

Government Science College Gandhinagar

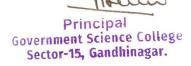


Life Skill (Yoga, physical fitness, health and hygiene, selfemployment and entrepreneurial skills)



AY: 2018-19

No.	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
1	Thalassemia checkup	10/9/2018	355	NSS Unit & District Redcross Society, Ahmedabad
2	Seminar on how to develop self-confidence and get rid of depression, use of CCTV camera for security	1/17/2019	110	Government Science College situated in Sector-15, Gandhinagar and Jivan Aastha has jointly organized
3	Seminar on awareness of women's health	8/1/2019	126	"Nari Jagruti Abhiyan" by Ms. Mili Desai

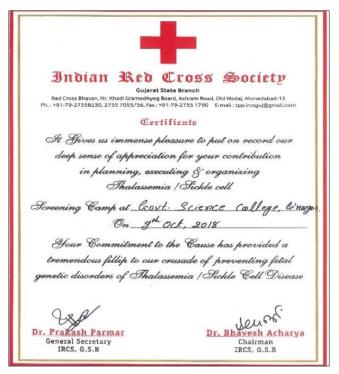




Thalassemia Checkup Camp

In campus of Government Science College, Gandhinagar. A joint initiative of the NSS Unit of college and Red Cross Society, Ahmedabad Organized Thalassemia screening camp on 09-10-2018 at 10:30 am. About 500 college staff members and students participated in this program. A thalassemia screening camp was conducted in collaboration with Red Cross Society in BISAG hall of the college from 11:00 pm in which a total of 355 students were tested for thalassemia. This investigation was done by a team of 5 persons from Red Cross Society. College principal Dr. K. G. Chaya thanked Red Cross Society Ahmedabad and NSS. Program Officer Dr. U. P. Tarpada, college professors and NSS students for making this entire program successful.







Seminar on how to develop self-confidence and get rid of depression, use of CCTV camera for security

CWDC unit of Government Science College situated in Sector-15, Gandhinagar and Jivan Aastha has jointly organized awareness program related to Mental Health of students and Woman Health for Girl students on 17/01/2019. In this program Mr. Sandeep Siddhpara served as a speaker. He has guided students about how to increase our self-confidence, how to overcome from depression. He has also shared helpline number of Jivan Aastha for the students to take help of expert from any place and at any time.

The program was designed in to two sessions. In second session there was a questionary and solution discussion related to woman health.

The whole program was organized under the guidance of Principal, Dr. K. G. Chhaya. The member of CWDC unit Ms. Meenaben Mulchandani, Ms. Jayshreeeben Pandya and Dr. Jignashaben Vaghela have actively participated and make the program successful. Around 110 students have participated in this program and get benefited.















Seminar on awareness of women's health

CWDC is functioning at Government Science College, Gandhinagar. Under which various activities take place from time to time. During the academic first session of the year 2019-20, a seminar on women's physical health awareness was organized in room no. 24 on 29/07/2019.

This program is conducted under "Nari Jagruti Abhiyan" by Ms. Mili Desai and team. Ms. Millie H. Desai, Mrs. Ushaben Panara, Ms. Rajarshi Panara showed a live demo of smart pads to the students and held a very good discussion on what kind of infectious diseases, uterine cancer etc. they can get and what precautions should be taken to prevent it from happening. The girl students and all the female employees of the institute participated in this seminar, attended and took advantage of this seminar. All members of CWDC have made the program successful under the guidance of Dr. Mahendra G. Bhatt.













