



Information and Health Education Services regarding Sexual & Reproductive Health

The University features a robust healthcare system through its teaching hospitals, which include Parul Sevashram Hospital, 2 Ayurved hospitals, and 4 Homeopathic hospitals—all accredited by NABH in recognition of their commitment to excellence. Additionally, the clinical laboratory holds NABL accreditation, reflecting the University's consistent dedication to maintaining high standards of quality.

Among the University's distinguished academic programs are the Master of Surgery programs in *Prasuti Tantra & Stri Roga* and in **Obstetrics & Gynecology**, highlighting its commitment to advancing specialized medical education.

Each hospital within the University's network features dedicated departments and wards for Obstetrics & Gynecology, ensuring focused and personalized care for women's health. Collectively, the hospitals provide a total of 147 beds, including ICU facilities, 5 operation theaters, and a specialized labor room, equipping them to deliver comprehensive care. The presence of 30 experienced gynecologists further strengthens the quality of care offered.



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MAIN ENTRANCE (Parul Sevashram Hospital)



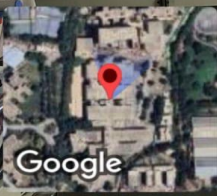



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Vadodra, Gujarat, India 
79q8+p5q, Limda Lake Rd, Gujarat 391760, India,
Vadodra, Gujarat 391760, India
Lat 22.289728° Long 73.365479°
Wednesday, 08/04/2026 04:05 PM GMT +05:30

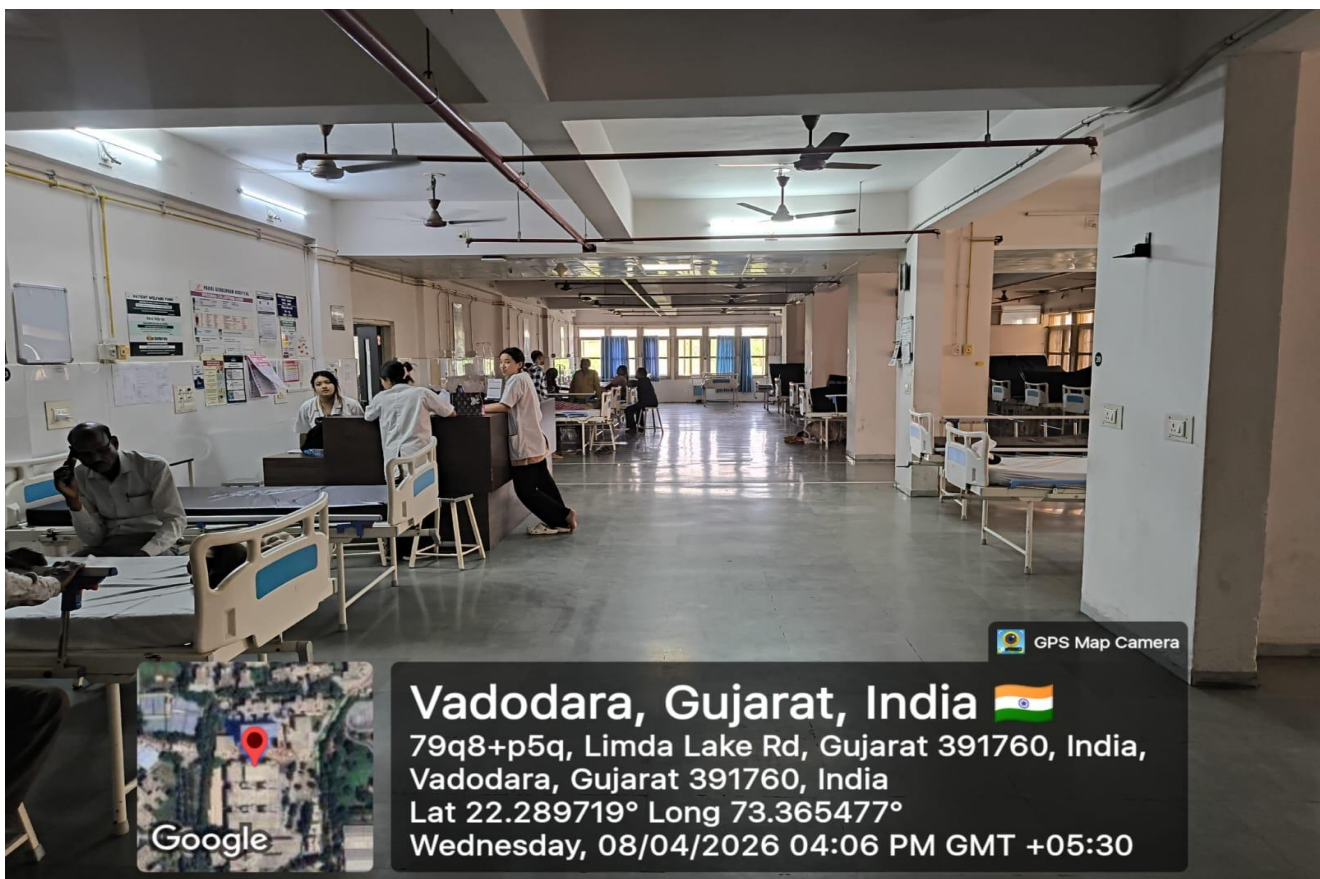
GPS Map Camera



Vadodra, Gujarat, India 
79q8+p5q, Limda Lake Rd, Gujarat 391760, India,
Vadodra, Gujarat 391760, India
Lat 22.289194° Long 73.365453°
Wednesday, 08/04/2026 04:03 PM GMT +05:30

