



**CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY**

## **Criterion 5**

### **Student Support and Progression**

Metric 5.1.3	Following Capacity development and skills enhancement initiatives are taken by the institution
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## **3. Life skills**

### **Supporting Documents**

1	List of programs conducted and the number of students enrolled for each of the events
2	Copy of circular /brochure/report of the event including photographs with date and caption for each scheme or event
<b>(Year : 2019-20)</b>	

## Year: 2019-20

### **List of programs conducted and the number of students enrolled**

#### **LIFE SKILLS**

<b>Sr No</b>	<b>Name of the capacity development and skills enhancement schemes</b>	<b>Number of students enrolled</b>	<b>Page No.</b>
1	Anemia detection and awareness campaigning	35	1
2	Health and hygiene awareness program	38	6
3	Webinar on Major trauma rehabilitation	63	12
4	5 <sup>th</sup> International Yoga Day celebration	80	17
5	Pain awareness day celebration	60	22
6	Expert talk on Community Physiotherapy:Research & Practice	68	26
7	2 <sup>nd</sup> Neurophysiotherapy league NPTL'19	72	31
8	Webinar on Basics of Diagnostics Imaging in Physical therapy practice	92	38
9	Expert Talk on Role of Physiotherapy in Community	66	43
10	Health Carnival on corona virus	59	48
11	Self- Medication awareness Campaign on World Pharmacist Day	16	55
12	Poster presentation on the theme of "Issues and Challenges in life style diseases"	5	60
13	Marathon and Walkathon	200	68
14	Obesity and Anemia Screening Camp	115	72
15	Health Education On Menstrual Health & Hygiene	4	80
16	Webinar on "Peace Around is a Reflection of Peace Within"	109	84
17	Online Workshop on "Breast Self -Examination	30	87
18	Expert talk on Adolescent Girl's Health Issues	33	95



Avani Chokshi &lt;avanichokshi.ph@charusat.ac.in&gt;

## Willingness for 5th march, 2020 - half day community extension activity

Jalpa Suthar <jalpasuthar.ph@charusat.ac.in>  
To: RPCP <rpcp@charusat.ac.in>

Mon, Mar 2, 2020 at 12:10 PM

Dear All,

We members of Women Development Cell (WDC) RPCP and MTIN - CHARUSAT jointly planned to organize **Anemia detection and awareness campaigning** as part of **International Women's Day**, 2020 celebration. The program is scheduled on 5th & 6<sup>th</sup> March, 2020.

The whole activity is divided into 2 parts, on 5<sup>th</sup> March, Thursday (12.pm onwards ) there will be an Anemia detection and awareness campaigning at Malataj village and on 6<sup>th</sup> March, Friday ( 10 am to 4 pm ) on campus screening of hemoglobin of all employees and students.

In this context, if any faculty member is interested to join Anemia detection and awareness campaigning at Malataj village then please give your consent by 3/3/2020 by e-mail.

Thanking You,

**Dr. Jalpa Suthar**

*M. Pharm, PhD*

Assistant Professor  
Ramanbhai Patel College of Pharmacy (RPCP)  
Charotar University of Science and Technology (CHARUSAT)  
At & Post- Changa, Tal- Petlad, Dist- Anand  
Gujarat State- 388 421. INDIA

Cell: +91 9825907538  
Office: +91 2697 265 138  
Intercom: 5138'



Avani Chokshi &lt;avanichokshi.ph@charusat.ac.in&gt;

## Obesity and anemia screening camp" on 6th March 2020.

**Principal MTIN CHARUSAT** <principal.mtin@charusat.ac.in>  
 To: charusatfamily@charusat.ac.in

Wed, Mar 4, 2020 at 5:33 PM

Dear Colleagues,

Greetings !

We are pleased to inform you that Women Development Cell of Manikaka Topawala Institute of Nursing and Ramanbai Patel Pharmacy College, CHARUSAT is going to organize **"Obesity and anemia screening camp" on 6th March 2020.** Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A person with a BMI of 30 or more is generally considered obese. A person with a BMI equal to or more than 25 is considered overweight. Overweight and obesity are major risk factors for a number of chronic diseases, including diabetes, cardiovascular diseases and cancer.