Government Science College Gandhinagar



Life Skill (Yoga, physical fitness, health and hygiene, selfemployment and entrepreneurial skills)



AY: 2019-20

No.	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
1	Seminar on Motivation of girl's education and awareness of law and important helpline numbers related to women's safety	8/10/2019	100	Warden Service, Gandhinagar Unit, Civil Defense Officer Mrs. Anjanaben Nimavat, Civil Defense Officer Mr. Utkarshabhai
2	A 5 days physical training programme on self-defense of girl	10-02-22020 to 14-02-2020	60	Master Rajeshbhai
3	One day Yoga Seminar	6/21/2019	200	Gandhinagar district administration



Dt: 10/8/2019

Seminar on Motivation of girl's education and awareness of law and important helpline numbers related to women's safety

A program was organized on date 10/8/2019 at Government Science College, Gandhinagar in celebration of Women Empowerment Fortnight. In this seminar, Commanding Warden Service, Gandhinagar Unit, Civil Defense Officer Mrs. Anjanaben Nimavat, Civil Defense Officer Mr. Utkarshabhai told the students that women are not behind in any field than men and both have equal contribution in the development of thissociety, giving examples of women pioneers in different fields, he gave a very inspiring speech to the students on why they need to move confidently in the social and economic fields in life. Guidance was provided

Apart from this, the female faculty members of the institute also gave very inspiring speeches tothe students. About 100 students and all the female faculty participated enthusiastically in this program and did necessary questioning and discussions. In this program, information was also given about the important helpline for women "Abhayam" and information about other legal provisions was also provided. Thus the program was successfully completed. All members of CWDC have made the program successful under the guidance of Dr. Mahendra G. Bhatt .



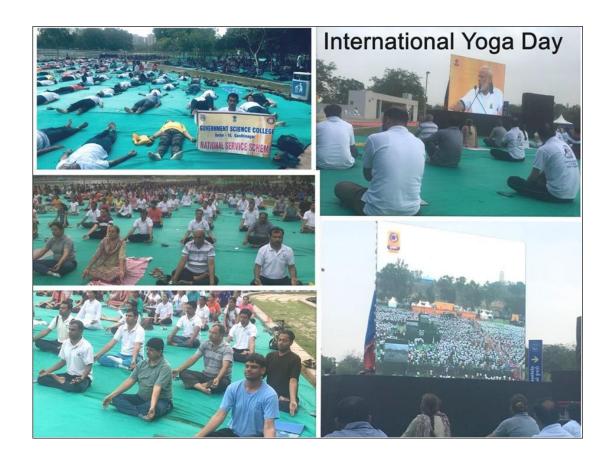




(World Yoga Day) Date: 21/06/2019 Number of Participants: 200

NSS Regular Activities Year 2019-20 3 NSS of Government Science College, Gandhinagar.

Dated by Unit On 21-06-2019 on the occasion of Vishwa Yoga Day in the garden near G-4 circle of Gandhinagar district, participated in the program organized by Gandhinagar district administration and made the program successful. In celebration of this World Yoga Day, N.S.S. Program Officer Dr. U. P. Tarpada, and 200 people including college teaching, non-teaching staff and NSS students of the college participated and did yoga according to the course decided by the Gov.





Dt. 14/2/2020

A 5 days physical training program on self-defense of girl

From 10/02/2020 to 14/02/2020, the sisters of students studying in the first, third and third year of the college in the program organized under the CWDC (Collegiate Women Development Cell) Committee at Government Science College, Gandhinagar provided free training on women's self-defense.

During the five-day self-defense training, Master Rajeshbhai taught various techniques of martial arts such as methods of attacking and self-defense against opponents, various martial arts limb exercises that increase physical strength and flexibility, the role of strength and strengthening of one's body parts and muscles used in attack and defense techniques. A mode of enabling self-defense, during any journey or for any reason unknown, Women or young girls going to deserted or secluded places were provided with detailed information about the precautions and precautionary measures to be taken regarding their self-protection. With this women's self-defense training, qualities like self-confidence, concentration, vigilance, quick decision-making and entrepreneurship will increase in the sisters of the students, all-round development will take place, for the unity and integrity of the nation, the girls will be helpful in the reconstruction work of the state of Gujarat. Also wishing to participate in the works of public and patriotic service as well as the conservation and development of nature and forest resources - wishing Master Shri Rajeshbhai R. Makwana has imparted awareness training on martial arts as well as tree plantation here and completed the training by instilling new enthusiasm among the students. All members of CWDC have made the program successful under the guidance of Dr. M. G. Bhatt sir.



