GPS Map Camera







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Operation Theater





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Sonography



MRI Facilities





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GYNEC _ OBS Museum





Information and Education Services regarding Sexual & Health Care Services

The Department of Obstetrics and Gynecology at Parul Sevashram Hospital, under Parul Institute of Medical Sciences & Research, actively leads education and awareness initiatives. It conducts programs on maternal health, reproductive care, and women's wellness, ensuring community outreach, preventive care, and enhanced health awareness among students, patients, and society.



The Doctors did a series of activities for Breast Cancer Awareness, thereby counselling Asha workers and female patients for early diagnosis.



HPV (Human papillomavirus vaccines) vaccination; Myth and Fact session was done for the female students in the university wherein they were explained about the etiology of Cervical Cancer.





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Industry sessions were conducted by Gynecologists, highlighting a lack of awareness when it comes to women's health, especially when it concerns gynecological issues. Women tend to neglect their reproductive health in the midst of their busy lives, which can lead to serious consequences in the long run.



Rotary club members of Vadodara organized the women's awareness program with the help of Dr. Komal Patel, Vice-President of Parul University.



Medical Camps

Rural health camps are regularly organized by Parul Sevashram Hospital to address critical health issues affecting women, including cervical cancer, sexually transmitted infections (STIs), and menopause-related concerns. These camps aim to reach underserved populations and provide accessible, affordable, and preventive healthcare services.

The primary objective is to conduct regular screening tests such as Pap smears and general health check-ups for early detection of diseases. In addition, awareness sessions are conducted to educate individuals about safe sexual practices, personal hygiene, and the importance of timely medical consultation.

By promoting early diagnosis and encouraging people to seek medical help when needed, these initiatives significantly reduce health risks and complications. Overall, such efforts contribute to improving community health outcomes and ensuring a healthier and more informed society.





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Activity Report 2024-25

DEPARTMENT			
ACTIVITY TYPE		Cervical Cancer Awareness and Screening Camp	
ACTIVITY TITLE		Cervical Cancer Awareness and Screening Camp at Anklav (Anand District)	
DATE & TIME		10-04-2025	1 Day
NO. OF PARTICIPANTS		Village Women	
EXPERT NAME WITH DESIGNATION		Dr. Vali Faraz (Oncogynecologist, PSH)	
NAME OF EXPERT'S ORGANIZATION		PIPHS & PSH	
EXPERT CONTACT DETAILS		NA	
FACULTY COORDINATOR		Ms. Gunjan Shrivastava (Assistant Professor, PIPHS)	
FACULTY CONTACT DETAILS		Assistant Professor, PIPHS (FOM)	
SUSTAINABLE DEVELOPMENT GOALS (SDGs)		3 - Good Health and Well Being, 4 – Quality Education, 10 – Reduced Inequalities, 16 – Peace, Justice, and Strong Institutions	
COLLABORATIVE ACTIVITY UNDER MOU		--	
SPONSORING AUTHORITY	Parul University	Sponsorship amount:	-

Objective:

To spread awareness about cervical cancer screening and vaccination
 To conduct a free screening program for cervical cancer

Activity Details:

The cervical cancer awareness and screening camp was organized by Parul Institute of Paramedical Health Sciences and Parul Sevashram Hospital at Anklav (Anand District). The primary aim of the camp was to create awareness about cervical cancer, its prevention, and the importance of vaccination.

Along with awareness sessions, free screening for cervical cancer was conducted. After the awareness session, out of 30 female participants, 15 women underwent screening.



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DEPARTMENT OF PRASUTI TANTRA AND STRI ROGA

PARUL INSTITUTE OF AYURVED AND RESEARCH

Under the guidance of
Principal - Dr. B. G. Kulkarni

Hod - Dr. Abha L. Ravi

Organizing

Women's health awareness campaign

As a part of 'women's week 2025'

International women's day celebration
organized by Women Development Cell, PU.

International Women's Day



March

For details, contact - Dr. Gauri Sharma- 7507177774 Dr. Neha (PG) -9834237459

Date: March 4, 2025

Circular

All the female faculty (Teaching and non-teaching staff) and female students are hereby informed that Women Development Cell in association with Parul Institute of Ayurveda and Research is organizing a seminar on “Health Awareness Program on PCOS and PCOD, and Breast Cancer” on 6th March 2025 at 10:30 am onwards.