Anaemia is a condition in which there is a reduced number of red blood cells or haemoglobin concentration within the red blood cells is lower than normal. There will be a decreased capacity of the blood to carry oxygen to the body's tissues in anaemic person. This results in symptoms such as fatigue, weakness, dizziness and shortness of breath.

**The objectives of the screening camp are as follows:**  
 This screening camp helps to

- Identify all individuals' BMI.
- Understand their category of health status.
- Check their haemoglobin level.
- Advocating all individuals with normal level of haemoglobin.

**There is no registration fee.**

I request you to forward the same document to all members for its wide publicity to motivate them for participation.

click the link for registration:

<https://docs.google.com/forms/d/1Gf7124DfmfbnQiY-krnbNYwQSFMTPtEA0OAWmxQ8fM/edit>

**Target audience : Students,Teaching and non teaching employees of CHARUSAT university, Changa.**  
**Venue : Nursing Foundation Lab Room no: 201**  
**Time : 10:00 am to 4:00 p.m.**

Warm regards

Dr. Anil Sharma

**Report  
On  
Anemia Detection and Awareness Campaigning  
5 & 6<sup>th</sup> March, 2020.  
Women Development Cell (WDC) - RPCP & MTIN**

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We members of Women Development Cell (WDC) RPCP and MTIN - CHARUSAT jointly organized **Anemia detection and awareness campaigning** as a part of International Women's Day, 2020 celebration. The program was scheduled on **5 & 6<sup>th</sup> March, 2020.**

The whole activity was divided into 2 parts, on 5<sup>th</sup> March, Thursday (12.pm onwards) there was an Anemia detection and awareness campaigning at Malataj village and on 6<sup>th</sup> March, Friday ( 10 am to 4 pm ) on campus screening of hemoglobin and Obesity of all employee and students were done.

Total 35 students of B.Pharm and M.Pharm Participated in Awareness rally at Malataj Village. Additionally, seven faculty members of RPCP joined the awareness campaign along with Co-ordinators. Total 62 women of the village were benefited though anemia detection activity. Moreover, some of the females were identified with the hemoglobin level below 8 gm/dl, for this reason, co-ordinators advised them to consult physician and visit CHARUSAT hospital.

**Objectives:**

**On 5<sup>th</sup> March, 2020: Anemia detection and awareness campaigning at Malataj Village**  
The objectives were:

- to bring awareness about Anemia and its associated problems in the village people
- to detect the Hemoglobin level and identifying people with severe anemia
- to advice about healthy diet and pamphlet distribution

**Activities carried out and beneficiaries**

The following activities were conducted during the campaign:

- Awareness rally in Malataj Village
- Pamphlet distribution
- Estimation of Hemoglobin in Women ( Underprivileged )



Anemia detection and awareness campaigning (5 th March, 2020)



Anemia detection and awareness campaigning (5 th March, 2020)



Alkesh Patel &lt;alkeshpatel.ph@charusat.ac.in&gt;

## Participation in World Pharmacist Day Celebration on 25 Sept. 2019

3 messages

Nilay Solanki &lt;nilaysolanki.ph@charusat.ac.in&gt;

Tue, Sep 24, 2019 at 2:23 PM

To: RPCP &lt;rppc@charusat.ac.in&gt;

Cc: Principal RPCP CHARUSAT &lt;principal.rppc@charusat.ac.in&gt;

Dear All,  
Faculty members

It is mandatory to participate in World Pharmacist day celebration activity on Theme of "**Health and Hygiene awareness**". Faculty members who do not have any workload tomorrow morning session are requested to come along.

Transportation facility is arranged for all.