Government Science College Gandhinagar



Life Skill (Yoga, physical fitness, health and hygiene, selfemployment and entrepreneurial skills)



AY: 2020-21

No.	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
1	Celebrating women's innovation and start up on international women's day at KCG	3/7/2021	16	I hub And KCG Ahmedabad



Date: 07/03/2021

Attended the programme celebrating women's innovation and start up on international women's

day at kCG

On Dt. 07/03/2021 "Women start up meet, celebrating women innovation and

start up" program was organized by i-Hub, KCG, Education Department, Government of

Gujarat at Auditorium, KCG, Ahmedabad. In this program, on the order of principal, CWDC

Coordinator Dr. Kiranben Nimavat, Dr. Arefaben Bakza and 16 students of the college

participated.

Gujarat Chief Minister Mr. Vijaybhai Rupani, Education Minister Mr. Bhupendrasinh

Chudasama, Mrs. Vibhavariben Dave, Mrs. Anjuben Sharma, Mrs. Meenaben Verma, Mr.

Nagarajan Sir, Mr. Pandya sir, and leading women of the state were present and greeted the

students on International Women's Day and gave motivational speeches and encouraged the

students to try something new.

The program also saw the display of business started by 100 women entrepreneurs. The

business women pioneers discussed with the students how to start up, how to get funds, what

obstacles to face, etc. and gave necessary information to the students.

In this program the students got a great motivation to be self-reliant and to meet and listen

to the dignitaries, get an idea of the government schemes. The program was from 10:00 am to

5:00 pm and everyone enjoyed the program with great enthusiasm, celebrating International

Women's Day

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Date: 07/03/2021 At KCG, Ahmedabad





Government Science College Gandhinagar



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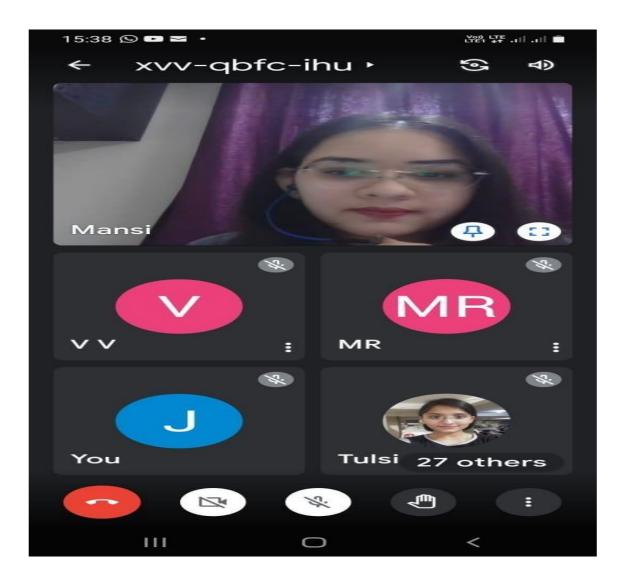


AY: 2021-22

No.	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
1	A workshop on cake making	8/7/2021	35	Ms. Mansi Patel Contact No. 8320394157
2	A training programme on paper quelling art	8/12/2021	40	Ms.Shruti Upadhyay Contact No. 8619988027
3	One day Yoga Seminar	1/12/2022	70	PATANJALI YOG SAMITI AND MANAS YOG TRUST
4	Women Health Awerness Talk	2/9/2022	65	Dr.Twinkal Patel
5	Self Defence Programme	3/11/2022	72	Mr.Anjana Nimavat (Civil Defence,Chief Wordan

A Workshop On "Cake Making"

The committee CWDC (Collegiate Women development cell) has organized on aprogram on "Cake Making" on 07/08/2021 as a part of the celebration of Women Empowerment Fortnight, Government Science College. In which college student's relative lady members have also participated happily as the program was online. The expert was Mansiben Patel, who has presented and explained how to make a cake, how to decorate it, and how much to buy, where to buy, what to look for when making a cake beautifully and impressively. The program was appreciated by the college principal and the participants.