Resource Person: Dr. Manjusha Karkare, Dept. PTSR



Institute WDC Co-Ordinator

Dr. Deep Pooja



Principal

Dr. G.S. Chakraborty



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**PARUL INSTITUTE OF PHARMACY &
RESEARCH**

Woman Development Cell

Event Report

Report on Event- “Health Awareness Program on PCOS and PCOD”

Day: Thursday

Date: 6th March 2025

Venue: Parul Institute of Pharmacy & Research, Parul University, Vadodara

Topic: Health Awareness Program on PCOS and PCOD

Number of participants attended: 72

Objective of the Activity:

The lecture was arranged for female students with primary objectives:

- To spread awareness about the causes, symptoms, and long-term implications of PCOS and PCOD.
- To promote preventive healthcare and regular medical check-ups among female students.
- To encourage a healthy lifestyle including proper nutrition, exercise, and stress management.
- To break the stigma around women’s reproductive and hormonal health issues.

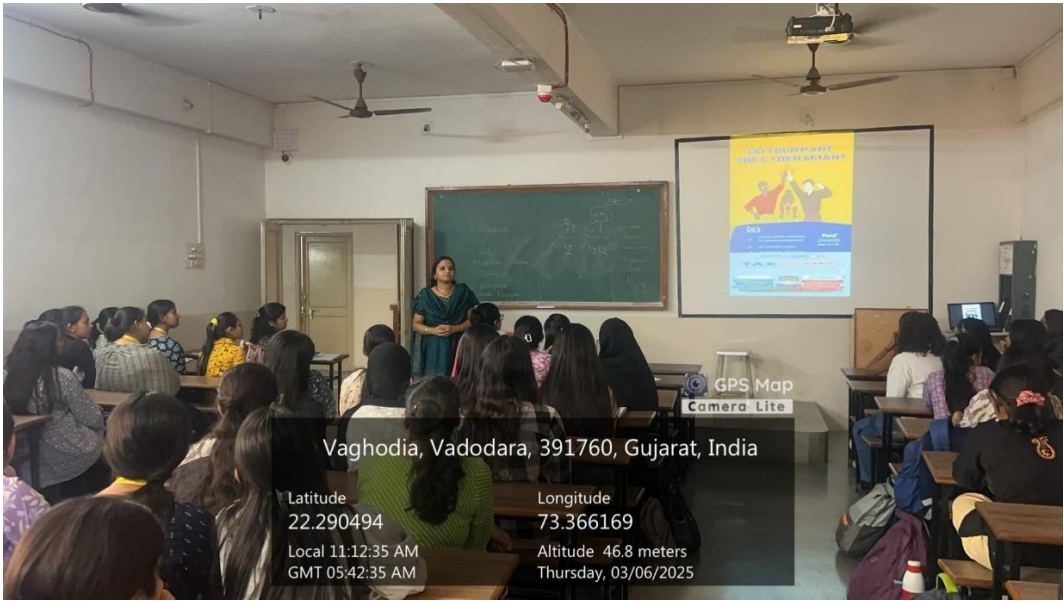
Brief of programme and Details of Resource Persons:

In alignment with our commitment to promote women's health and well-being, a guest lecture was organized to raise awareness about prevalent health issues among women, specifically **polycystic ovarian syndrome (PCOS)** and **Polycystic Ovarian Disease (PCOD)**. The lecture aimed to educate and empower the female students within our institution with reliable knowledge and preventive strategies. The guest lecture was conducted by Dr. Manjusha Karkare & Dr. Chitra, a leading expert in women’s health with extensive experience in gynecology and oncology. The session began with a warm welcome and an overview of the importance of raising awareness about women's health issues, which are often under-discussed or misunderstood.

Dr. Karkare explained the difference between polycystic ovarian syndrome (PCOS) and Polycystic Ovarian Disease (PCOD). She highlighted that both conditions are caused by hormonal imbalances and can lead to various symptoms like: Irregular menstrual cycles, Excess facial/body hair (hirsutism), Acne and oily skin, Weight gain or difficulty losing weight, Infertility in severe cases etc.

She emphasized the importance of early diagnosis through ultrasound and hormonal tests. She also discussed management Strategies such as Adoption of a low glycemic index diet, Regular physical activity, Stress management techniques such as yoga and mindfulness and medical management with hormonal therapy and insulin sensitizers.

The session also covered Breast Cancer wherein types of breast cancer, risk factors, Signs and symptoms to watch for, such as lumps, nipple discharge, changes in breast shape or size, and skin dimpling discussed.



Outcome of the event:

- Participants gained a detailed understanding of PCOS/PCOD and their management.
- Participants learned the correct technique for breast self-examination.
- Greater understanding of the importance of early detection in breast cancer.
- Enhanced willingness among participants to adopt healthier lifestyle choices.
- Positive feedback received, with requests for similar sessions in the future.