Following activities planned:

- 1) Awareness Rally in village
- 2) Health and Hygiene kit and pamphlet distribution
- 3) Skit at School
- 4) Medication safety awareness talk

**Date: 25 September, 2019**

**Time: 9.30 AM**

**Venue: Malataj village and School**

**Return time: 1.00 PM**

Supported by Gujarat State Pharmacy Council  
Under EOC and WDC

Regards

**Dr. Nilay Solanki**  
Assistant Professor,  
Dept. of Pharmacology,  
Ramanbhai Patel College of Pharmacy  
CHARUSAT, Changa - 388421  
TA-Petlad, Dist.-Anand  
Mob - +919904616473  
**Landline: +91 2697 265148**  
**Intercom - 5148**  
Email - [nilaysolanki.ph@charusat.ac.in](mailto:nilaysolanki.ph@charusat.ac.in); [nivyrx@gmail.com](mailto:nivyrx@gmail.com)

<https://edmodo.com/profile/ndsolanki>



<https://in.linkedin.com/in/nilaysolanki>

<http://charusat.ac.in/>

[https://www.youtube.com/watch?v=SlZsZG\\_kmRc&hd=1](https://www.youtube.com/watch?v=SlZsZG_kmRc&hd=1)

Nilay Solanki <nilaysolanki.ph@charusat.ac.in>  
To: RPCP <rppc@charusat.ac.in>  
Cc: Principal RPCP CHARUSAT <principal.rppc@charusat.ac.in>

Tue, Sep 24, 2019 at 2:29 PM

<https://mail.google.com/mail/u/1?ik=ec582606a9&view=pt&search=all&permthid=thread-f%3A1645546279664679311&simpl=msg-f%3A16455462796...> 1/2



Alkesh Patel &lt;alkeshpatel.ph@charusat.ac.in&gt;

## Fwd: Health and Hygiene awareness activity under EOC-RPCP, CHARUSAT

1 message

**Nilay Solanki** <nilaysolanki.ph@charusat.ac.in>  
 To: Alkesh Patel <alkeshpatel.ph@charusat.ac.in>

Fri, Jun 12, 2020 at 8:15 PM

----- Forwarded message -----

From: **Nilay Solanki** <nilaysolanki.ph@charusat.ac.in>  
 Date: Fri, 20 Sep 2019, 09:15  
 Subject: Health and Hygiene awareness activity under EOC-RPCP, CHARUSAT  
 To: Rajendra Solanki <rajendrasolanki.adm@charusat.ac.in>, Hardik Jayswal <hardikjayswal.it@charusat.ac.in>, mihir patel <mihirrpatel.ee@charusat.ac.in>, Dolly Sharma <dollysharma.cips@charusat.ac.in>, Sonal Rami <sonalrami.it@charusat.ac.in>, binit patel <binitpatel.mba@charusat.ac.in>, Ashwin Makwana <ashwinmakwana.ce@charusat.ac.in>, Dattatraya Subhedar <dattatraya.me@charusat.ac.in>  
 Cc: Convener Equal Opportunity Cell CHARUSAT <convener.eoc@charusat.ac.in>

○ Dear All,

### Under Equal Opportunity Cell (EOC), CHARUSAT Ramanbhai Patel College of Pharmacy Organizes **"Health and Hygiene awareness activity"**

Date: 25/09/2019 (Wednesday)

Time: 9.30 am to 1:30 pm

Venue: Malataj Village and School

This activity will be conducted on World Pharmacist day (25/09/2019).

Regards

○ Dr. Nilay Solanki  
 Assistant Professor,  
 Dept. of Pharmacology,  
 Ramanbhai Patel College of Pharmacy  
 CHARUSAT, Changa - 388421  
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 Mob - +919904616473  
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 Email - nilaysolanki.ph@charusat.ac.in; nivyrx@gmail.com

<https://edmodo.com/profile/ndsolanki>



**World Pharmacist Day Celebration**  
**Health and Hygiene Awareness Program**  
Ramanbhai Patel College of Pharmacy  
CHARUSAT, CHANGA – 388 421

**Event Report**

Name of Event	: <b>Health and Hygiene Awareness</b>
Date and Time of Event	: <b>25-09-2019; 9.30 AM – 1.30 PM</b>
Event coordinators	: Dr. Nilay Solanki
Venue	: <b>Malataj Village and at Shreemati M.K.Patel School, Malataj</b>

**Summary of the Event**

World Pharmacist day was celebrated at Ramanbhai Patel College of Pharmacy (RPCP), CHARUSAT, Changar on **25<sup>th</sup> September, 2019**. The theme was Safe and effective medicines for all included health and hygiene awareness. The event was taken up from RPCP, Charotar University of Science and Technology to Malataj Village and School.