GOVERNMENT SCIENCE COLLEGE, GANDHINAGAR

CAKE MAKING WORKSHOP. 07/08/2021







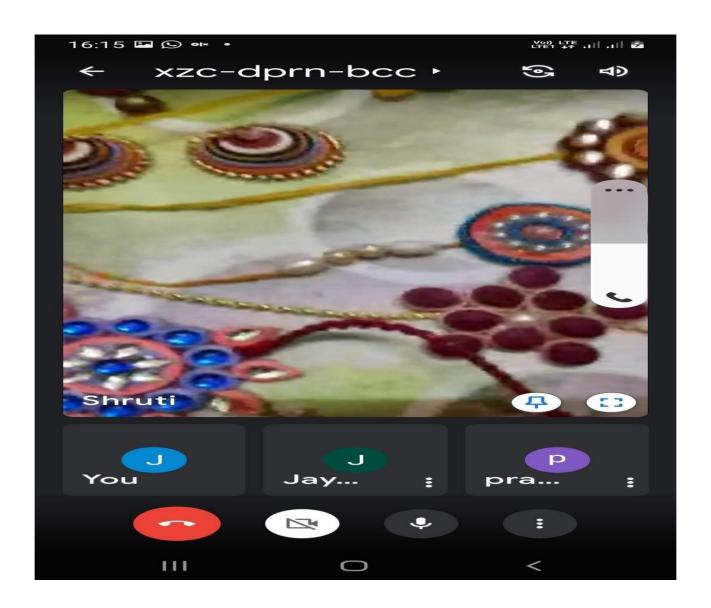




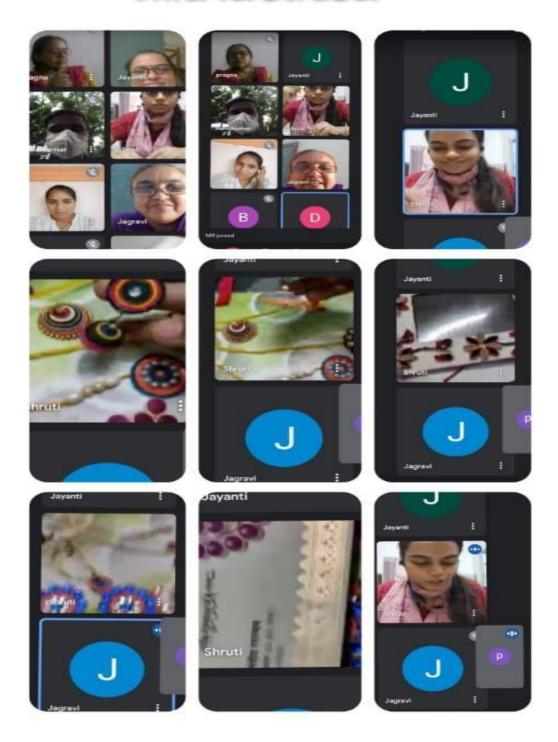


A Training Programme On "Paper Quelling Art"

To develop some artistic skills among the students the committee has organized an online program on Paper Quelling on 12/08/2021 as a part of the celebration of Women Empowerment Fortnight declared by the Government of Gujarat. In which as an expert Shrutiben Upadhyay has given training on how to make a variety of Rakhis, paper jewelries and gift covers with the practical. She has also shown how to make jewelries from paper with using other different items like copper wire, using colors, pearls, mirrors etc. The program was appreciated by the participants and the head of the institute. The entire program was completed successfully by the committee under the guidance and supervision of the principal.



GOVERNMENT SCIENCE COLLEGE, GANDHINAGAR CWDC PROGRAMMEE PAPER QUELLING ART (RAKHI MAKING WORKSHOP) DATE: 12/08/2021



Women's Health Awareness Programme

Collegiate Women Development Cell of Government Science College, Gandhinagar organized Lecture on "Women's Health Awareness" on 9th February, 2022. Dr. Twinkal Patelwas invited as subject Expert from Ahmedabad. Dr. Mahendra G. Bhatt, Principal initiated the program with blessings. Dr. Twinkal has described in detail about how to maintain female health in modern life style. The role of female health is very important in building family, society and country. Female should be aware about how to live balanced physical, mental and spiritual life. Female should be mindful about the certain diseases such as cancer and its diagnosis. Mostly girl students of college are suffering from anemia. She lucidly explained about importance of nutritional food to eliminate such health issues. Mental stress observed in females can be overcome by yoga therapy, music, meditationetc. and concluded her talk. This programme was successfully directed by Dr. Kiran Nimavat, Chairman CWDC and her team under the guidance of Dr. M. G. Bhatt, Principal, Government Science College, Gandhinagar. College female faculty, girl students and office staff remain present in the programme.