Dr. Deep Pooja

WDC Coordinator (Institute)



Dr. G. S. Chakraborty

Principal, PIPR

Women's Health Awareness Campaign
International Women's Day Celebration

Organized by
Women Development cell
Parul University

Sr. No.	Enrolment No.	Name of Student	Signature
1	2208231010045	Uzma Mirza	Uzma.
2	2208231010033	Vishva Karavadiya	Vishva
3	2208231010031	Fulguni Joshi	Fulguni
4	2208231010007	Atiyya Malvi	Atiyya
5	2208231010001	Rozza Mithabhai	Rozza Mithabhai
6	2208231010003	Diksha Chaudhary	Chaudhary
7	2208231010004	Vansha Dedha	Vansha
8	2208231010006	Kush Shah	Kush
9	2208231010014	Dhruvi Shah	Dhruvi
10	2208231010099	Khushi Patel	Khushi
11	2208231010101	Zaltek vohra	Zaltek
12	2408231019002	Panchal Vishwa	Panchal
13	2208231010002	Vishwa Baidaniya	Vishwa
14	2208231010012	Vandehi Patel	Vandehi Patel
15	2208231010013	Aanli Shah	Aanli Shah
16	2208231010020	Rinkal Chavda	Rinkal
17	2408232160011	Jiveka G. Konde	Jiveka
18	2408232160008	Syad Pralapati	Syad
19	2408232160007	Pooja Chafale	Pooja
20	2408232110006	Devina Vyas	Devina
21	2408232190007	Krupa Patel	Krupa
22	2408232190002	Surbha Patra	Surbha
23	2408232190001	Aditi Chowdhury	Aditi
24	2408232190002	Arpita Paul	Arpita
25	2408232110002	Komal Dajji	Komal
26	2408232110005	Harvi Bhatt	Harvi
27	2408232110008	Kirti More	Kirti
28	2408232110010	Achal Panchal	Achal
29	2408232110011	Poorvi Mehta	Poorvi
30	2208231010026	Grohi supre	Grohi
31	2208231010050	Ishu Pancholi	Ishu
32	2208231010041	Unnati Mahyavanshi	Unnati
33	2208231010067	Riya Lad	Riya Lad
34	2408232190008	Samruddhi Rakshe	Rakshe
35	2408232190003	Nandini Bhalodiya	Nandini
36	210823101706	Richa Varma	Richa
37	2208231010037	Ishika. kshatriya	Ishika
38	2208231010032	Kanwon kumari	Kanwon
39	2208231010039	Madhavi Mahajan	Madhavi

Date -05th Aug, 2024

Circular

All the female faculty members and female students are hereby informed that Women Development Cell in association with faculty of pharmacy is going to organize seminar on 'Sensitization and awareness regarding women Development cell and expert secession on women's health' on 09th Aug, 2024 from 10.00 am.

Resource Person – Dr Shalini Sharma

Motivational speaker

And

Health care professional

Z.C. Shah

Faculty co-ordinator

Ms. Zalak Shah

WDC institute Coordinator, PIPR



G.S. Chakraborty

Principal

Dr. G. S. Chakraborty

PIPR, Faculty of Pharmacy

Report on the event titled “Sensitization and awareness regarding women Development cell and expert secession on women’s health”

Day: Friday

Date: 09th August, 2024

Venue: Central Seminar Hall, Parul University, Vadodara

Topic: Sensitization and awareness regarding women Development cell and expert secession on women’s health

Number of participants attended: 42

Objective of the Activity:

Main objective of the activity is to enhance knowledge about the role and functions of the Women Development Cell. Advocate for gender equality and women’s rights within the community and organization. Encourage participation by actively involving women and stakeholders in WDC activities. Identify and address specific challenges faced by women and promote solutions. To provide information on gender issues, women’s rights, and the role of the WDC.

Brief of programme and Details of Resource Persons:

The session started with a brief introduction of the resource person – Dr Shalini Sharma, Motivational speaker and Health care professional. The speaker provided an introduction to the WDC, its vision, mission, and the activities it conducts throughout the academic year.

In the session speaker focus on a meaningful session aimed at empowering students through mindfulness and stress-relief practices. The goal was to foster mental clarity, reduce stress, and enhance emotional well-being among the students. The audience was informed about various initiatives taken by WDC, such as seminars, workshops, and counseling programs to assist female students in overcoming challenges related to academic pressure, social stigma, and personal health issues. The students were encouraged to actively participate in WDC activities, ensuring their involvement in creating an inclusive environment that empowers women. The expert stressed the need for a balanced diet and adequate nutrition for women, especially young girls, to ensure overall physical well-being. The expert provided insights into common health issues faced by women, such as PCOS, thyroid problems, and reproductive health concerns, stressing early diagnosis and treatment.

The event saw enthusiastic participation from female students and staff members. Many of the attendees actively engaged in discussions and asked questions during the Q&A session.



Outcome of the event:

The sensitization and awareness program was a significant success in educating the students about the role of the Women Development Cell and providing crucial insights into women's health. The expert session empowered the female participants with knowledge about self-care, breaking the silence on important health topics, and ensuring they have access to support and resources for their well-being.

This initiative by the WDC aligns with its mission to empower women, offering them a platform for growth, support, and development in all areas of life.