Following activities were conducted:

- 1) Awareness rally in Malataj Village
- 2) Theme based skit performance in Village and School
- 3) Health and hygiene awareness kit and pamphlets distribution to village residents.
- 4) Online Quiz conduction on Antibiotics

The main aim of this programme was to aware the village people about the health, hygiene and cleanliness. During this event total fifty student volunteers (NSS unit) of RPCP enthusiastically joined the rally and distributed health and hygiene kits and pamphlets to village people and aware them about it. Various slogans on health and hygiene were delivered to people during the rally to spread awareness and it was brought to attention of people that Cleanliness is the only medicine to all the diseases.

The message related to health and hygiene was passed on to the people by the mode of the skit. Volunteers have also talked about self-medication as the people started taking medicines randomly without the prescription of doctor which affected the health of the people.

**No. of Participants: 43**

Ramanbhai Patel College of Pharmacy (RPCP) is thankful to Gujarat State Pharmacy council for granting financial support for this activity. RPCP is also thankful to volunteers (38 students) and staff members for their support during the event.



**Health and Hygiene Awareness in slum areas on 25-09-2019, 9.30 am – 1.30 pm**



**Health and Hygiene Awareness in school on 25-09-2019, 9.30 am – 1.30 pm**



**Faculty and student volunteers for Health and Hygiene Awareness, 25-09-2019, 9.30 am – 1.30 pm**

**RAMANBHAI PATEL COLLEGE OF PHARMACY**  
**CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**CHARUST Campus, Changa**

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**Circular/ Notice**

**Date: 23/09/2019**

This is to bring to your notice that RPCP- Women Development Cell is going to organize Self Medication Awareness Campaign as a part of the World Pharmacist Day celebration on 25<sup>th</sup> September at Malataj Village. Interested students and faculty members are requested to contact the coordinator of the event.



Dr. Jalpa Suthar  
coordinator, WDC, RPCP

Dr. Manan Raval  
Principal, RPCP



# Major Trauma Rehabilitation



Department of Musculoskeletal Sciences  
Organises  
Live Webinar

9th July 2020      2 pm - 3.30 pm

Join With Us by



Meeting ID/Password

ID: 926 1190 4472  
Password: 2TTKk2



**Srikanth Sabapathy**  
MPT(Ortho), MSc(Med Rehab)

Trauma Inpatient Physiotherapist,  
John Radcliffe Hospital Major Trauma Centre,  
Oxford University Hospitals NHSFT,  
United Kingdom (UK)

<https://charusat.nopaperforms.com/>

[www.charusat.ac.in](http://www.charusat.ac.in)



## Event Report on Virtual webinar

<b>Name of Event</b>	Virtual webinar on “ Major Trauma Rehabilitation”
<b>Date and Time of Event</b>	9 <sup>th</sup> July, 2020, 02:00 PM– 03:30 PM
<b>Event coordinator</b>	Dr. M. Balaganpathy
<b>Resource person details</b>	Dr. Srikesvan Sabapathy
<b>Event for (UG/PG/PhD)</b>	UG, PG

Sr. No.	Name of the resource person	Organization of resource person
1	Dr. Srikesvan Sabapathy	Oxford University Hospitals NHSFT, UK

### Event Schedule:

Date	Time	Activity
9/07/2020	02:00 PM- 03:30 PM	Expert Talk

### Summary of the Event:

An expert talk has been organized on a virtual platform for undergraduate and postgraduate students to enhance the knowledge of trauma and rehabilitation. The resource person for the event is Srikesvan Sabapathy, trauma inpatient physiotherapist, John Radcliffe major trauma centre, oxford university hospitals, United kingdom. The entire session was organized by the department of musculoskeletal sciences physiotherapy and the event was coordinated by Dr.M. Balaganapathy, Principal, ARIP. The event was started with welcoming to the Speaker and the main content which was delivered by Dr. Pavithra, Q & A round with the audience and winded up by vote of thanks. 63 students had actively participated in the event.

**Registration fee :** Nil.

**No. of Participants:** 63

Report of virtual webinar on Major Trauma Rehabilitation

### Photographs of virtual event Major Trauma Rehabilitation on 9<sup>th</sup> July, 2020



### Major Trauma- Indian perspective

Srikesavan.Sab...

