

**List of Training on Social Aspects of Sustainability conducted for
Student and Staff during the academic year 2024-25**

Students Activities

| | | |
|----|---|------------|
| 1 | World No Tobacco Awareness Program at Railway & Bus Station | 01-06-2024 |
| 2 | Plantation Drive - World Environment Day | 05-06-2024 |
| 3 | Tree Plantation Drive 'One Student, One Tree' Campaign | 05-06-2024 |
| 4 | Blood Donar Sensitisation - World Blood Donor Day | 14-06-2024 |
| 5 | Drug Abuse Awareness | 14-06-2024 |
| 6 | World Yoga Day | 21-06-2024 |
| 7 | Blood Donation Camp | 22-06-2024 |
| 8 | World Nature Conservation Day | 28-07-2024 |
| 9 | Sex Myths and Reality | 29-07-2024 |
| 10 | Character Building through Value Education | 29-07-2024 |
| 11 | Self-Defense Workshop | 31-07-2024 |
| 12 | First Aid Box Kit Distribution - Promoting Health and Safety in Schools | 31-07-2024 |
| 13 | Tree Plantation & Plastic Free Campaign at Alva Village & Bhadolkud Village | 01-08-2024 |
| 14 | Poster Presentation of Breast-Feeding Week Celebration 2024 | 05-08-2024 |
| 15 | Breastfeeding Awareness in Sevashram Hospital | 06-08-2024 |
| 16 | Health and Fitness Check Up Camp | 06-08-2024 |

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| 17 | Organ Donation Awareness Rally | 07-08-2024 |
| 18 | Sensitization and Awareness Regarding Women Development Cell and Expert Session on Women's Health | 09-08-2024 |
| 19 | Women Development & Health Awareness Session | 09-08-2024 |
| 20 | A Safe Campus for All: Anti-Ragging Initiatives | 12-08-2024 |
| 21 | Anti Ragging Awareness Mahautsav 2024 "YaARI Youth Against Ragging" | 16-08-2024 |
| 22 | Celebrating Raksha Bandhan with PU Security Personnel | 16-08-2024 |
| 23 | Anti-Ragging Awareness Campaign | 16-08-2024 |
| 24 | “Awareness Session on Workplace Safety of Women” | 20-08-2024 |
| 25 | Workplace Safety for Women Awareness | 20-08-2024 |
| 26 | Paper Bag Distribution and Awareness Activity | 28-08-2024 |
| 27 | Gender Equality Session | 30-08-2024 |
| 28 | Screening & Physiotherapy Awareness Session at UMA Vidhyalaya | 03-09-2024 |
| 29 | Expert Talk on “Breaking the silence: Let's Talk About Periods” | 06-09-2024 |
| 30 | Medical Check up Camp for Old Aged People | 06-09-2024 |
| 31 | Suicide Prevention Day | 10-09-2024 |
| 32 | Awareness of Social Security Welfare Schemes in India | 11-09-2024 |
| 33 | Social Security Welfare Awareness | 11-09-2024 |
| 34 | Empowering Women through POSH Awareness | 12-09-2024 |
| 35 | Expert Talk on Suicide Prevention | 13-09-2024 |

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| 36 | Plantation Drive | 17-09-2024 |
| 37 | Awareness for Smartphone Operation & Food Distribution at Muni Seva Ashram | 21-09-2024 |
| 38 | Beach Clean Drive | 21-09-2024 |
| 39 | Safeguarding Accountability Vigilance Awareness for Students | 25-09-2024 |
| 40 | Human Chain for Swachata Awareness | 26-09-2024 |
| 41 | E-Waste Collection Drive: Towards a Cleaner, Greener Future | 27-09-2024 |
| 42 | Organ Donation Awareness Camp | 28-09-2024 |
| 43 | Heart Day Celebration | 29-09-2024 |
| 44 | Swachh Bharat: Posters with Purpose Pledges with Power | 01-10-2024 |
| 45 | Swacchhata Abhiyan | 02-10-2024 |
| 46 | Vikalp Women's Group and Forum Foundation Visit | 04-10-2024 |
| 47 | Cyber Crime & Security Awareness Program at various schools | 07-10-2024 |
| 48 | Role Play and Awareness Session on Mental Health Day | 09-10-2024 |
| 49 | World Mental Health Day | 10-10-2024 |
| 50 | Code of Ethics Session | 14-10-2024 |
| 51 | Global Handwashing Day | 16-10-2024 |
| 52 | Fire Crackle Safety Awareness | 25-10-2024 |
| 53 | Cyber Crime Awareness in Schools | 25-10-2024 |
| 54 | Expert Talk on HIV & AIDS | 03-12-2024 |

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|----|---|------------|
| 55 | Cervical Cancer Awareness | 03-12-2024 |
| 56 | Women in Business-Breaking Barriers | 23-12-2024 |
| 57 | Poster Making Competition-Cervical Cancer Awareness | 24-12-2024 |
| 58 | Social Responsive activity on Veer Bal Diwas | 26-12-2024 |
| 59 | 100-Day Intensified Campaign for TB Elimination | 26-12-2024 |
| 60 | Secret Santa Donation Drive | 30-12-2024 |
| 61 | Celebrating the Joy of Gifting: Donation Drive for Construction Workers of PU | 31-12-2024 |
| 62 | Mental Health Awareness Debate | 31-12-2024 |
| 63 | Voter Awareness Campaign | 25-01-2025 |
| 64 | Road Safety & Voting Awareness | 27-01-2025 |
| 65 | Empower, Protect, Prevail - Self Defense for Women | 28-01-2025 |
| 66 | Self Defense Training for Women | 28-01-2025 |
| 67 | Ayurvedic Medical Camp | 30-01-2025 |
| 68 | Tree Plantation Drive in Commemoration of World Wetlands Day | 31-01-2025 |
| 69 | Cancer Awareness Rally | 04-02-2025 |
| 70 | Awareness and Sensitisation - World Cancer Day | 04-02-2025 |
| 71 | Expert talk on World Cancer Day | 04-02-2025 |
| 72 | Constitutional Values & Duties Awareness | 08-02-2025 |
| 73 | SHE-Tech Web Warriors | 24-02-2025 |

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| 74 | Financial Literacy for Women Development | 03-03-2025 |
| 75 | Financial Literacy for Women Development | 03-03-2025 |
| 76 | No Tobacco Awareness at Waghodia Village | 05-03-2025 |
| 77 | Self-Defence Workshop-Empower Protect Defend | 06-03-2025 |
| 78 | Health Awareness Program on PCOS and PCOD | 06-03-2025 |
| 79 | Walk for Her-International Women's Day | 07-03-2025 |
| 80 | Hygiene Awareness & Sanitary Distribution for Village Women | 07-03-2025 |
| 81 | Walk for Her-International Women's Day | 07-03-2025 |
| 82 | Hygiene & Sanitary Distribution for Women | 07-03-2025 |
| 83 | Session on "Green and Healthy Menstruation." | 08-03-2025 |
| 84 | Segregate your Waste-Awareness and Action for a Cleaner Tomorrow | 20-03-2025 |
| 85 | Bringing Sparrows Back: Nurture Nature, Preserve Life | 20-03-2025 |
| 86 | Botanical Garden Initiative at Shankarpura-Celebrating World Forest Day | 21-03-2025 |
| 87 | Skit in Junarapura Village - World TB Day | 24-03-2025 |
| 88 | Traffic Awareness and Drug Abuse Prevention | 27-03-2025 |
| 89 | Road Safety & Drug Abuse Awareness | 27-03-2025 |
| 90 | TB Awareness & Medical Camp | 04-04-2025 |
| 91 | Physiotherapy Awareness Camp | 05-04-2025 |
| 92 | Gender Equity | 07-04-2025 |

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| 93 | World Health Day | 07-04-2025 |
| 94 | Awareness Campaign on "Environmental Sanitation" | 09-04-2025 |
| 95 | Blood Donation Drive | 12-04-2025 |
| 96 | CPR Training | 13-04-2025 |
| 97 | Women & Child Nutrition Awareness Program | 16-04-2025 |
| 98 | Trusha Ek Prayas | 22-04-2025 |
| 99 | Legal Aid and Awareness Campaign | 24-04-2025 |
| 100 | Road Safety Week Celebration | 25-04-2025 |
| 101 | Awareness Drama on "World Immunization Week" | 01-05-2025 |
| 102 | International Nurses Day | 12-05-2025 |

Staff Activities

| Sr. | Title of activity | Date |
|-----|--|------------|
| 1 | World Environment Day | 07-06-2024 |
| 2 | Seminar on Understanding the Impact of Drugs: A Guide for NCC Students | 26-06-2024 |
| 3 | Women Startup Meet 4.0 | 26-06-2024 |
| 4 | Fire & Safety Training | 06-07-2024 |
| 5 | Workshop on Street Fighting and Fear Management | 15-07-2024 |
| 6 | World Youth Skills Day | 15-07-2024 |
| 7 | Guru Purnima | 20-07-2024 |
| 8 | Kargil Vijay Diwas at 2 Guj Naval Unit | 24-07-2024 |

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| 9 | Lung Cancer Day Celebration - CME on Lung Cancer Day | 01-08-2024 |
| 10 | Breastfeeding: Foundation for Life - Nurturing a Healthier Future | 01-08-2024 |
| 11 | 78th Independence Day celebration at PU campus | 15-08-2024 |
| 12 | Management of Professional Stress | 17-08-2024 |
| 13 | Serum Cervical Vaccine | 20-08-2024 |
| 14 | Workshop on: Unlock your Best Self - Entrepreneurial Mindset | 20-08-2024 |
| 15 | Blood Donation Drive at Parul Sevashram Hospital | 31-08-2024 |
| 16 | How to Motivate Students to Attend Classes Regularly | 31-08-2024 |
| 17 | Teacher's Day Celebration | 05-09-2024 |
| 18 | Expert Talk on Suicide Prevention | 13-09-2024 |
| 19 | Engineers Day | 14-09-2024 |
| 20 | Industrial Safety | 16-09-2024 |
| 21 | Promoting Ethical Practices in Academics | 24-09-2024 |
| 22 | Fostering Civic Awareness | 01-10-2024 |
| 23 | Elocution Competition on Youth Power: Fight Against Corruption under VAW-2024 | 07-10-2024 |
| 24 | Coping Techniques for Stress Management | 08-10-2024 |
| 25 | Lift, Carry and Care: Best Practices for Kids with Cerebral Palsy | 08-10-2024 |
| 26 | Clinical Decision Making for Cerebral Palsy | 09-10-2024 |
| 27 | National Seminar "Scientific Career Planning" | 10-10-2024 |
| 28 | Expert Talk on Prioritizes Mental Health in Workplace | 11-10-2024 |
| 29 | How to Maintain Mental Peace on Workplace | 12-10-2024 |
| 30 | Workshop on New Labour Codes | 22-10-2024 |
| 31 | Interpersonal Relationship | 13-11-2024 |
| 32 | Team Work Strategies | 13-11-2024 |
| 33 | Lab Biosafety and Guidelines | 16-11-2024 |