Z.C. Shah

Mrs. Zalak Shah
Coordinator of Women Development Cell



G.S. Chakraborty

Dr. G. S. Chakraborty
Principal, PIPR

Sensitization and awareness regarding women development cell and expert
secession on women's health

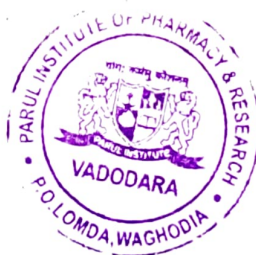
Attendance Sheet

Sr. No	Enrollment number	Name of student	Signature
1.	2408232120009	Vinita Mond	
2.	2408232100006	Janhavi Bendale	J.B.
3.	2408232110006	Devina Vyas	
4.	2408232100003	Shital Chaudhari	Shital Chaudhari
5.	2408232190007	Krupa Patel	
6.	2408232160008	Lijal Prajapati	
7.	24082321002220005	Lina. Deshpande	
8.	2408232220002	Ankita Priyadarshini Sahoo	
9.	2408232220003	Bichitra Sahoo	
10.	2408232220007	Kiran Kumari	
11.	2408232220008	Anushka Koli	
12.	2408232220001	Ameeta Wagh	
13.	2408232220010	Patel Harshita	
14.	2408232220006	Richa Jain	Richa Jain
15.	2408232190001	Aditi Choudhury	
16.	2408232190002	Apita Paul	
17.	2408232120004	Chailvi Kumari	
18.	2408232120001	Prayer Patel	P.A. Patel
19.	240823170007	Aishwarya Naik	
20.	2408232140009	Khushboo Panchal	
21.	2408232170010	Aesha Patel	
22.	2408232170005	Shruti Salunkhe	
23.	2408232170004	Shruti Sanhavi	
24.	2408232130003	Prerona Tambe	P. N. TAMBE
25.	2408232130001	Shruti Daji	
26.	2408232170014	Khushi Shukh	
27.	2408232170011	Harvi Patel	
28.	2408232170013	Suvi Ahirrao	
29.	2408232130007	Devda Sanjana	
30.	2408232130008	maheshwari himani	
31.	2408232130009	Riddhi Patel	
32.	2408232130004	Toshika Bahelkar	
33.	2408232130013	Isha M. Thorat	
34.	2408232130011	Niyati S. Shah	N.S. mah
35.	2408232070021	Prushti N. Patel	

36.	240823270030	Vali Kavyanjali Reddy	v.kavyanjali
37.	2408232010002	Dea Dhanya Soorjith	Dea
38.	2408232070015	N. Sanjana	N. Sanjana
39.	2408232070010	K. Jignasri	K. Jignasri
40.	2308232070013	P. sasiveera	P. senu
41.	2408232070024	Patel Umshali H	Patel
42.	2408232070027	Joni Vishwa .K.	Joni
43.			
44.			
45.			
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48.			
49.			
50.			

Z.C. Shah
Faculty of coordinator
Ms. Zalak Shah
WDC institute Coordinator, PIPR

Principal
05/02/24
Dr G.S. Chakraborty
PIPR



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

DEPARTMENT	Faculty of Management Studies		
ACTIVITY TYPE	Expert Session		
ACTIVITY TITLE	Cervical Cancer and New Innovation		
DATE & TIME	19-02-2025	Duration	3 Hrs
PARTICIPANTS NO.	39 Participants		
EXPERT NAME WITH DESIGNATION	Ms. Bhoomee Thakrar (Business Development Manager)		
NAME OF EXPERT'S ORGANIZATION	Community Project		
EXPERT CONTACT DETAILS			
FACULTY COORDINATOR	Dr. Bijal Shah, Ms. Ankita Parikh		
FACULTY CONTACT DETAILS	8733936179, bijalben.shah@paruluniversity.ac.in		
SDG	5: Gender Equality		
MOU Activity			
SPONSORING AUTHORITY	-	Sponsorship amount:	-

Objective:

The expert talk aimed to raise awareness about cervical cancer and educate students on the latest innovations in its prevention, diagnosis, and treatment. The session sought to equip attendees with essential knowledge about the disease, its risk factors, early detection methods, and advancements in medical technology. Additionally, the talk emphasized the importance of women's health, vaccination, and proactive healthcare practices to combat cervical cancer effectively.

Activity Details:

The speaker explained the basics of cervical cancer, its causes and the role of the Human Papillomavirus (HPV) in its development. The speaker highlighted the symptoms to watch for and the importance of seeking medical advice promptly.

Ms. Bhoomee Thakrar discussed the importance of HPV vaccination in reducing the risk of cervical cancer. Lifestyle modifications, including a healthy diet, safe sexual practices, and quitting smoking, were suggested as preventive measures.

The speaker introduced the audience to advancements in medical technology, including AI-driven diagnostics, targeted therapies, and minimally invasive surgical techniques. The role of immunotherapy and personalized medicine in improving patient outcomes was also explored. The session emphasized the need for spreading awareness about cervical cancer and breaking the stigma surrounding women's health issues. Ms. Thakrar encouraged students to participate in community initiatives, health camps, and awareness drives to educate others.