Trauma care systems in India and China- A grim past and an evolving future  
(International Orthopaedic Trauma Association Supplement: International Trauma Systems- March 2019 - Volume 2 - Issue 51 - p e017)  
Sushrut Babulkar, MS, MCh,\* et al.

Approximately 6% of the global RTAs annually occur in India, even though it only has 3% of the world's vehicles.

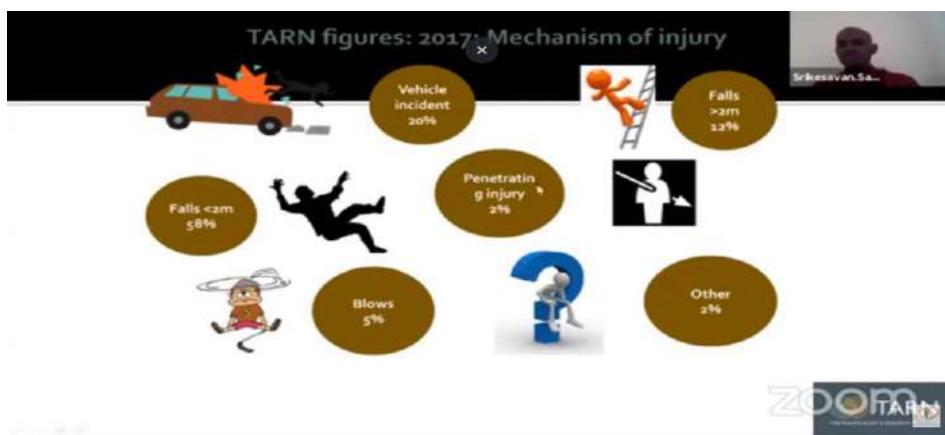
The RTA rate of 35 per 1000 vehicles and the RTA fatality rate of 25.3 per 10,000 vehicles is the highest in the world

RTAs was 139,671 in 2014, which subsequently jumped to 146,133 in 2015

The proportion of fatal accidents in total road accidents in India has consistently increased from 18.1% in 2002 to 24.4% in 2011.

Similar to other parts of the world, RTAs mainly involve younger individuals, which significantly impacts work productivity.

In 2016, almost 140,000 RTA-related fatalities were reported in India of which 68.6% involved those between the ages of 18 and 45 years.



Report of virtual webinar on Major Trauma Rehabilitation

**List of Students Participated in the virtual event organized on 9<sup>th</sup> July, 2020**

Sr No	Roll No	First Name	Last Name	Degree
1	16BPT002	Nimangiben	Bhagat	BPT
2	16BPT003	Tripad	Bhanushali	BPT
3	16BPT006	Purviben	Bhatt	BPT
4	16BPT007	Dhavalkumar	Bhoi	BPT
5	16BPT009	Chandani	Chauhan	BPT
6	16BPT010	Hemarshi	Chauhan	BPT
7	16BPT012	Margi	Desai	BPT
8	16BPT013	Hasti	Dobaria	BPT
9	16BPT018	Jhanvi	Kadiya	BPT
10	16BPT021	Vidhi	Kapadiya	BPT
11	16BPT022	Carol	Khankar	BPT
12	16BPT026	Sobanraja	Malek	BPT
13	16BPT027	Priyanshi	Mehta	BPT
14	16BPT030	Sandeep	Nair	BPT
15	16BPT031	Unnati	Narang	BPT
16	16BPT033	Rajvi	Panara	BPT
17	16BPT035	Janvi	Panchal	BPT
18	16BPT036	Shaili	Parikh	BPT
19	16BPT038	Abhayraj	Parmar	BPT
20	16BPT040	Ashvi	Patel	BPT
21	16BPT042	Chaitanya	Patel	BPT
22	16BPT043	Dhrutiben	Patel	BPT
23	16BPT045	Himani	Patel	BPT
24	16BPT047	Komalben	Patel	BPT
25	16BPT048	Manashvini	Patel	BPT
26	16BPT049	Mishaben	Patel	BPT
27	16BPT052	Nima	Patel	BPT
28	16BPT057	Prapti	Patel	BPT
29	16BPT058	Priyaben	Patel	BPT
30	16BPT060	Ragbi	Patel	BPT
31	16BPT061	Riya	Patel	BPT
32	16BPT062	Riya	Patel	BPT
33	16BPT064	Shivaniben	Patel	BPT