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| 34 | Hygiene Practices and Their Role in Preventing Diseases | 30-11-2024 |
| 35 | Importance of Women Education | 30-11-2024 |
| 36 | Stress Management | 02-01-2025 |
| 37 | Gender Equality in Agriculture: Voices from the Fields | 08-01-2025 |
| 38 | Mindful Moments: Enhancing Focus and Well-being through Meditation | 10-01-2025 |
| 39 | Udaan Distributing Happiness | 11-01-2025 |
| 40 | From Idea to Impact: Motivational Session by Successful Entrepreneur | 11-01-2025 |
| 41 | Seminar on National Integration | 08-02-2025 |
| 42 | Socioeconomic Equity: Inclusion Across Class and Income Divides | 14-02-2025 |
| 43 | Ensuring Workplace Well-Being: Occupational Health | 17-02-2025 |
| 44 | Gender Sensitization with Inclusive Development | 03-03-2025 |
| 45 | Health Awareness Program on PCOS and PCOD, and Breast Cancer | 06-03-2025 |
| 46 | Menstrual Hygiene Camp | 06-03-2025 |
| 47 | Women's Day Celebration | 08-03-2025 |
| 48 | Empower HER: Celebrating Women in Leadership | 10-03-2025 |
| 49 | International Women's Day Celebration 2025 | 10-03-2025 |
| 50 | One-Day Capacity Building Programme - SHE Leads: Skills for a Better Tomorrow | 12-03-2025 |
| 51 | Cultural Intelligence: Building Bridges Across Cultures | 19-03-2025 |
| 52 | Importance of Mentoring Session | 29-03-2025 |
| 53 | Understanding Regional Identities and Breaking Stereotypes | 02-04-2025 |
| 54 | Gender Sensitivity and Intersectionality in Inclusive Practices | 03-04-2025 |
| 55 | Classroom Management | 12-04-2025 |
| 56 | One Day Sensitization Program on "Promotive Equitable and Inclusive Education" | 02-10-2025 |
| 57 | Pedagogy Session on Stress Management | 01-11-2025 |

CSR Activity Report

| | | | |
|-------------------------|------|--|--|
| DEPARTMENT | | IT department | |
| ACTIVITY TYPE | | CSR Workshop | |
| ACTIVITY TITLE | | CSR-Self-Defense workshop | |
| DATE & TIME | | 31/07/2024, & 01/08/2024 Time 10.00 AM to 2:00 AM | Duration 2 Day Location Gym, PU |
| Student | | Sem:3,5 | |
| Total Students | | 85 | |
| FACULTY COORDINATOR | | Prof. Sapna V. Bhimajiyani | |
| FACULTY CONTACT DETAILS | | 9527226940 | |
| SPONSORING AUTHORITY | -NA- | Sponsorship amount: | -NA- |

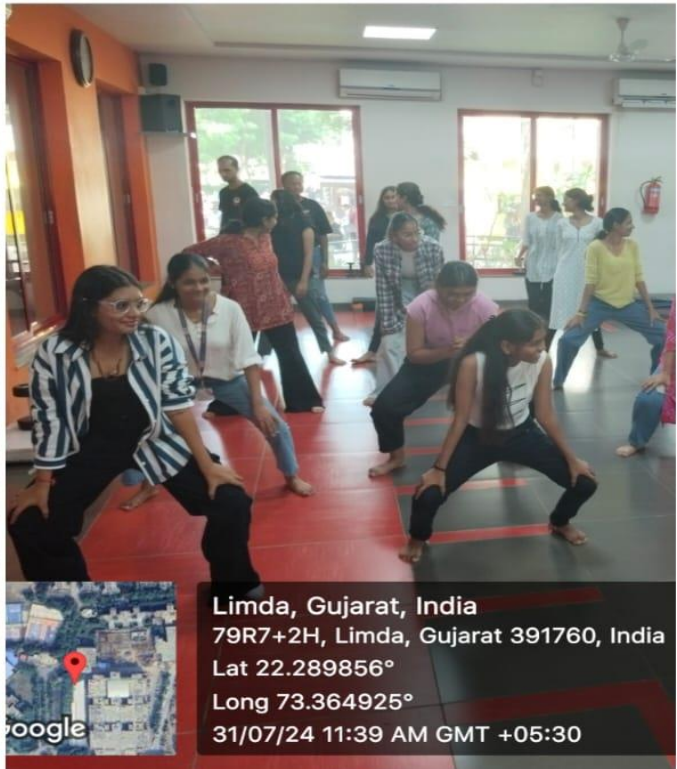
➤ **OBJECTIVE:**

- The primary goal of a self-defense Corporate Social Responsibility (CSR) activity is to **equip individuals with the skills and knowledge needed to protect themselves from physical harm in dangerous situations**. This objective aligns well with CSR goals because it:
 1. **Enhances Safety:** By providing self-defense training, organizations contribute to the safety and well-being of individuals, potentially reducing the risk of harm in their personal lives.
 2. **Empowers Communities:** Self-defense training empowers individuals, especially those who may be at higher risk of violence, by giving them tools to protect themselves and increase their confidence.
 3. **Promotes Health and Wellness:** Incorporating self-defense training can improve physical fitness, mental resilience, and overall well-being, aligning with broader CSR goals related to health and wellness.
 4. **Fosters Positive Relationships:** CSR activities like self-defense training can strengthen relationships between a company and its community, demonstrating the organization’s commitment to social responsibility and support for local needs.
 5. **Addresses Social Issues:** By offering self-defense training, organizations can address social issues related to safety and security, contributing to a safer community environment.
- Overall, this CSR activity reflects a proactive approach to community engagement and social responsibility, with a focus on enhancing personal safety and well-being.

➤ **WORKSHOP DETAILS:**

- The fundamental aim of the self-defense CSR activity is to protect individuals from physical harm during an attack or threatening situation.
- The activity saw enthusiastic participation from students enrolled in the 3rd and 5th semesters across the IT departments of Parul University. Their involvement demonstrated a keen interest in learning how to protect themselves and their loved ones from potential threats or violence.
- The self-defense activity included various components such as Personal Safety, Empowerment, Health and Fitness, Mental Preparedness, Social Responsibility, Self-Improvement, and Conflict Resolution. These areas reflect a desire to enhance personal and community safety, improve overall well-being, and prepare for potential challenges in a proactive and informed manner.

GLIMPSES OF ACTIVITY:



Female self-sureness (3rd & 5th sem Girls)



• **ENGAGED SENIOR PARTICIPANTS GROUP PHOTO (5th Sem) WITH PROF. SHALEEN SHUKLA SIR (HELPING FACULTY).**



Date: - 01-04-2025

CIRCULAR

All the faculty members and students of Jawaharlal Homoeopathic Medical College are hereby informed that NSS Unit & Department of Practice of Medicine of Jawaharlal Nehru Homoeopathic College Organized Workshop on CPR training on **13-04-2025** between **09:00 AM to 12:00 PM** at seminar hall, JNHMC.

All faculty advisers are instructed to do the needful and ensuring the full attendance for the same.

The poster features a dark blue background with white and yellow text. At the top left, it displays the Parul University and NAAC A++ logos. On the right, it says 'Faculty of Homoeopathy'. The central text reads: 'NSS Unit & Department of Practice of Medicine, JNHMC organises workshop on **CPR TRAINING** in collaboration with Youth Indian Red Cross Society, Gujarat'. Below this, a yellow pill-shaped box contains the date '9th April 2025'. At the bottom left, a clock icon indicates the time 'Wednesday 09 AM to 12 PM'. At the bottom right, a location pin icon indicates 'Seminar Hall, ground floor, PPI'. On the right side of the poster, there is a photograph of a person in a red uniform performing CPR on a mannequin.

Dr. Bhavik Purohit
NSS Programme Officer
JNHMC, Parul University

Workshop on CPR Training

13th April 2025

Jawaharlal Homoeopathic Medical College are hereby informed that NSS Unit & Department of Practice of Medicine of Jawaharlal Nehru Homoeopathic College Organized Workshop on CPR training on **13-04-2025** between **09:00 AM to 12:00 PM** at seminar hall, JNHMC.

GENERAL DETAILS:-

- ❖ Activity :- Workshop on CPR Training
- ❖ Organized By: - NSS Unit with Practice of Medicine department.
- ❖ Participated By :- Students
- ❖ Date of Activity :- 13/04/2025
- ❖ Duration of Activity :- 03 Hours
- ❖ No. of student Precipitant : 95 out of 95
- ❖ Name of Staff :- Dr. Charvy Patel
- ❖ Name of Program Officer : Dr.Bhavik Purohit
- ❖ Place: - Seminar hall, JNHMC

SDG : 3. Good health and Wellbeing & 4. Quality Education

GLIMPSES OF ACTIVITY




GLIMPSES OF ACTIVITY



Dr. Bhavik Purohit
NSS Programme Officer
JNHMC, Parul University.

SOCIAL MEDIA PROJECTION



DrBhavik Purohit is attending work with **Homoeo Rays** and **12 others** at **Jawaharlal Nehru Homoeopathic Medical Collage.**
Apr 13 · 🌐

NSS Unit of JNHMC, Parul University Empowers Students with Life-Saving Skills!