Glimpses of activity:

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NAAC A++
ACCREDITED UNIVERSITY

WOMEN DEVELOPMENT CELL
PARUL UNIVERSITY

Faculty of Management Studies-MBA
in association with WDC organise expert session

**EXPERT SESSION ON
CERVICAL CANCER AND
NEW INNOVATION**

19th February 2025
10Am to 12 Pm
FMS - MBA Building

CONVENER
DR. BIJAL ZAVERI,
DEAN, FMS

COORDINATOR
DR. BIJAL SHAH,
ASSISTANT PROFESSOR

COORDINATOR
MS. ANKITA PARIKH,
ASSISTANT PROFESSOR

MS. BHOOMEE THAKRAR
BUSINESS DEVELOPMENT MANAGER
(COMMUNITY PROJECT)

4 QUALITY EDUCATION

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Outcome:

Key Takeaways

- Cervical cancer is preventable with regular screenings and HPV vaccinations.
- Early detection significantly improves treatment success rates.
- Medical innovations are transforming the way cervical cancer is diagnosed and treated.
- Spreading awareness and advocating for women’s health can save lives.

Conclusion

The expert talk successfully provided students with a deeper understanding of cervical cancer, its risks, and the latest advancements in prevention and treatment. The session encouraged attendees to prioritize their health, adopt preventive measures, and contribute to spreading awareness in society. The interactive and insightful discussion left students motivated to take proactive steps toward women’s health advocacy.

Special thanks to Ms. Bhoomee Thakrar for sharing her expertise and to the organizing faculty, including Dr. Bijal Zaveri, Dr. Bijal Shah and Ms. Ankita Parikh, for facilitating an informative and engaging session. Gratitude was also extended to Parul University for supporting such a crucial initiative aimed at enhancing students’ knowledge and well-being.

Attendance Sheet:

Sr. No.	Name of student	Enrollment number	Signature
1	DHAIRYSHA PATEL	2406142000015	Dhairysha
2	HIMSHA MAKWANA	2406172000138	Himsha
3	JINDAL KRATIKA RAJESHKUMAR	2406172000140	Krati
4	PRIYANKA ENGHI	2306142000907	Priyanka
5	POOJA KAITH	2306142000897	Pooja
6	AYUSHI SHRIVASTAV	2306172000188	Ayushi
7	NAIR KARTHIKA SANJAY	2306172000097	Karthika
8	ANISHA KUMARI	2306172000658	Anisha
9	HIRAL ZALA	2306172000880	Hiral
10	NADAR BENJAMIN ANTHONY	2306142000047	Nadar
11	NILAM S GOHIL	2306142000833	Nilam
12	PRAGATI D SOLANKI	2406172000365	Pragati
13	REYGIR RIYA	2406172000353	Reygir
14	RICHA KUMARI	2406172000087	Richa
15	PALAK PATIDAR	2306172000913	Palak
16	RUCHIKA MALI	2406172000185	Ruchika
17	JETHVA JANVI NARESHKUMAR	2306172000270	Janvi
18	PATEL MAITRIBEN SNEHALKUMAR	2406172000171	Maitri
19	OZAL PARMAR	2406172000196	Ozal
20	GRISHMA CHAUHAN	2406172000493	Grishma
21	PANKTI PATEL	2406172000255	Pankti
22	YOGANSHEE DAD	2406172000129	Yoganshee
23	ARYA RANIPA	2406172000182	Arya
24	VAISHALI VASAVA	2406172000109	Vaishali
25	PRIYANKA PARMAR	2406172000164	Priyanka
26	URVASHI GOHIL	2406172000228	Urvashi
27	NIKI PATEL	2406172000531	Niki
28	HINAL A PARMAR	2406172000139	Hinal
29	RINKAL PARMAR	2406172000356	Rinkal
30	KHUSHBU ROHIT	2406172000356	Khushbu
31	TRUSHNA SHAH	2406172000192	Trushna
32	KRITIKA PATEL	246172000169	Kritika
33	MONAL VASAVA	2406172000110	Monal
34	GANDHI MAYURI	2406172000030	Mayuri
35	BHOMIK SWASTI	2406172000013	Bhomik
36	PRIYAL MISTRI	2406172000239	Priyal
37	VANSHITA SONI	2406172000201	Vanishita
38	SANJANA TAPODHAN	2406172000468	Sanjana
39	RAJPUROHIT KANCHAN HARISHSING	2306142000142	Rajpurohit

Dr. Bijal Shah
Asst. Prof., Coordinator,
FMS, PU

Dr. Aashka Thakkar
Academic Head
FMS, PU

Dr. Bijal Zaveri
Dean
FMS, PU

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

DEPARTMENT	MBA		
ACTIVITY TYPE	NSS & SRC		
ACTIVITY TITLE	Hygiene Awareness & Sanitary Distribution for Village Women		
DATE & TIME	7th March 2025	Duration	1 Day
PARTICIPANTS NO.	36		
EXPERT NAME WITH DESIGNATION			
NAME OF EXPERT'S ORGANIZATION			
EXPERT CONTACT DETAILS			
FACULTY COORDINATOR	Ms. Pinki Parmar, Dr. Axita Thakkar		
FACULTY CONTACT DETAILS	9825283040		
SDG	SDG 3 – Good Health and Well-being, SDG 5 – Gender Equality, SDG 6 – Clean Water and Sanitation		
MOU Activity	NO		
SPONSORING AUTHORITY	-	Sponsorship amount:	-

Objective:

- To spread awareness about menstrual hygiene and overall personal hygiene among rural women.
- To educate women on the safe use and disposal of sanitary napkins.
- To reduce stigma and promote open dialogue around menstrual health in villages.