Report of virtual webinar on Major Trauma Rehabilitation



**CHARUSAT**  
UNIVERSITY OF CHARTERED SCIENCE AND TECHNOLOGY

**Charotar University of Science and Technology**  
**Faculty of Medical Sciences**  
**Ashok & Rita Patel Institute of Physiotherapy**



Ashok & Rita Patel  
Institute of Physiotherapy

34	16BPT065	Shrusti	Patel	BPT
35	16BPT066	Silvi	Patel	BPT
36	16BPT067	Vaishnavi	Patel	BPT
37	16BPT069	Jigisha	Prajapati	BPT
38	16BPT070	Lata	Purohit	BPT
39	16BPT071	Urja	Rajput	BPT
40	16BPT072	Nirali	Rana	BPT
41	16BPT073	Anjaliben	Rathod	BPT
42	16BPT077	Krushit	Shah	BPT
43	16BPT078	R	Shruthi	BPT
44	19MPTMS103	Twinkle	Najkani	MPT(MS)
45	19MPTMS109	Riddhi	Vora	MPT(MS)
46	19MPTMS108	Chandni	Soni	MPT(MS)
47	19MPTRE101	Kuldipsinh	Sodhaparmar	MPT(RE)
48	19MPTMS107	Vrunda	Shah	MPT(MS)
49	19MPTMS106	Aayushi	Shah	MPT(MS)
50	19MPTMS101	Charmi	Brahmbhatt	MPT(MS)
51	16BPT024	Namarata	Majmudar	BPT
52	17BPT061	Chakshu	Shah	BPT
53	17BPT058	Sagar	Rathod	BPT
54	17BPT011	Purviben	Doshi	BPT
55	17BPT043	Krishnaben	Patel	BPT
56	17BPT022	Priyanka	Mevada	BPT
56	17BPT026	Divya	Nanda	BPT
57	17BPT021	Rutvik	Mehta	BPT
58	17BPT030	Sarthakkumar	Pandya	BPT
59	17BPT066	Jilshi	Sheth	BPT
60	17BPT046	Mukti	Patel	BPT
61	17BPT057	Saloni	Raghuvanshi	BPT
62	17BPT044	Mansiben	Patel	BPT
63	17BPT054	Rutvi	Patel	BPT



*M. Balaganapathy*  
**Principal**

Dr. M. Balaganapathy

Report of virtual webinar on Major Trauma Rehabilitation

**ASHOK & RITA  
PATEL  
INSTITUTE OF  
PHYSIOTHERAPY**

# **ORGANISED BY**

**CHARUSAT SPORTS COMMITTEE  
IN ASSOCIATION WITH ARIP**

**Invited!**

**5TH INTERNATIONAL YOGA DAY**

**June 21, 2019**

## **World Yoga Day**

**21<sup>st</sup> June, 2019**

### **5<sup>th</sup> International Yoga Day celebration @ CHARUSAT University**

ARIP had undertaken the yoga session for female students and faculties. The activities were aiming to create the awareness of yoga, to address the benefits of yoga in day to day life and also to celebrate the international yoga day. 80 students had taken part in the activity along with the 3 faculties from various departments of CHARUSAT University were present to encouraged the students. The session was chaired by Ms. Madhu Patel and Coordinated by Dr. Shipraa Shah (PT), Assistant Professor, ARIP. Various yoga techniques had been demonstrated by Dr. Dipti Pania and Dr. Shipraa for maintaining the flexibility, improving the breathing pattern, concentration technique to maintain mental health and improving the overall quality of life.

#### **Photograph of World Yoga Day Celebration @CHARUSAT on 21<sup>st</sup> June, 2019**



દિવિયાર, તા. ૨૩-૬-૨૦૧૯ નાયા પડ્ડાર

**ચારુસેટ યુનિવર્સિટીમાં આંતરરાષ્ટ્રીય  
યોગ દિનની ઉજવણી**



બાંધા, તા. ૨૨  
અદ્યોત્તર યુનિવર્સિટી એન્ડ  
સાયન્સ્ એન્ડ ટેકનોલોજીસ  
યોગદાન યોગયોગ આંતરરાષ્ટ્રીય  
યોગ દિનની ઉજવણી કરવાના  
આપ્યી હતી.