On 9th April 2025, the NSS Unit of JNHMC and Department of Practice of Medicine succ... See more



<https://www.facebook.com/100003282260832/posts/23990919063934167/?mibextid=rS40aB7S9Ucbxw6v>

← Instagram

nss.paruluniversity and dr.bhavikp...
Parul University



👍 55 🗨️ 📌

nss.paruluniversity NSS Unit of JNHMC Empowers Students with Life-Saving Skills!

On 9th April 2025, the NSS Unit of JNHMC and Department of Practice of Medicine successfully organized a Hands-on CPR Training Session in collaboration with the Youth Indian Red Cross Society, Gujarat by Trainer Bhavini Bipinbhai Patel at Parul University.

A total of 95 students enthusiastically participated and gained crucial life-saving skills that can make a real difference during emergencies and roadside accidents.

Together, we're building a generation that's ready to act when it matters most!

#JNHMC #NSS #CPRTraining #RedCross #ParulUniversity #EmergencyResponse #YouthEmpowerment #lifesavingskills

15 April

https://www.instagram.com/p/D1d3g_DTlgP/?img_index=2&igsh=MThsdjlyM2cx dDB2aQ==

HEALTH AND FITNESS CHECK UP CAMP

| | | | |
|------------------------------------|--|-----------------|--------------|
| DEPARTMENT | PARUL INSTITUTE OF PHYSIOTHERAPY AND RESEARCH | | |
| ACTIVITY TYPE | CAMP | | |
| ACTIVITY TITLE | HEALTH AND FITNESS CHECK UP CAMP | | |
| DATE & TIME | 08/06/2024 & 9:00 am to 1:00 pm | Duration | 1 DAY |
| FACULTY COORDINATOR | DR. TANVI PATEL, ASSISTANT PROFESSOR, PIPTR | | |
| FACULTY CONTACT DETAILS | 7359997935 | | |
| CONVENER | DR. MEHUL JADAV, PRINCIPAL, PIPTR | | |

Health and fitness check up Camp was organized on the occasion of Family Health and Fitness Day on 8th June, 2024 from 9:00am onwards in Parul Institute of Physiotherapy and Research. The camp served as an invaluable platform to educate and engage students of first and second year on the significance of physiotherapy in promoting health and well-being.

Objective:

- The primary objective of the camp was to educate the students about the role of physiotherapy to improve flexibility of upper limb and lower limb muscles, to improve endurance and to reduce tightness.
- Secondary objective was to focus on weight and vitals to improve quality of life of each student.

Activity Details:

The Health and fitness check up Camp was a comprehensive initiative designed to raise awareness about the benefits and applications of physiotherapy in various aspects of life. The event comprised a series of informative sessions and practical demonstrations aimed at empowering students with knowledge and tools to optimize their physical health.

The camp began with informative session by Dr. Tanvi Patel, Assistant Professor, PIPTR on Health and Fitness Check Up to the students on 8th June 2024 in Parul Institute of Physiotherapy and Research.

Health and fitness check up camp started by demographic data such as Name, Age, Gender, weight, height followed by Step Up test for full body Endurance, Shoulder Stretch test for upper arm and shoulder girdle flexibility, Isometric abdominal test for Endurance of Abdominal muscles, Sit and Reach Test for hamstring and lumbar region flexibility.

Students were instructed to take Vitals, Body Mass Index and how to perform tests for flexibility, endurance and tightness.

Students of PIPTR arranged everything needed for Vitals and Tests in the respective Electrotherapy Lab, Exercise therapy Lab and Kinesiology Lab.

Total 86 students were registered in this health and fitness check up camp. Students had the opportunity to undergo different tests.

After the completion of each test students were graded according to their performance as good, fair, poor, above average or below average.

To make Physiotherapy concepts more accessible, advices of exercises and stretches that can be incorporated into daily routines to improve flexibility and to improve quality of life were given. Students actively participated and also learned valuable tests.

Each test has been done under the observation of faculties.

The camp exemplified our commitment to student's well-being and highlighted the positive impact of Physiotherapy in improving the lives of individuals.

Glimpses of activity:

Parul[®]
University | NAAC
GRADE A++

FACULTY OF PHYSIOTHERAPY

Organizing

HEALTH AND FITNESS CHECK UP CAMP

on the occasion of

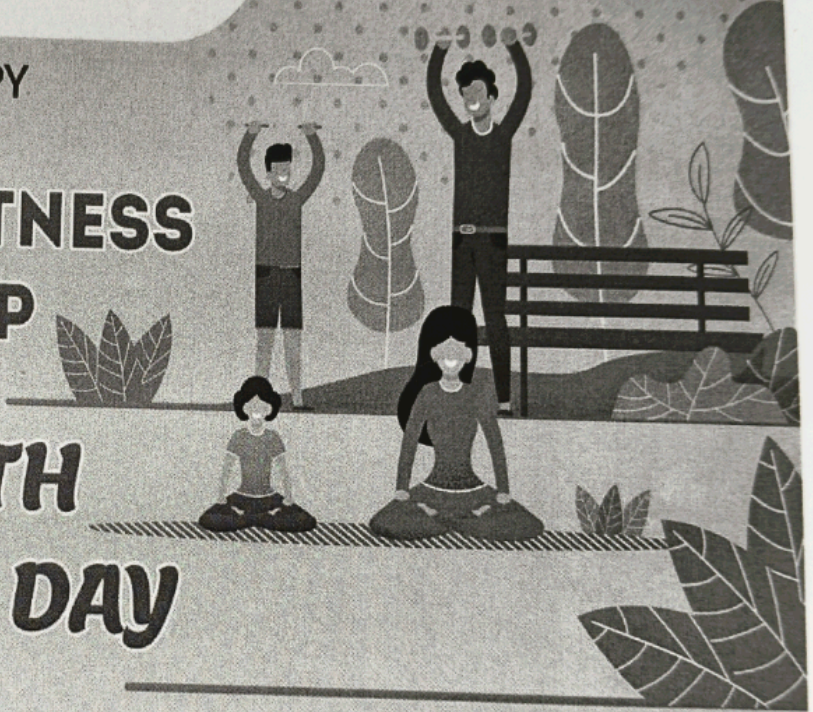
FAMILY HEALTH AND FITNESS DAY

8th June, 2024

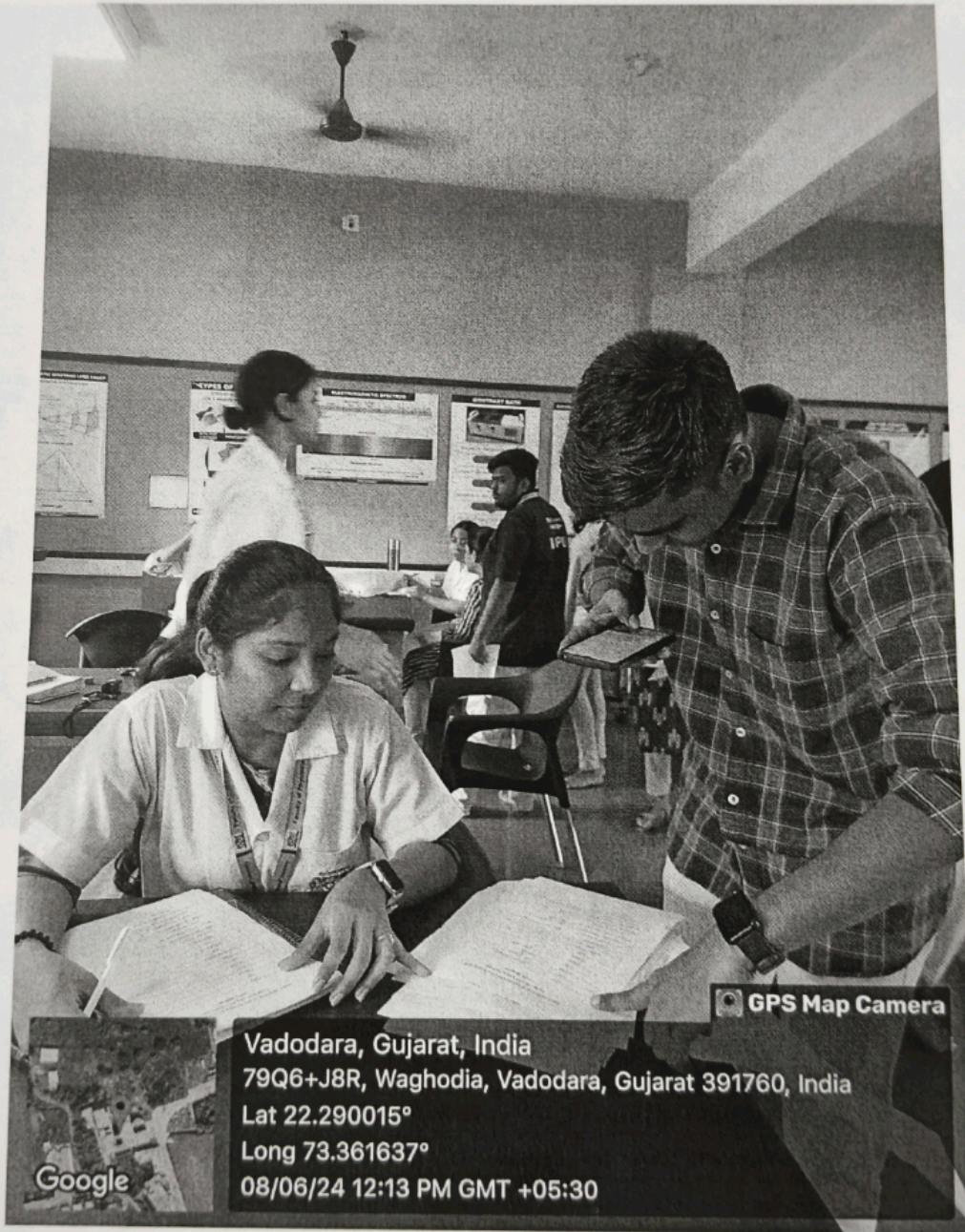
VENUE: Parul Institute of Physiotherapy and Research,
3rd floor, Architect building, Parul University