Activity Details:

The Department of MBA, Faculty of Management Studies, Parul University, organized an impactful outreach activity titled “Hygiene Awareness & Sanitary Distribution for Village Women” under the NSS & SRC initiative. The program was designed to support women in rural areas who often lack access to menstrual health education and basic hygiene products. The session began with a sensitization talk by student volunteers and faculty members, focusing on the importance of menstrual hygiene, myths and taboos surrounding periods, and ways to maintain cleanliness. Demonstrations were conducted using simple materials to explain the right method of using and disposing of sanitary napkins. The session was conducted in the local language to ensure clarity and comfort among the participants. Women were encouraged to ask questions, share experiences, and participate in group discussions. Student volunteers ensured a respectful and empathetic environment throughout the session. Faculty coordinators Ms. Pinki Parmar and Dr. Axita Thakkar guided the activity, ensuring the information shared was accurate, age-appropriate, and culturally sensitive. After the awareness session, free sanitary napkins and hygiene kits were distributed to all the women. The initiative strongly aligned with SDG 3 (Good Health and Well-being), SDG 5 (Gender Equality), and SDG 6 (Clean Water and Sanitation) by promoting health, dignity, and well-being through education and resource distribution.

Glimpses of activity:



GPS Map Camera

Vadodara, Gujarat, India
4, Ishwarpura Rd, Near Parul Clg, Waghodia, Vadodara,
Gujarat 391760, India, Vadodara, Gujarat , India
Lat 22.289142° Long 73.362103°

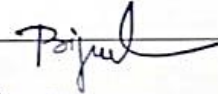
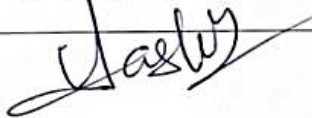
Outcome:

- Raised awareness and reduced stigma around menstrual and personal hygiene.
- Provided hygienic products to underserved women to improve their health and dignity.
- Encouraged women to adopt safe hygiene practices and share the knowledge with others in their community.

Attendance Sheet:

Sr. No.	Name of student	Enrollment number	Signature
1	NEELU SINGH	2406142000328	Neelu
2	Manikanta Makineedi	2406142000760	Manikanta
3	Godfrey Andrea Mwakalita	2406142000736	Godfrey
4	K Hruthik	2406142000424	K Hruthik
5	Yash Jagdish	2406142000035	Yash
6	Shagun singh	2406142000055	Shagun
7	Parag Bhalodiya	2406142240025	Parag
8	Kripa Patel	2406142240029	Kripa
9	Reetika Ubana	2406142000217	Reetika
10	MOHAMAD JAQWAN SHAIKH RIYAZ	2406142000211	Mohamad
11	Bhargav Jagdish Ashikbhai	2406142000457	Bhargav
12	Anupam Kumar	2406142000806	Anupam
13	NIRAJ PRAMOD PAWAR	2406142000643	Niraj
14	Paridhi jain	2406142000508	Paridhi
15	Shreya Mulay	2406142000635	Shreya
16	Vaibhav Harod	2406142000339	Vaibhav
17	Robertokalus Khumanthem	2406142000878	Robertokalus
18	Dilip Chaudhary	2406142000462	Dilip
19	DIKSHA YADAV	2406142000251	Diksha
20	Sanyam Raj Pradhan	2406142000534	Sanyam
21	Kashish singh	2406142000373	Kashish
22	Sakshi Gupta	2406142000389	Sakshi
23	ASHWANI CHAUHAN	2406142000353	Ashwani
24	Bidul das	2406142000460	Bidul
25	Poonam Gupta	2406142000517	Poonam
26	Deepshikha shandilya	2406142000467	Deepshikha
27	Anuch Bhavsar	2406142000353	Anuch
28	Ishita pal	2406142000460	Ishita
29	Sachin Kumar Rai	2406142000878	Sachin
30	Aniruddha kharat	2406142000009	Aniruddha
31	Vijay	2406142000401	Vijay
32	Sagar Kumar Mehta	2406142000529	Sagar
33	Mahadev pralhad sanap	240614200490	Mahadev
34	Anushri Kalaskar	2406142000350	Anushri
35	Vaishnavi Matale	2406142000763	Vaishnavi
36	Shivam patel	2406142000219	Shivam

Name & Signature of coordinator	Name, Signature & stamp of Head of the Institute	Name, Signature & stamp of Dean
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Dr. Bijal Zaveri
Dean
Faculty of Management Studies
Parul University

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EXPERT TALK ON

Empowering Women Through Knowledge of POSH

Date of Event	: 12/09/2024
Venue	: FMS – Room No 412
Time slot	: 10:00 AM to 1:00 PM
No. of Participants	: 30 students
Details of Expert Services	: Dr. Gita Desai, Founder & Head, Vishwas Human Capital
Faculty Coordinator	: Dr. Bijal Shah

Objective of the Guest Lecture:

The purpose of this expert talk on “Empowering Women through Knowledge of POSH” was to educate and empower female students by providing them with a comprehensive understanding of the Prevention of Sexual Harassment (POSH) Act, 2013. As these students will soon be stepping into the professional world, the session aimed to make them aware of their legal rights, the mechanisms available for reporting and addressing workplace harassment, and the importance of creating a safe and respectful work environment. The discussion also emphasized how awareness of the POSH Act not only protects women but also enables them to confidently navigate professional spaces, contribute effectively, and advocate for a culture of dignity and equality.