ચારુસેટ યુનિવર્સિટીના  
સ્નેટર્સ એન્ડ ટેકનોલોજીસ  
દ્વારા તારીખ ૨૩ જૂન ૨૦  
૧૯ નાન દરમાન યોગ લાભીમ  
સિનિયર પોસ્ટર્સ હતી. યુદ્ધાં  
આંતરરાષ્ટ્રીય યોગ દિન  
નિર્મિત મોડી સંયુક્તમાં વિનિયો  
ગ કોર્સેના વિદ્યાર્થીઓ -

વિદ્યાર્થીનીઓ એને કોર્સી-  
કાર્યક્રમીનાનું યોગ લીધું હતું.  
આ પ્રાગ્રામ કાળજીની અનુભૂતિની  
જીવનના કાર્યક્રમી ક્રમાંતરી અધ્યુદ્યો  
જી. પર્યાવરણ એનું એન્ડરોફાઈનાના  
બિલ્ડિંગના એ. એ. એ. એ. એ. એ. એ.  
એને કાયાની રૂપો હતું.

ચારુસેટ યુનિવર્સિટી એન્ડ  
સાયન્સ એન્ડ ટેકનોલોજીસ  
યોગદાન યોગયોગ આંતરરાષ્ટ્રીય  
યોગ દિનની ઉજવણી નિર્મિત  
એનું નિર્મિત યોગયોગ  
એનું એનું કરવાના આપ્યું  
હતું.

News paper cutting on 23<sup>rd</sup> June, 2019

**List of Students attended Yoga session on 21<sup>st</sup> June, 2019**

Sr No	Roll No	Name	Degree
1	16BPT002	Nimangiben Bhagat	BPT
2	16BPT006	Purviben Bhatt	BPT
3	16BPT009	Chandani Chauhan	BPT
4	16BPT012	Margi Desai	BPT
5	16BPT013	Hasti Dobarria	BPT
6	16BPT018	Jhanvi Kadiya	BPT
7	16BPT021	Vidhi Kapadiya	BPT
8	16BPT022	Carol Khankar	BPT
9	16BPT027	Priyanshi Mehta	BPT
10	16BPT031	Unnati Narang	BPT
11	16BPT033	Rajvi Panara	BPT
12	16BPT035	Janvi Panchal	BPT
13	16BPT036	Shaili Parikh	BPT
14	16BPT040	Ashvi Patel	BPT
15	16BPT043	Dhrutiben Patel	BPT
16	16BPT045	Himani Patel	BPT
17	16BPT047	Komalben Patel	BPT
18	16BPT048	Manashvini Patel	BPT
19	16BPT049	Mishaben Patel	BPT
20	16BPT052	Nima Patel	BPT
21	16BPT057	Prapti Patel	BPT
22	16BPT058	Priyaben Patel	BPT
23	16BPT060	Ragbi Patel	BPT
24	16BPT061	Riya Patel	BPT
25	16BPT064	Shivaniben Patel	BPT
26	16BPT065	Shrusti Patel	BPT
27	16BPT066	Silvi Patel	BPT
28	16BPT067	Vaishnavi Patel	BPT
29	16BPT069	Jigisha Prajapati	BPT
30	16BPT070	Lata Purohit	BPT
31	16BPT024	Majmudar Namarata Anuj	BPT
32	17BPT002	Aayushi Ankur Amin	BPT
33	17BPT004	Bhowmik Sakshi Mohan	BPT
34	17BPT005	Chokshi Kankshi Dilipbhai	BPT
35	17BPT007	Dabhi Ishaben Sanjaybhai	BPT
36	17BPT008	Dafada Payal Popatbhai	BPT

