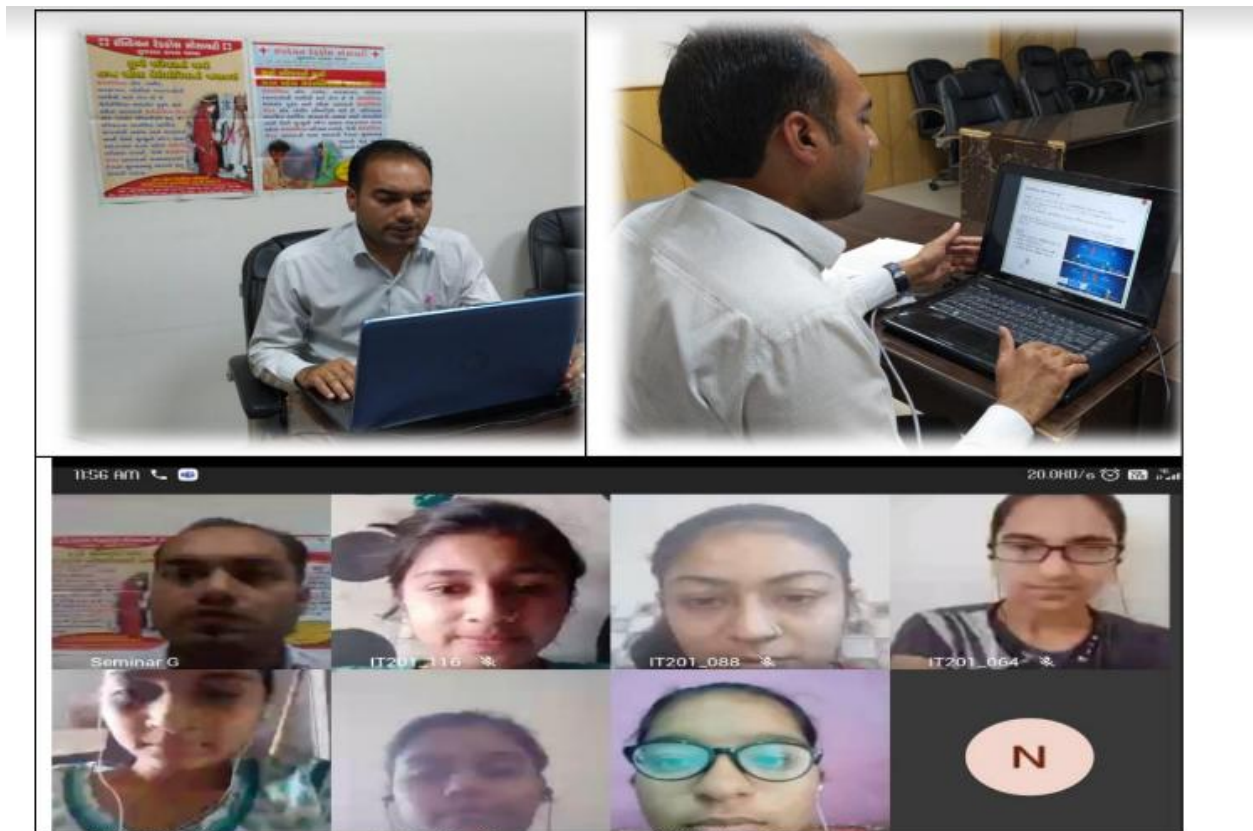
**Name of organizer :** Indian Red cross Society

**Name of convener:** Dr Shivangi Khandwala(Gymkhana Convenor)

**Faculty Co-ordinatory :** Dr. Pankita A. Mehta

**Name of speaker:** Shri Jayesh Solanki

A blood disorder involving lower-than-normal amounts of an oxygen-carrying protein. Thalassemia is an inherited blood disorder characterised by less oxygen-carrying protein (haemoglobin) and fewer red blood cells in the body than normal. Symptoms include fatigue, weakness, paleness and slow growth. Mild forms may not need treatment. Severe forms may require blood transfusions or a donor stem-cell transplant. Thalassemia is a Genetic disorder & it can be prevented by testing oneself before marriage. In association with Indian Red Cross Society (one of the leading organization in the field of Health) and Government Polytechnic for Girls, Ahmedabad organize an online Thalassemia Pre-Counselling session to aware the students. As per the directions given by Honourable Governor Shri in letter No. GS/Thalassemia/5987/2018, dated 27th August, 2018, mandatory awareness on Thalassemia and screening for first year students. The entire first year student of Government Polytechnic for Girls, had attended the online awareness program.



# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD

**Government Polytechnic for Girls,  
Ahmedabad**

and

**Indian Red Cross Society  
Gujarat State Branch, Ahmedabad**

**Presents**

**▶ Live Webinar**

**On**

**Subject : Thalassemia Awareness Programme**

**Date : 20-02-2021**

**Time : 11:00 AM**

**Link :**



**Speaker : Jayesh Solanki - Programme Officer, IRCS, GSB**

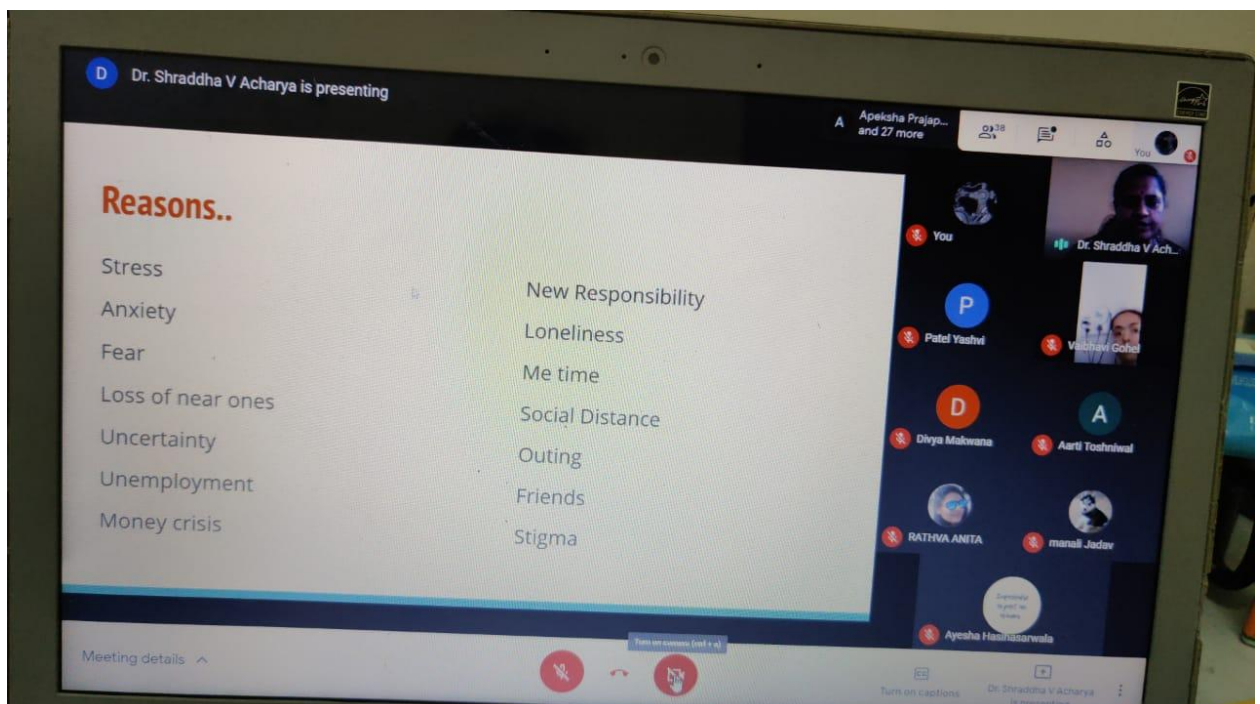
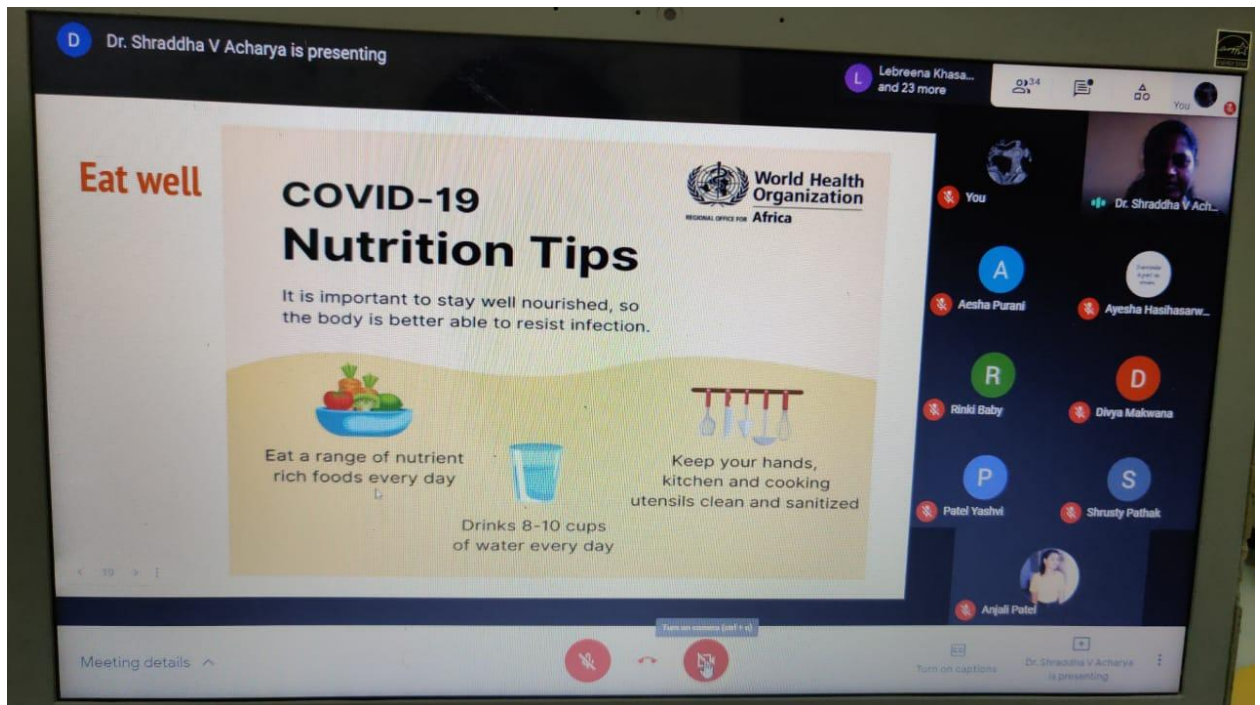
invitee	Organize By	Co-ordinator
Prof. Bhaskar J. Iyer Principal Government Polytechnic for Girls, Ahmedabad	+ Indian Red Cross Society + Gujarat State Branch	Dr. Pankita A Mehta Lecturer Government Polytechnic for Girls, Ahmedabad

# GOVERNMENT POLYTECHNIC FOR GIRLS, AHMEDABAD

Webinar on Corona Fear or anxiety, on 01/06/2021

Name of convener: Dr ShivangiKhandwala

Name of speaker: BDr. Shradhha Archarya



Committee Name: **WOMEN DEVELOPMENT CELL**

Name of Convenor: **M.M. Desai/P.N. Parikh/F. V. Kugashiya**

Sr No	Event Name	Event Expert	Event Date	No of Students participated
1	Kidney awareness programme	India Renal foundation	21/02/2022	35
2	Yoga and Medication for staff	Mrs. Binal Chavada	05/03/2022	26
3	Celebration of International Women's Day	Adarsh Rotary foundation & Lion club of Karnavati star, Ahmedabad.	08/03/2022	126
4	Regarding organizing workshop on Women safety and self defense	Shri M M Thakur (PSI) And SHE Team	27/04/2022	104
5	seminar on Women Empowerment and Personality Development	Ms. Zankhanaben R. Trivedi	22/08/2022	51

1. Kidney awareness programme



2. Yoga and Medication for staff







### 3. Celebration of International Women's Day



4. Regarding organizing workshop on Women safety and self defense



5. Seminar on women empowerment and personality development