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Brief of the Program:

The expert talk on “Empowering Women through Knowledge of POSH” commenced with a warm welcome to the distinguished speaker, followed by the presentation of a memento as a token of appreciation. Dr. Gita Desai began the session by engaging the audience with a set of pre-assessment questions, designed to gauge their initial awareness and set the context for the discussion. The students actively participated, which created an interactive and receptive atmosphere.

The session then progressed with a clear explanation of the Prevention of Sexual Harassment (POSH) Act, 2013, including its legal definition, historical background, and the directives laid down by the Hon’ble Supreme Court of India. Dr. Desai highlighted the importance of the Act, the reasons it was mandated across all sectors, and its role in ensuring workplace safety and dignity for women.

Participants were introduced to the different types of sexual harassment at the workplace, supported by an insightful case study that helped them distinguish between conduct that constitutes harassment under POSH and behavior that does not fall under its purview. The three core pillars of the Act—Women, Workplace, and Working Relationship—were explained in depth, ensuring conceptual clarity.

A detailed discussion on the Redressal Mechanism was then conducted, guiding the attendees through the steps of reporting, inquiry, and resolution of complaints. The session concluded with an open-house segment, where students posed their queries, which were addressed comprehensively by the expert, leaving them more informed, confident, and empowered to safeguard their rights in professional spaces.

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Outcome of the Program:

The expert talk proved to be highly enlightening and impactful for all attendees, equipping them with essential knowledge about the Prevention of Sexual Harassment (POSH) Act and empowering them to recognize, address, and prevent workplace exploitation. Participants gained awareness of the official government platform through which complaints can be filed under the POSH Act, applicable to any organization regardless of its size or sector.

The session successfully achieved its core objective of spreading awareness among future professionals, ensuring they understand their rights and the mechanisms available for protection. Active participation, thought-provoking discussions, and practical insights enabled the attendees to internalize the key learnings. The knowledge shared during the session is expected to serve as a life-long asset, fostering confidence and enabling women to contribute to safer and more respectful work environments.

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Empowering Women Through Knowledge of POSH



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Expert Session On

**Empowering Women
Through Knowledge
of POSH**

 12th September 2024

 10.00 AM - 12.00 PM

Convenor :
Dr. Bijal Zaveri
Dean & Director, FMS

Coordinator :
Dr. Bijal Shah
Assistant Professor, FMS



DR. GEETA DESAI
Founder & Head
Vishwas Human Capital Services, Vadodara



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Empowering Women Through Knowledge of POSH

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Empowering Women Through Knowledge of POSH



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EXPERT TALK ON

Empowering Women Through Knowledge of POSH



Sr. No.	Name of student	Enrollment number	Signature
1	MONAL VASAVA	2406172000110	MONAL
2	GANDHI MAYURI	2406172000030	Mayuri
3	BHOMIK SWASTI	2406172000013	Bhomik
4	PRIYAL MISTRI	2406172000239	Priyal
5	VANSHITA SONI	2406172000201	Vanshita
6	SANJANA TAPODHAN	2406172000468	Sanjana
7	JPUROHIT KANCHAN HARISHSINGH	2306142000142	JPUROHIT
8	KHUSI ROY	2406172000579	Khusi
9	KHUSI SHAH	2406172000596	Khusi
10	RADHIKA UPRIIT	2406142000519	Radhika
11	JUHI YADAV	2406142000481	Juhi
12	KOMAL BISHT	2406142000584	Komal
13	SWASTI BHOMIK	2406172000013	Swasti
14	MISTRY PRIYAL	2406172000239	Priyal
15	GANDHI MAYURI	2406172000030	Mayuri
16	SHARDHA V GAURAV	2406142000363	Shardha
17	SUDHERNA PAUL	2406142000335	Sudherna
18	SUMAN KUMARI	2406142000336	Suman
19	VRAJ DALSANIYA	2406142000818	Vraj
20	VIBHA SHARMA	2406142000915	Vibha
21	DVISHA TRIVEDI	2406172000027	Dvisha
22	MANITHA RANTHOR	2406172000267	Manitha
23	DHYANI MANSWAL	2406172000500	Dhyani
24	JAISHREE KHANDEWAL	2406172000513	Jaishree
25	AKANSHA CHAKSHI	2406172000127	Akansha
26	PARMAR NIKITA	2406172000162	Nikita
27	MONIKA MAKWANA	2406172000048	Monika
28	NISHA VANKAR	2406172000445	Nisha
29	RICHA KUMARI	2406172000087	Richa
30	KAVITA PATEL	2406172000562	Kavita

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Empowering Women Through Knowledge of POSH



Dr. Bijal shah
Asst. Prof., Coordinator
FMS, PU



Dr. Aashka Thakkar
Academic Head
FMS, PU



Dr. Bijal Zaveri

Dr. Bijal Zaveri
Dean
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