CONVENER: Dr. Mehul Jadav, Principal,
Parul Institute of Physiotherapy and Research

FACULTY COORDINATOR: Dr. Tanvi Patel,
Assistant Professor, Parul Institute of Physiotherapy and Research



REGISTRATION COMMITTEE

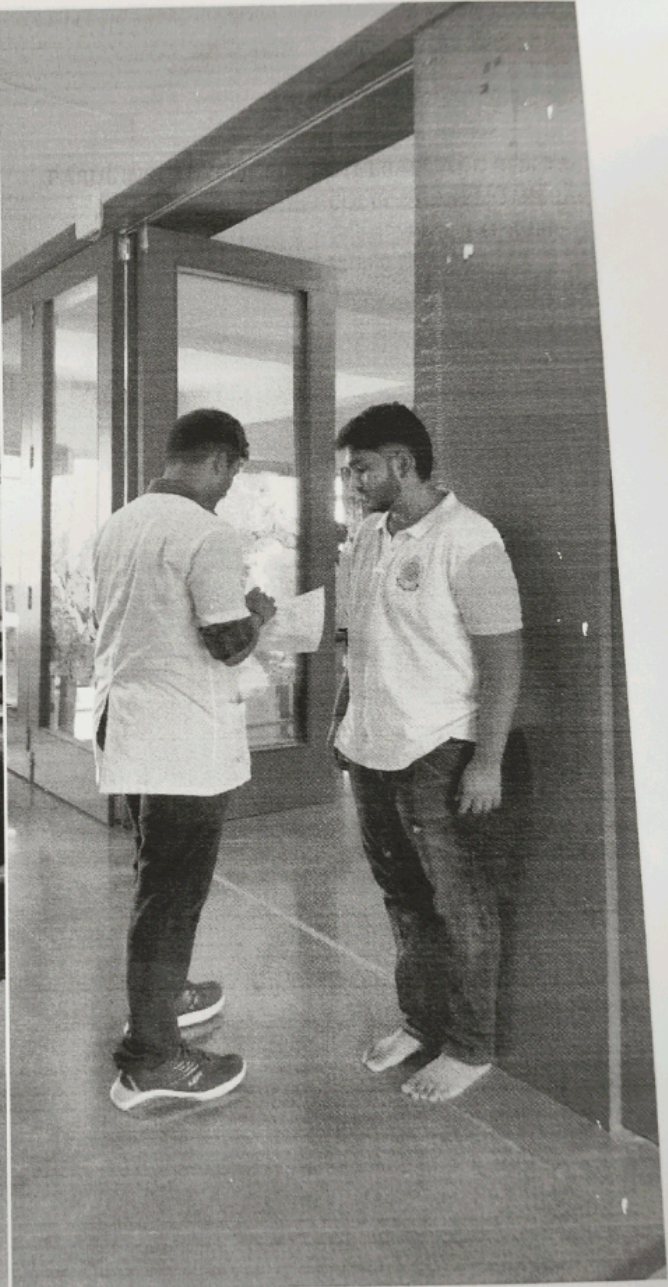
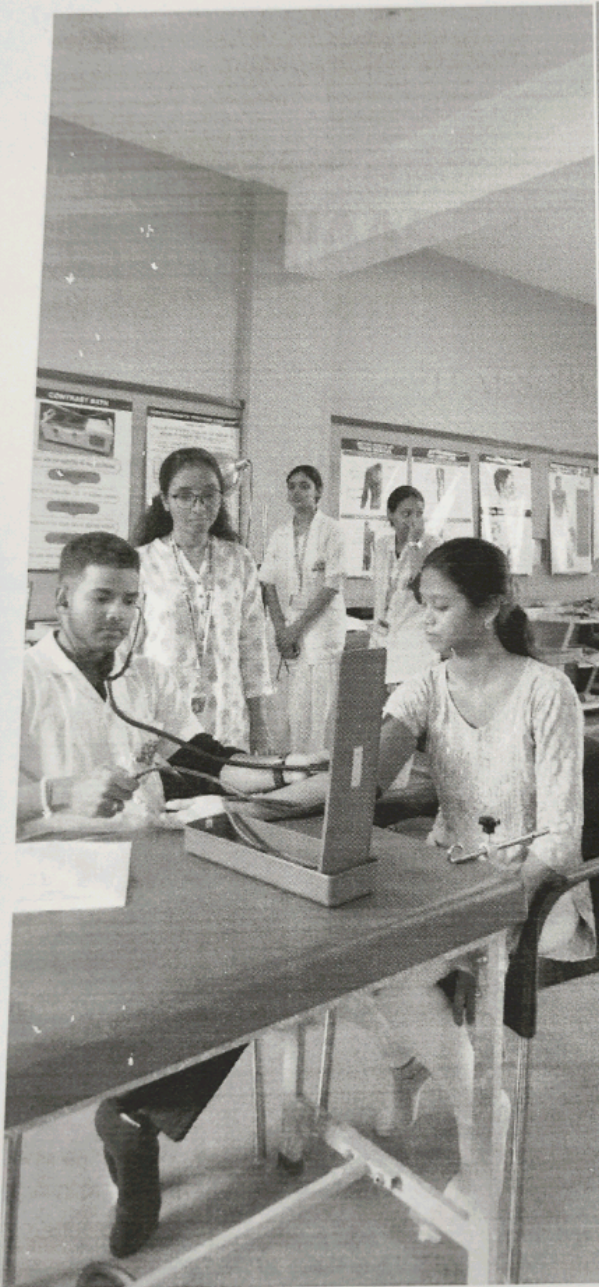