GOVERNMENT SCIENCE COLLEGE, GANDHINAGAR "Women's Health Awareness" talk by Dr. Twinkle Patel On 9th February, 2022 Organized by CWDC, GSCGNR















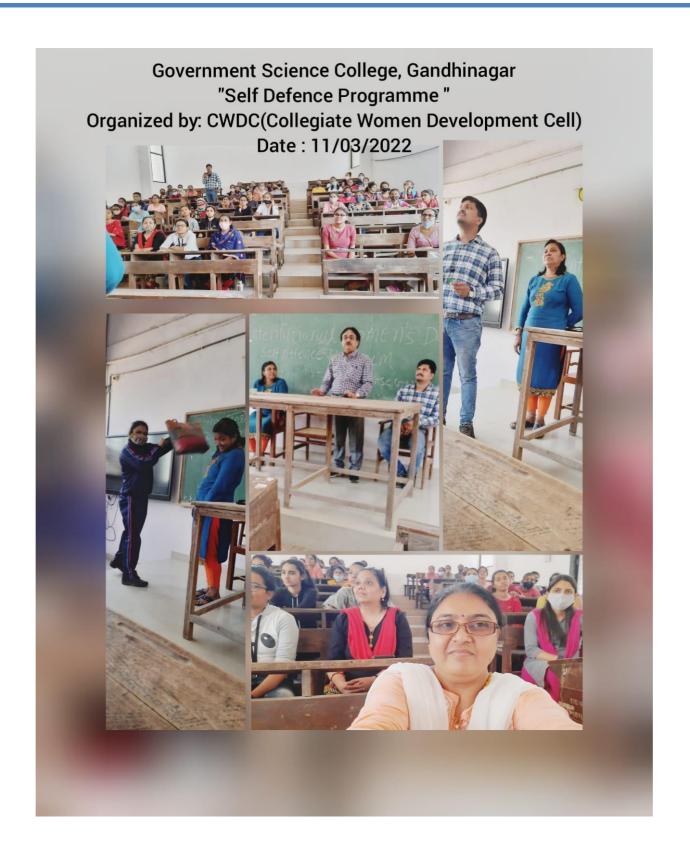


Date 11/03/2022

Self Defense Programme

On occasion of International Women's Day, A "self - defense program" was organized by CWDC unit of Government Science College, Gandhinagar on 11/03/2022. In this programm Mrs. Anjana Nimavat (Civil defense Chief Warden, Dist. Gandhinagar) and Mr. Utkarsh ((Civil Defense National Trainer) have trained Students for self-defense by using various techniques. They have trained girls through self-defense techniques to protect themselves from sexual harassment and any sort of abuse. They have explainedhow to use Chili spray, remote having sound of police siren, electric gun having low current flow, ball-pen, stronger side of your palm etc. for self-defense. Mr. Utkarsh gave a detailed information about the use of helpline numbers 100, 108, 112, 181 and 1091. He has insisted that all ladies should register themselves on 1091. This program was successfully conducted by CWDC chairman Dr. Kiran S. Nimavat and team under the guidance and kind support of Principal Dr. M. G. Bhatt. All the female students and teachers of college have learned a lot from this program.