GPS Map Camera

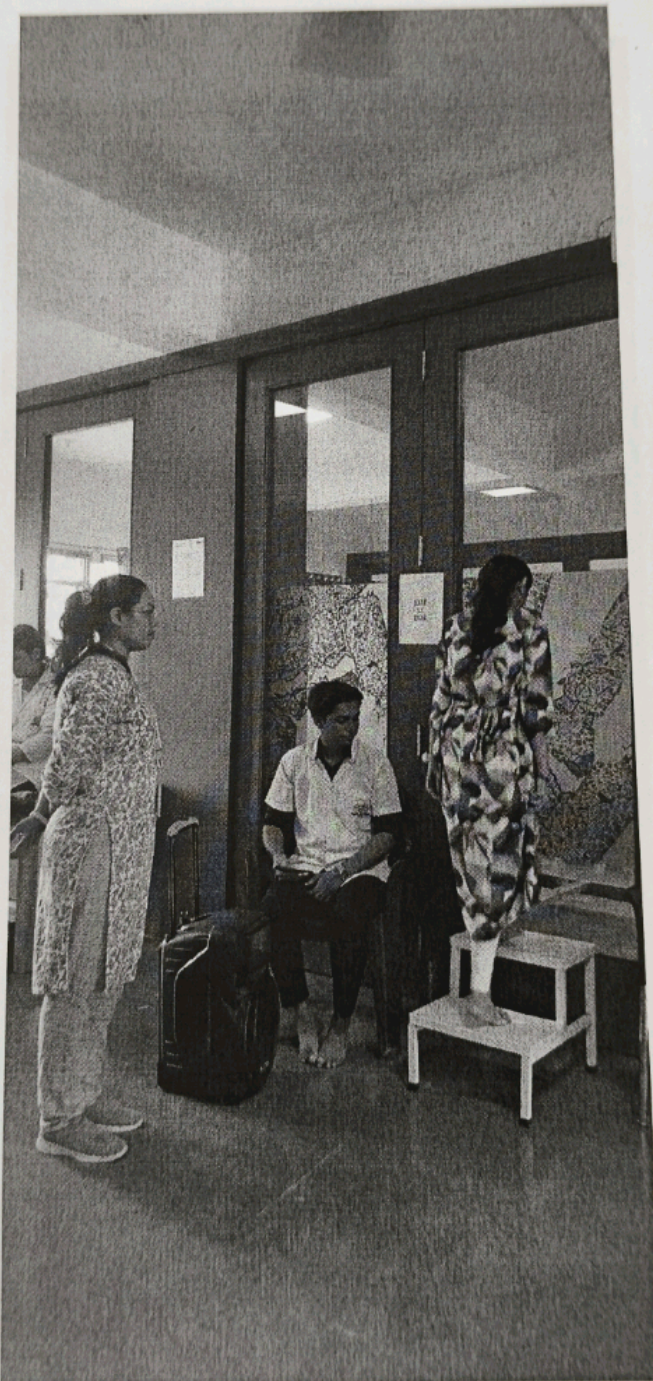


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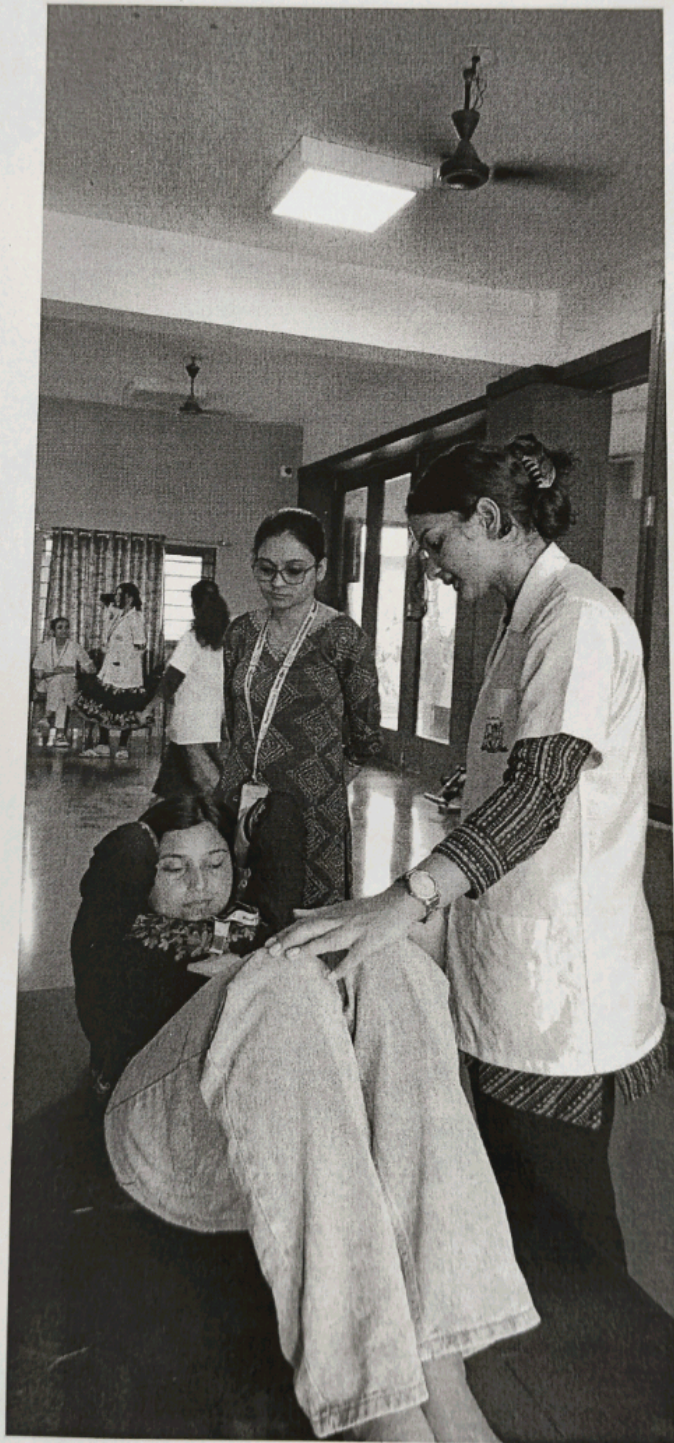
VITALS/ BODY MASS INDEX



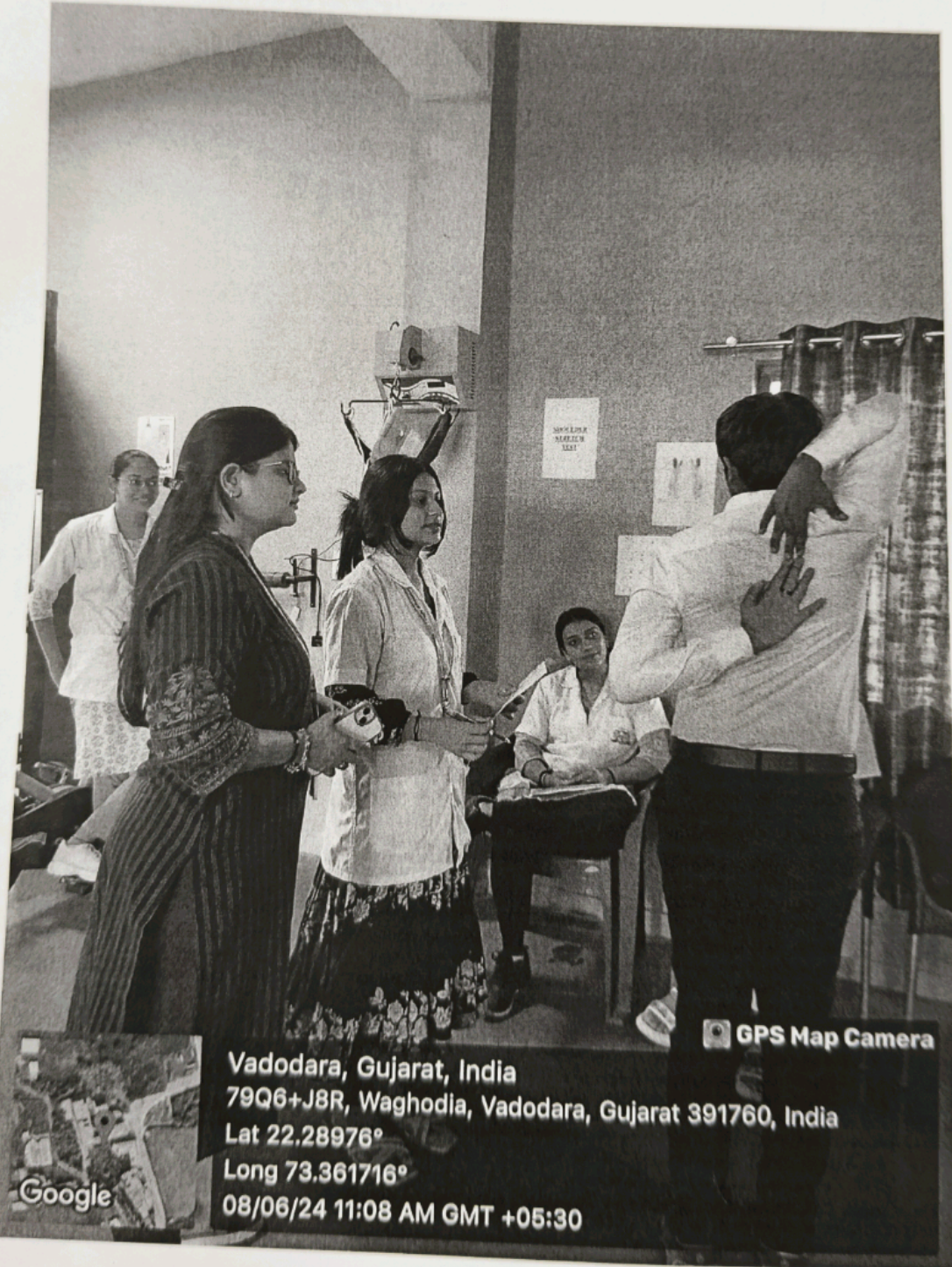
STEP UP TEST



ISOMETRIC ABDOMINAL TEST



SHOULDER STRETCH TEST



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79Q6+J8R, Waghodia, Vadodara, Gujarat 391760, India
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Long 73.361716°
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GPS Map Camera

SIT AND REACH TEST

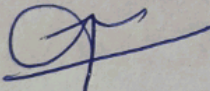
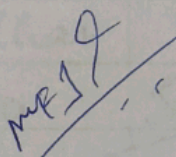
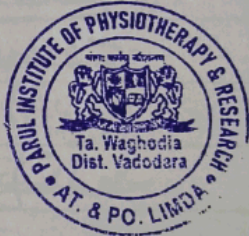


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08/06/24 11:06 AM GMT +05:30

Outcome:

- The Health and fitness check up Camp received overwhelmingly positive feedback from students, with many expressing gratitude for the valuable insights gained during the event.
- Through informative sessions and practical demonstrations, attendees reported feeling more equipped to make informed decisions about their health and incorporate physiotherapy into their wellness routine.

Thank You.

| Name & Signature of coordinator | Name, Signature & stamp of Principal |
|---|---|
|  <p>Dr. Tanvi Patel Assistant Professor Parul Institute of Physiotherapy and Research</p> |   <p>Dr. Mehul Jadav Principal Parul Institute of Physiotherapy and Research</p> <p>Principal Parul Institute of Physiotherapy and Research</p> |



Jawaharlal Nehru Homoeopathic Medical College (National Service Scheme)



Date: - 23-09-2024

CIRCULAR

All the faculty members and students of Jawaharlal Homoeopathic Medical College are hereby informed that NSS Unit of Jawaharlal Nehru Homoeopathic College organised HUMAN CHAIN FOR SWACHATA AWARENESS on **26-09-2024** between **10:00 AM to 01:00 PM** at JNHMC., As per instructions of The National Commission for Homoeopathy to participate in '**Swachhata Hi Seva 2024**' **campaign**, Participate by JNHMC Students, Teaching & Non-teaching Staff.

All faculty advisers are instructed to do the needful and ensuring the full attendance for the same.

Dr. Bhavik Purohit
NSS Programme Officer
JNHMC, Parul University



HUMAN CHAIN FOR SWACHATA AWARENESS
SWACHHATA HI SEVA 2024 CAMPAIGN
26th September 2024

Jawaharlal Homoeopathic Medical College are hereby informed that NSS Unit of Jawaharlal Nehru Homoeopathic College organised HUMAN CHAIN FOR SWACHATA AWARENESS on **26-09-2024** between **10:00 AM to 01:00 PM** at JNHMC., As per instructions of The National Commission for Homoeopathy to participate in 'Swachhata Hi Seva 2024' campaign, Participate by JNHMC Students, Teaching & Non-teaching Staff..

GENERAL DETAILS:-

- ❖ Activity :- HUMAN CHAIN FOR SWACHATA AWARENESS
- ❖ Organized By: - NSS Unit of JNHMC
- ❖ Participated By :- Students
- ❖ Date of Activity :- 26/09/2024
- ❖ Duration of Activity :- 03 Hours
- ❖ No. of student Precipitant : 50 out of 50
- ❖ Name of Program Officer : Dr.Bhavik Purohit
- ❖ Place: - JNHMC

SDG 3. Good health and Wellbeing & 4. Quality Education

GLIMPSES OF ACTIVITY



GLIMPSES OF ACTIVITY



Dr. Bhavik Purohit
NSS Programme Officer
JNHMC, Parul University.



Jawaharlal Nehru Homoeopathic Medical College (National Service Scheme)



SOCIAL MEDIA PROJECTION



DrBhavik Purohit is celebrating this special day with **Homoeo Rays** and **21 others** at **Parul University**.

Sep 27, 2024 · 🌐

Jawaharlal Nehru Homoeopathic Medical (NSS Unit) College, Parul University, Vadodara, Gujarat organised "HUMAN CHAIN FOR SWACHATA AWARENESS" in Campus on 26th September 2024, As per instructions of The National Commission for Homoeopathy And Commissionerate of Technical Education, Gujarat State to participate in 'Swachhata Hi Seva 2024' campaign, Participate by JNHMC Students, Teaching & Non-teaching Staff.



<https://www.facebook.com/100003282260832/posts/9000770410042278/?mibextid=rS40aB7S9Ucbxw6v>

Activity Report (DAY/WORKSHOP/FDP/STTP/CONFERENCE)

| | | | |
|-------------------------------|---|---------------------|-------|
| DEPARTMENT | MBA | | |
| ACTIVITY TYPE | NSS & SRC | | |
| ACTIVITY TITLE | Road Safety & Voting Awareness | | |
| DATE & TIME | 27 th January 2025 | Duration | 1 Day |
| PARTICIPANTS NO. | 15 | | |
| EXPERT NAME WITH DESIGNATION | NA | | |
| NAME OF EXPERT'S ORGANIZATION | NA | | |
| EXPERT CONTACT DETAILS | NA | | |
| FACULTY COORDINATOR | Ms. Pinki Parmar, Dr. Axita Thakkar | | |
| FACULTY CONTACT DETAILS | 9825283040 | | |
| SDG | SDG 3 – Good Health and Well-being, SDG 16 – Peace, Justice and Strong Institutions | | |
| MOU Activity | NO | | |
| SPONSORING AUTHORITY | - | Sponsorship amount: | - |

Objective:

- To promote public awareness about traffic rules and responsible road behaviour.
- To educate citizens on the importance of voting and active participation in democracy.
- To install civic sense and social responsibility among management students.

Activity Details:

The Department of MBA, Faculty of Management Studies, Parul University, organized an impactful dual-purpose awareness event titled "Road Safety & Voting Awareness" under the NSS & SRC initiative. This outreach campaign was held in public areas including crossroads, traffic signals, and community centres to target both vehicle users and local residents. Students carried placards and banners with road safety messages, such as "Follow Traffic Rules," "Wear Helmets," and "Don't Drink & Drive." Volunteers interacted with two-wheeler and four-wheeler drivers at signals, encouraging helmet and seatbelt usage. They also shared safety tips, accident statistics, and distributed flyers created by students. Mock demonstrations and role-plays were performed to show the right and wrong practices while driving. Traffic police officers (optional involvement if any) supported by guiding the campaign and praising the student efforts.

Simultaneously, students promoted the message "Every Vote Counts" through street plays and one-on-one conversations. Pamphlets outlining the voter registration process, importance of voting, and the value of democratic participation were handed out. Youth and first-time voters were specifically addressed and encouraged to register and vote in upcoming elections. Faculty coordinators Ms. Pinki Parmar and Dr. Axita Thakkar guided students on how to approach the public professionally and confidently. The activity was aligned with both SDG 3 (Good Health and Well-being) for road safety and SDG 16 (Peace, Justice, and Strong Institutions) for voting awareness.

Glimpses of activity:



Outcome:

- Increased public knowledge of traffic safety rules and their significance.
- Encouraged local citizens, especially youth, to become responsible voters.
- Enabled students to practically engage in civic education and public service communication.

Activity Report

| | | | |
|--------------------------------------|---|----------------------------|-------|
| DEPARTMENT | IT department | | |
| ACTIVITY TYPE | Technical Event | | |
| ACTIVITY TITLE | SHE-TECH WEB WARRIORS 1.0 | | |
| DATE & TIME | 24 th February, 2025 9.45 AM to 11.45 A.M | Duration | 2 Hrs |
| Student | 4 ,6 semester girls | | |
| EXPERT NAME WITH DESIGNATION | - | | |
| NAME OF EXPERT'S ORGANIZATION | - | | |
| EXPERT CONTACT DETAILS | - | | |
| FACULTY COORDINATOR | Bhagyashree Meena, Neelam Agrawal | | |
| FACULTY CONTACT DETAILS | 6350548412, 9997001324 | | |
| SPONSORING AUTHORITY | -NA- | Sponsorship amount: | -NA- |

Objective:

The **SHE-TECH WEB WARRIORS 1.0** competition aimed to empower female students from the IT department by providing them a platform to showcase their creativity and technical skills in web development. The event encouraged participants to design and develop web pages based on given topics, fostering innovation, problem-solving abilities, and teamwork.

The key objectives were:

- To promote technical excellence among female students in web development.
- To encourage creativity and innovation in designing user-friendly and visually appealing web pages.
- To enhance students' understanding of front-end and back-end web technologies.
- To provide hands-on experience in web development under time constraints.
- To boost confidence and collaboration among IT department girls from all semesters.

Competition Structure:

1. Introduction & Briefing:

The event commenced with an opening address by the faculty coordinators, **Bhagyashree Meena** and **Neelam Agrawal**, who welcomed all the participants and provided an overview of the competition. The coordinators emphasized the significance of web development skills in today's digital world and encouraged participants to use this platform to demonstrate their creativity and technical proficiency.

Following the welcome speech, participants were briefed about the competition rules, which included:

- The time limit for designing and developing the webpage.
- The allowed technologies and tools (e.g., HTML, CSS, JavaScript, Bootstrap, etc.).
- The originality and creativity guidelines to ensure fair competition.
- The importance of responsiveness and user experience in their web designs.
- The judging criteria, which included design aesthetics, functionality, responsiveness, and innovation.

Each team or individual participant was then provided with a predefined topic for their webpage.

2. Web Development Challenge:

Participants had two hours to design and develop a functional webpage based on their assigned topic, name of the topic is to build a web page dedicated to women safety , fitness, financial awareness and women issues solving .

During the competition, participants utilized various technologies such as:

- HTML for structuring the webpage.
- CSS for styling and enhancing the visual appeal.
- JavaScript for adding interactive elements.
- Frameworks like Bootstrap for responsive design (if applicable).
- Additional tools like Figma or Canva for UI/UX planning.

The competition environment was dynamic and engaging, with participants actively brainstorming ideas, coding their web pages, and testing their functionalities within the given time frame. Faculty members were present to ensure smooth execution and to assist with any logistical issues.

3. Judging & Evaluation:

After the coding session ended, the participants submitted their projects for evaluation. The judging panel consisted of **Hod ma'am (Prof. Pooja Sapra)** ,**faculty members (Ms Neelam Agrawal and Ms Bhagyashree Meena)** .

The web pages were evaluated based on the following key criteria:

- **Design Aesthetics** – How visually appealing and well-structured the webpage was.
- **Functionality** – Whether the webpage operated as intended and included interactive features.
- **Responsiveness** – How well the webpage adapted to different screen sizes and devices.
- **Innovation & Creativity** – Unique ideas, engaging UI/UX elements, and originality in the design.

Each project was reviewed thoroughly, and constructive feedback was provided to the participants. The evaluation process aimed to recognize both technical skills and creative thinking.

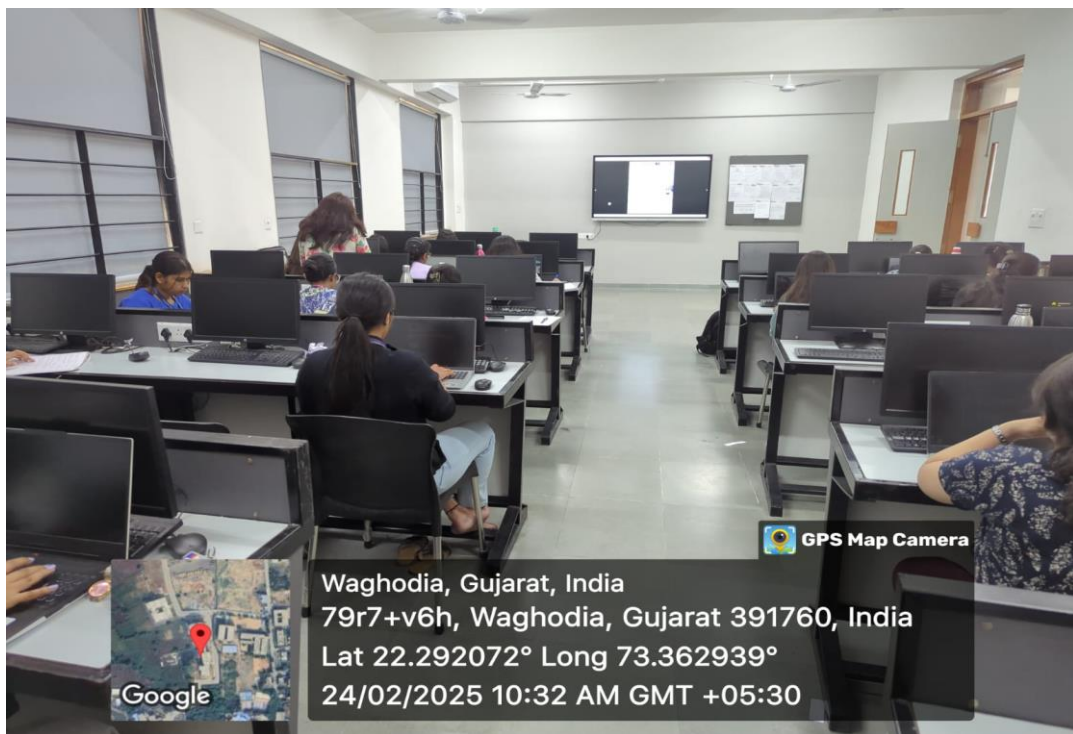
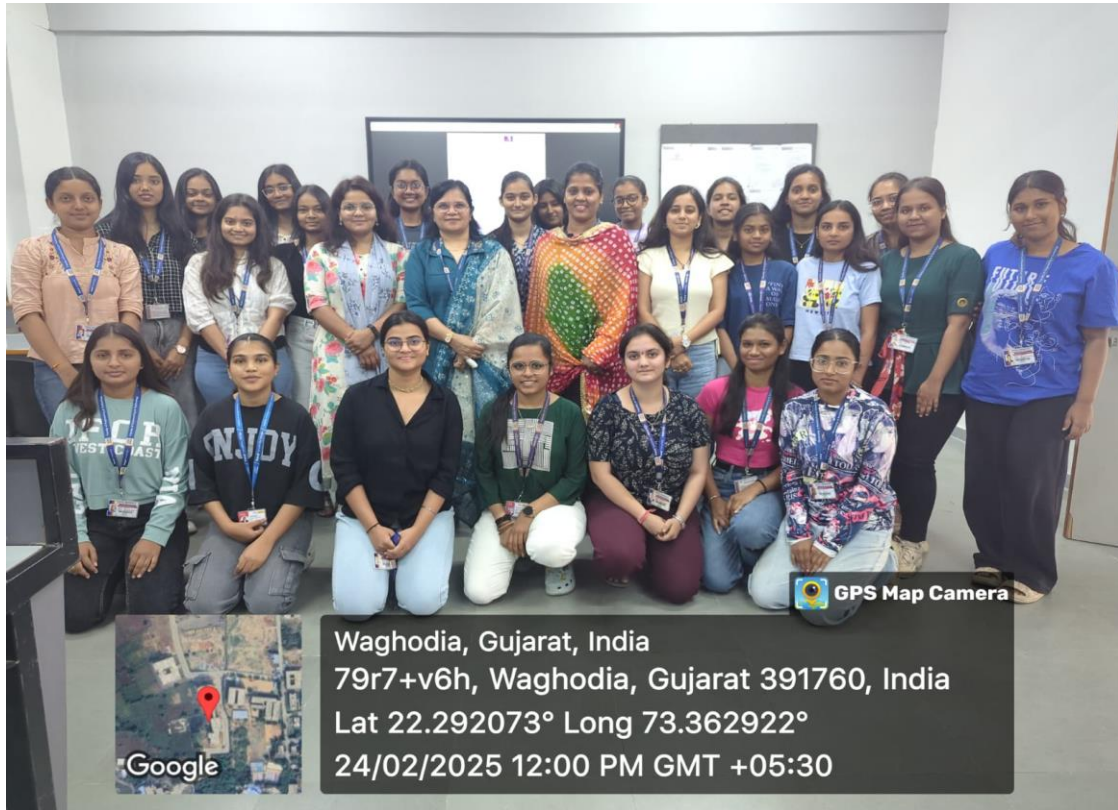
4. Winner Announcement & Appreciation:

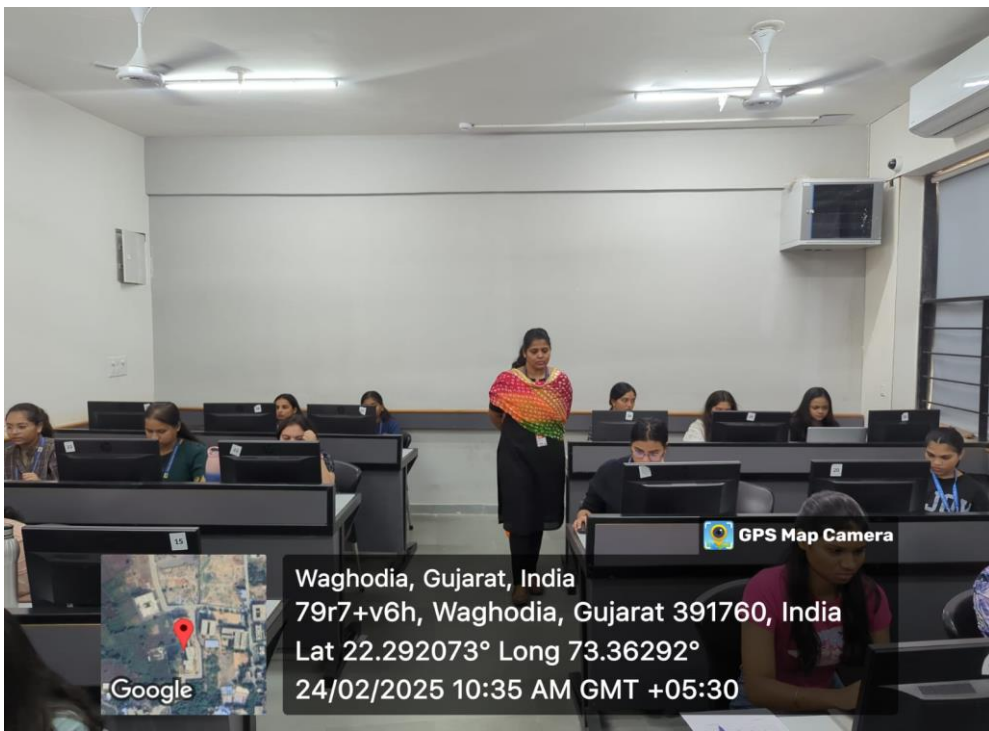
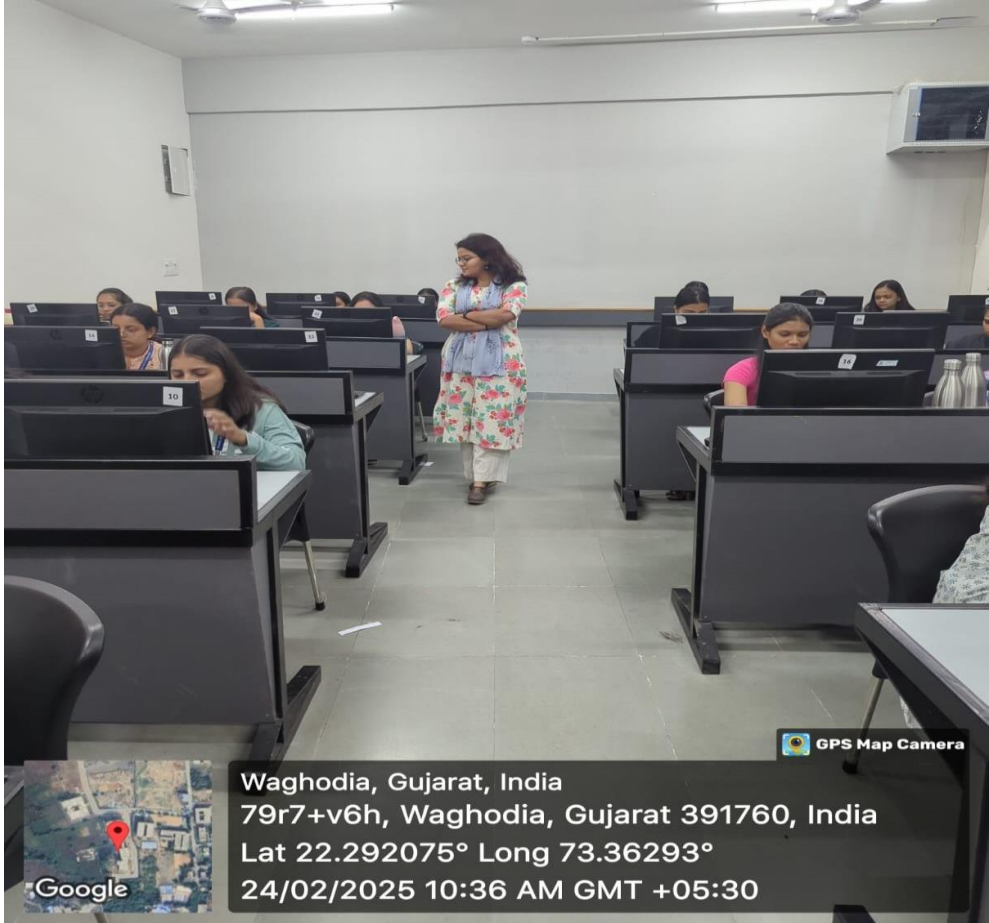
After the judging process was completed, the top-performing individuals/teams were announced and awarded for their outstanding efforts. The winners were recognized for their exceptional design, creativity, and functionality in their web pages.

- Certificates were distributed to all participants as a token of appreciation for their participation.
- The winners received special recognition and accolades for their work.
- Faculty members congratulated all the participants for their enthusiasm and dedication.

The event concluded with a vote of thanks by the faculty coordinators, who encouraged students to continue honing their web development skills and participate in more such technical events in the future.

Glimpses of workshop:







Waghodia, Gujarat, India
 79r7+v6h, Waghodia, Gujarat 391760, India
 Lat 22.292068° Long 73.36294°
 24/02/2025 10:33 AM GMT +05:30

GPS Map Camera



Waghodia, Gujarat, India
 79r7+v6h, Waghodia, Gujarat 391760, India
 Lat 22.292065° Long 73.362974°
 24/02/2025 10:32 AM GMT +05:30

GPS Map Camera

Outcome:

- Encouraged technical proficiency and creativity among female students.
- Strengthened confidence in web development through hands-on experience.
- Improved problem-solving and teamwork skills.
- Fostered a sense of community and collaboration within the IT department.

Conclusion

The SHE-TECH WEB WARRIORS 1.0 event was a success in terms of offering a competitive and motivational platform for IT girls to learn web development. The interest and response from students proved their high interest in technology and innovation. The event not only improved their technical skills but also motivated them to pursue more opportunities in web development.



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NAAC A++

**Parul Institute of Ayurved & Research
in Association with NSS, Parul University**

Organising



CANCER AWARENESS RALLY



Date : 4th February, 2025

Time : 10:00 A.M.

Location : Vandara Village, Dabhoi, Vadodara, Gujarat.

Activity Report (NSS)

| | | | |
|-------------------------|---|----------|-------|
| DEPARTMENT | Parul Institute of Ayurved and Research | | |
| ACTIVITY TYPE | NSS | | |
| ACTIVITY TITLE | Cancer Awareness Rally | | |
| VENUE | Vanadra Village, Ta. Waghodia, Dist. Vadodara | | |
| DATE & TIME | 4.2.2025 | Duration | 1 Day |
| PARTICIPANTS NO. | 100 | | |
| FACULTY COORDINATOR | Tejaskumar Vyas | | |
| FACULTY CONTACT DETAILS | 7405394464 | | |

Objective:

- **To Raise Awareness about Cancer:**

Educate the rural population of Vanadra Village about various types of cancer, their symptoms, risk factors, and the importance of early detection.

- **To Promote Preventive Health Practices:**

Encourage healthy lifestyle habits and regular health check-ups as preventive measures against cancer.

- **To Inculcate Social Responsibility among Students:**

Provide NSS volunteers an opportunity to engage in community service and develop a sense of duty towards public health and societal well-being.

Activity Details:

On the occasion of *World Cancer Day* (4th February, 2025), the NSS Unit of Parul Institute of Ayurved and Research organized a **Cancer Awareness Rally** at **Vanadra Village**, under Waghodia Taluka in Vadodara district. The event aimed to educate the rural population about the causes, prevention, early detection, and treatment of cancer, thereby promoting awareness and encouraging healthy lifestyle choices.