CWDC press note Gujarat samachar Date-14/08/2021

સરકારી વિજ્ઞાન કોલેજમાં મહિલા સશક્તિકરણ પખવાડીયાની ઉજવણી

સરકારી વિજ્ઞાન કોલેજમાં મહિલા સશક્તિકરણ પખવાડીયાની ઉજવણીના ભાગ3પે સી.ડબ્લ્યુ.ડી.સી. દ્વારા તાજેતરમાં પેપર કટીંગ આર્ટનો કાર્યક્રમ યોજવામાં આવ્યો હતો. જેમાં સંસ્થાની વિદ્યાર્થીની બહેનોએ ઉમળકાભેર લીધો હતો. આ કાર્યક્રમમાં ટ્રેનર તરીકે હાજર રહેલાં શ્રુતિબેન ઉપાધ્યાયએ વિદ્યાર્થિની બહેનોને વિવિધ પ્રકારની સશોભિત રાખડી કેવી રીતે બનાવવી.

ગાંધીનગર,શુક્રવાર | કાનમાં પહેરવાના ઝૂમકા તથા ગિફ્ટ કવરને સુશોભિત કેવી રીતે કરવા તેની તેમણે સમજૂતી આપી હતી. અને ડેકોરેટીવ સામાન જેવા કે તાર, પેપર, કલર્સ, મોતી, આભલા વગેરેનો ઉપયોગ કરીને રાખડી અને જુમકા બનાવ્યા હતા. આ કાર્યક્રમનું સંચાલન આચાર્ય ડો એમ જી. ભક્રના માર્ગદર્શન હેઠળ સી.ડબ્લ્યુ.ડી.સી.ના ચેરમેન ડો.કિરણ નિમાવત અને ડો. જયંતિ રાજોરાએ કર્યું हत.

YOGA On Swami Vivekanand Jayanti

<u>Date</u>: 12/01/2022 <u>Number of Participants</u>: 70

Place: Government Science College, Gandhinagar

About Activity: Gymkhana Committee, NSS Unit Government Science College

Gandhinagar and Manas Seva Trust have jointly organised YOGA on 159th Birth anniversary of Swami Vivekanand at Government Science College Gandhinagar. Shri Kanjibhai Bavari is invited as the Yoga Trainer. Dr. K. B. Zankat sir, Dr. Jigna Vaghela and Dr. Umesh Tarpada have coordinated this programme. All college staff members, NSS, NCC and other students have participated.









Government Science College Gandhinagar



Life Skill (Yoga, physical fitness, health and hygiene, selfemployment and entrepreneurial skills)



AY: 2022-23

No.	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
1	POCSO Act-2012 awareness program	10/7/2022	137	Advocate Shri Satish J. Vaghela
2	Essay Writing Compitition	2/7/2023	11	Dr. Kiran Nimavat
3	Women's Health Awareness Talk	2/22/2023	100	Dr. Jaldharaben Patel (Pagarav Hospital)



Dt. 07-10-2022

Orientation and POCSO Act-2012 awareness program was held by CWDC and NSS Unit, Government Science College, Gandhinagar at College on 07-10-2022. In this program, the principal of the college Dr. M.G. Bhatt Sir, CWDC Coordinator Dr. Kiranben Nimavat, NSS. Program Officer Dr. Umesh Tarpada, Gandhinagar District Para Legal Volunteer Manishaben Tripathi, Mr. Satish J. Vaghela, as the keynote speaker, Dr. D. P. Patel etc. werepresent. A total of 137 students including 53 female students and 84 male students participated in this entire program. Dr. M.G. Bhatt, Principal Government Science College Gandhinagar addressed the newly joined NSS volunteers and congratulated and wished for success. Advocate Shri Satish J. Vaghela, as keynote speaker, delivered a worthy lecture to the students about some important laws. In this program, the importance of POCSO Act was explained and students were made aware about POCSO Act-2012 by Vaghela sir and Manishaben Tripathi. The program was completed successfully.





















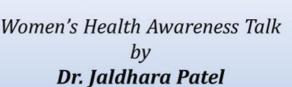
Dt. 22/02/2023

On 22/02/2023 as part of the celebration of 'Azadi ka Amrit Mahotsav' and 'G20 Summit' CWDC organized a program on "Women's Health Awareness talk" for students at Government Science College, Sector - 15, Gandhinagar. City's famous Consultant Gynecologist, Dr. Jaldharaben Patel (Pagarav Hospital) Invited as the keynote speaker. In the discussion with the students and female staff members, she gave a knowledge of the issues related to the problems of the females like infection, vaccination, cervical cancer, breast cancer, nutrition, food habits, pre-conceptional consultant etc in depth. She satisfactorily answered their questions and completed the conversation. About 100 female students and staff members have attended this program. Under the guidance of Principal Dr. Mahendra G. Bhatt this program was successfully conducted by members of CWDC team.