The rally was flagged off in the morning by institute faculty members and local village leaders. **100 NSS volunteers** actively participated, holding informative placards, banners, and chanting slogans to spread awareness. The rally passed through various parts of the village, attracting attention and engagement from local residents.

As part of the initiative, volunteers also conducted **short street plays** and interacted with villagers to dispel myths and provide basic information on symptoms and prevention of common cancers such as oral, breast, and cervical cancers.

A special address was delivered by Ayurved faculty members, who emphasized the role of preventive health, dietary habits, and regular screening in reducing cancer risks. The session also included tips on the Ayurvedic perspective of wellness and immunity enhancement.

The event received positive feedback from the local community and highlighted the institute's commitment to community health and education. It successfully fostered greater awareness among villagers and reinforced the message that **early detection can save lives**.

Outcome:-

1. **Enhanced Community Awareness:**
 Villagers gained basic knowledge about cancer, including signs to watch for and steps they can take to reduce risk, leading to increased health consciousness.
2. **Improved Student Engagement in Social Health Initiatives:**
 NSS volunteers developed a deeper understanding of public health challenges and improved their communication and outreach skills.
3. **Positive Community Response and Participation:**
 The local population showed interest in the rally, actively interacted with volunteers, and appreciated the educational materials and performances, making the initiative impactful.

Glimpses of activity:

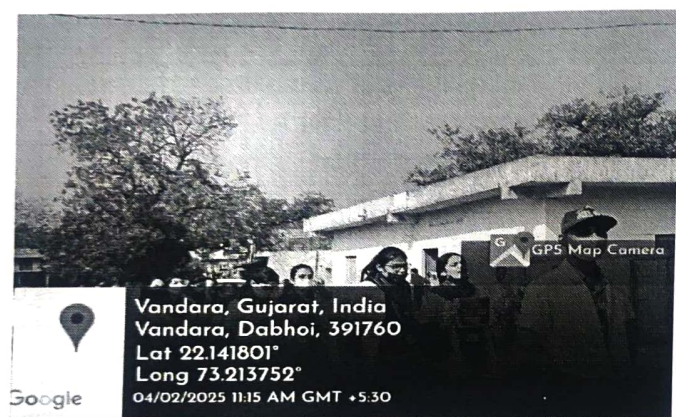


Fig. 1 Students doing rally for cancer awareness.



Fig. 2 Students reciting slogans for cancer awareness.

| | |
|---|--|
| <p>Name & Signature of coordinator</p> <p><i>Tejv Kumar Vyas</i></p> | <p>Name, Signature & stamp of Principal</p> <p><i>[Signature]</i></p> |
|---|--|

**PRINCIPAL
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World Environmental Day Celebration Report

| | | | |
|-------------------------|--|----------|---------|
| DEPARTMENT | Parul Institute of Physiotherapy | | |
| ACTIVITY TYPE | World Environment Day celebration | | |
| ACTIVITY TITLE | Eco Lens: Capturing our Planets Future | | |
| DATE & TIME | 07.06.2024 | Duration | 3 hours |
| FACULTY COORDINATOR | Dr. Simrah Pathan and Dr. Dwija Yagnik | | |
| FACULTY CONTACT DETAILS | 7284011423 | | |

Objective:

- To educate and inspire students about the current environmental challenges and the importance of individual and collective actions in preserving our planet.
- To engage students in hands-on activities that promote environmental stewardship and empower them to become proactive advocates for environmental conservation.

Activity Details:

On June 7th, PIPT has organized a special event to commemorate World Environment Day, focusing on the theme "**Eco Lens: Capturing Our Planet's Future.**" The aim was to raise awareness about environmental issues and encourage students to actively engage in preserving nature. The students were given two hours to explore the college campus and nearby areas, capturing photographs that depicted the current state of the environment. This photo competition aimed to highlight both the beauty and challenges faced by nature. In the afternoon, the students gathered for the photo exhibition and presentation session. The best photographs were displayed, and each student had five minutes to describe their picture, share their observations, and express their thoughts on the environmental issues depicted.

The event concluded with an applause of the students for their insightful observations and passionate presentations. The World Environment Day event was a resounding success, fostering a sense of responsibility and connection with nature among the students, and highlighting their commitment to making a positive change.

Brochure:



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GRADE **A++**

PHYSIOTHERAPY DEPARTMENT | FACULTY OF PHYSIOTHERAPY
(PARUL INSTITUTE OF PHYSIOTHERAPY)

On the Occasion of

World Environment Day celebration

Captivating photography competition on
"EcoLens: Capturing our Planet's Future" on

Friday, 7th June 2024



Cordinators

Dr. Simrah Pathan,

simrah.pathan24584@paruluniversity.ac.in
+91-7284011423

Dr. Dwija Yagnik,

dwija.yagnik74008@paruluniversity.ac.in
+91-9909021553

Under the Guidance

Dr. Bhavana Gadhavi

Principal, Parul Institute of Physiotherapy
Parul University

Glimpses of Activity:



Vadodara, GJ, India
Vaghodia, Vadodara, 391760, GJ, India
Lat 22.288841, Long 73.363768
03/05/2024 10:38 AM GMT+05:30
Note : Captured by GPS Map Camera



Vadodara, GJ, India
Vaghodia, Vadodara, 391760, GJ, India
Lat 22.288841, Long 73.363768
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Vaghodia, Vadodara, 391760, GJ, India
Lat 22.288841, Long 73.363768
03/05/2024 10:38 AM GMT+05:30
Note : Captured by GPS Map Camera

Outcome:

- Students gained a deeper understanding of environmental issues and the importance of sustainable practices, fostering a sense of responsibility towards the planet.
- The event motivated students to actively participate in environmental conservation efforts, encouraging them to take initiative in their communities to promote and implement eco-friendly practices.



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NAAC A++

**Parul Institute of Ayurved & Research
in Association with NSS, Parul University**

Organising



BLOOD DONATION CAMP



Date : 22nd June, 2024

Time : 10:00 A.M.

Location : Parul Institute of Ayurved and Research,
Parul University



Activity Report (WORKSHOP/FDP/STTP/CONFERENCE)

| | | | |
|-------------------------|--|-------------------------|-------|
| DEPARTMENT | KRIYA SHARIR & NSS | | |
| ACTIVITY TYPE | Blood Donation Camp | | |
| ACTIVITY TITLE | Blood Donation Camp on the occasion of WORLD BLOOD DONOR DAY June 14, 2024 | | |
| DATE & TIME | 22nd June, 2024 | Duration 9 AM – 1 PM | 1 DAY |
| NAME OF GUESTS | Mrs. Archana Ben, In charge Blood Bank PSH Dr. Virat Chauhan, Resident Doctor | | |
| FACULTY COORDINATOR | Mr. Tejaskumar Vyas & Dr. Vaibhav Biradar | | |
| FACULTY CONTACT DETAILS | 7405394464, 9890273347, | | |

Objective:

- Raise awareness into public about the importance and benefits of blood donation.
- Collect a sufficient quantity of blood to ensure an adequate supply for hospitals.
- Encourage students to become regular donors, ensuring a stable and consistent blood supply.

Activity Details:

- From Department of Kriya Sharir, Parul Institute of Ayurved & Research, The Blood Donation camp was successfully held on June 22, 2024 at Khemdas Hospital, in association with Department of NSS, PIAYR & Blood Bank of Parul Sevashram Hospital, Parul University.
- The Program started at 10 am and anchored by Dr Komal Patil, 1st year PG Scholar from Department of Kriya Sharir. The guests along with respected Principal Dr B. G. Kulkarni & Dr Vaibhav Biradar were invited on to the stage. The Program began with lighting of the lamp along with prayer by students from 1st year BAMS.
- The HOD from Department of Kriya Sharir Dr. Vaibhav Biradar gave a general introduction about Blood Donation Camp & introduced the guests. The introduction session winded-up by Principal Dr. B. G. Kulkarni with motivational speech and importance of Blood Donation.
- After the inauguration, certificates of winners were distributed to the winners of University Level Poster making Competition June 14, 2024, under UG & PG category.
- Along with it certificates of Honor were distributed to the Jury members followed by distribution of certificates of Organizer to the Faculty Members of Department of Kriya Sharir.
- The Blood Donation process officially began with the first donor being invited by guests.
- Trained medical staff from Blood Bank of Parul Sevashram Hospital facilitated the donation process, ensuring the comfort and safety of all donors.

Glimpses of activity:



Fig. 1 Inauguration with Lamp lighting by Principal sir & respected Guests

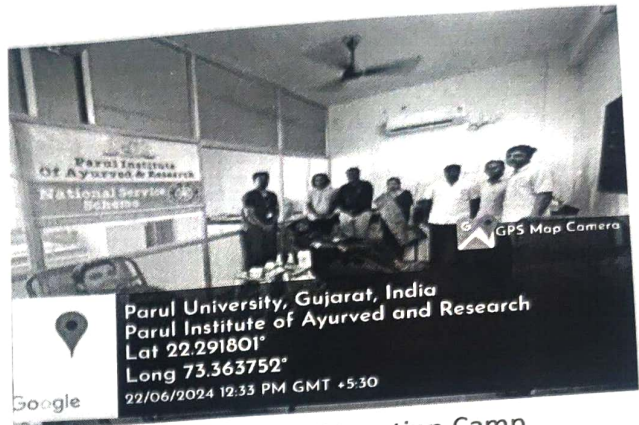




Fig. 2 Blood Donation Camp

Outcome:

- The Blood Donation Camp collected 28 Units of blood, contributing significantly to the Blood Bank's reserves.
- The Camp raised awareness about the importance of regular blood donation and encouraged many first-time donors to participate.

| | |
|---|---|
| <p>Name & Signature of NSS Coordinator, PIAYR</p>  <p>Mr. TejasKumar B Vyas NSS Coordinator, PIAYR</p> | <p>Name, Signature & stamp of Principal</p>  <p>Dr. Bhagawan G. Kulkarni Principal Parul Institute of Ayurved and Research</p> |
|---|---|

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