Gandhinagar

GOVERNMENT SCIENCE COLLEGE GANDHINAGAR



on 22nd February, 2023 at 1 PM

Organized by CWDC, GSCGNR



Dr. Mahendra G. Bhatt Principal Government Science College Gandhinagar

Venue

Room No. N11, Zoology Dept., Government Science College, Gandhinagar















Risk Factors

- Gender
- · Age
- · White or African American
- Inherited gene mutations
- Family history of breast cancer or ovarian cancer
- Personal history of breast cancer or benign breast conditions
- Alcohol consumption
- Previous chest radiation
- · Dense breast tissue

- · Obesity
- Menstruation before age 12
- Not having children or having them later in life
- Menopause after age 55
- Using post-menopausal hormone replacement therapy
- Exposure to the drug diethylstilbestrol
- Recent oral contraceptive use
- High levels of estrogen due to cirrhosis, Klinefelter syndrome, or estrogen treatment





Government Science College, Gandhinagar organized various competitions under Creative Expressions. Essay writing and vocal poetry recitation competitions were held on the importance of space exploration, women empowerment, environment and impact of social media. In which the students of the college participated enthusiastically. Students presented ideas in their style. Jignesh Ahir won first position, Tejas Nisart second position and Divya Patel third position in essay writing competition. Muskan Joshi won the first position, Dhruvin Joshi the second position and Urmila Vaghela the third position in the recitation competition. Dr. Kiran Nimavat, Dr. Deepti Mehta and Dr. Heena Prajapati were the judges in these competitions. Dr. Jayanthi Rajora, Coordinator of Creative Expression Department and CWDC Coordinator Dr. Kiran Nimavat organized the event with the help of fellow faculty members under the guidance of Principal Dr. M. G. Bhatt sir and Chairperson of Saptadhara Dr. Yogita Parmar and the college family congratulated the team and the participants.

- **1.** ESSAY COMPETITION was organized on 07/02/2023. Topics for essay competitionare mentioned below:
 - Importance of Space Exploration
 - Women Empowerment
 - Impact of Social Media

List of actively participated and winners of the event:

Sr. No.	Student Name	Gender	Semester	Participation
1	Ahir Jigneshbhai B.	Male	Sem -VI	Gained I Position
2	Patel Divya K.	Female	Sem-II	Gained II Position
3	Nisarta Tejas J.	Male	Sem-II	Gained III Position
4	Nimavat Dipti R.	Female	Sem-IV	Actively participated
5	Patel Dhruvi M.	Female	Sem-IV	Actively participated
6	Prajapati Priya A.	Female	Sem-IV	Actively participated
7	Jaiswal Aakash R.	Male	Sem-II	Actively participated
8	More Shruti D.	Female	Sem-II	Actively participated
9	Shaikh Saniya M.	Female	Sem-II	Actively participated
10	Prajapati Parthvi R.	Female	Sem-II	Actively participated
11	Vaghela Urmila	Female	Sem-VI	Actively participated





સરકારી વિજ્ઞાન કોલેજમાં વિવિધ સ્પર્ધાઓનું આયોજન



સરકારી વિજ્ઞાન કોલેજ, ગાંધીનગરમાં સર્જનાત્મક અભિવ્યક્તિ ધારા અંતર્ગત વિવિધ સ્પર્ધાઓનું આયોજન કરવામાં આવ્યું હતું. અન્તરિક્ષ સંશોધનનું મહત્વ, મહિલા સશક્તિકરણ, પર્યાવરણ અને સોશિયલ મીડિઆનું પ્રભાવ વિષય પર નિબંધ લેખન અને સ્વરચિત કાવ્યપઠન સ્પર્ધાઓ યોજાઈ હતી.