37	17BPT009	Desai Krupali Dhirubhai	BPT
38	17BPT010	Desai Urja Jayshilbhai	BPT
39	17BPT011	Doshi Purviben Atulkumar	BPT
40	17BPT012	Gajera Margee Aravindbhai	BPT
41	17BPT013	Gamit Hetvikumari Sanjaybhai	BPT
42	17BPT016	Kapadiya Monika Pareshbhai	BPT
43	17BPT017	Kathrotiya Anjali Sanjaybhai	BPT
44	17BPT020	Mansi Deepak Desai	BPT
45	17BPT022	Mevada Priyanka Jayeshbhai	BPT
46	17BPT023	Modi Devanshi Vimalkumar	BPT
47	17BPT024	Naik Dhvanibahen Dharmendra	BPT
48	17BPT025	Naik Krishna Kiranbhai	BPT
49	17BPT026	Nanda Divya Rajesh	BPT
50	17BPT027	Pagi Nishaben Narvatsinh	BPT
51	17BPT028	Panchal Vaidehiben Alpeshkumar	BPT
52	17BPT031	Parekh Shivani Bhavesh	BPT
53	17BPT033	Parmar Krunali Mahendrabhai	BPT
54	17BPT034	Parmar Meghnaben Balvantsinh	BPT
55	17BPT035	Parmar Mittalkumari Makansinh	BPT
56	17BPT037	Patel Bansari Mukeshbhai	BPT
57	17BPT038	Patel Charmi Chetankumar	BPT
58	17BPT041	Patel Dishaben Kirtikumar	BPT
59	17BPT042	Patel Hitesha Pinakin	BPT
60	17BPT043	Patel Krishnaben Narsinhbhai	BPT
61	17BPT044	Patel Mansiben Dineshbhai	BPT
62	17BPT046	Patel Mukti Vijaykumar	BPT
63	17BPT048	Patel Prachi Govindbhai	BPT
64	17BPT049	Patel Priya Bhaveshbhai	BPT
65	17BPT050	Patel Priyanshee Parimal	BPT
66	17BPT051	Patel Rajvi Rajeshkumar	BPT
67	17BPT052	Patel Richa Bindeshkumar	BPT
68	17BPT054	Patel Rutvi Dipak	BPT
69	17BPT055	Patel Silkyben Hasmukhbhai	BPT
70	17BPT057	Raghuvanshi Saloni Shaileshsinh	BPT
71	17BPT059	Rudani Mansi Kanubhai	BPT
72	17BPT060	Sanghadia Vanashree Hirenkumar	BPT
73	17BPT061	Shah Chakshu Venuskumar	BPT
74	17BPT063	Hiral Hemant Shah	BPT
75	17BPT064	Shah Jahanavi Jaiminbhai	BPT



**Charotar University of Science and Technology**  
**Faculty of Medical Sciences**  
**Ashok & Rita Patel Institute of Physiotherapy**

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76	17BPT066	Sheth Jilshi Manish	BPT
77	17BPT068	Charmi Yogeshkumar Soni	BPT
78	17BPT069	Soni Khushali Rakeshkumar	BPT
79	17BPT070	Tailor Krishna Thakorbhai	BPT
80	17BPT071	Thakkar Janvi Chiragkumar	BPT



*M.B.S.*  
**Principal**

Dr. M. Balaganapathy



Ashok & Rita Patel  
Institute of Physiotherapy



## Pain Awareness Day Celebration 27th September | 2019

### MCQ Test and Poster Presentation Competition

Time : 1:00 - 4:00 PM

Only for ARIP Students

3 winners for each competition will be given prizes



## **Report on Pain Awareness Day Celebration 2019**

**27<sup>th</sup> September 2019, Friday**

Ashok & Rita Patel Institute of Physiotherapy (ARIP), a constituent of CHARUSAT celebrated Pain Awareness Day on 27th of September, Friday, 2019.



**Photograph of Pain awareness day celebrations @ARIP on 27<sup>th</sup> September, 2019**

According to the theme of pain awareness, 150 undergraduate and postgraduate ARIP students participated in MCQ test and poster presentation competition. We arranged the events with aim of setting platform for discussion among students and faculties about evidence based understanding of pain, it's assessment and management strategies. 60 ARIP students participated in MCQ test and posters

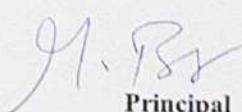
presentation on pathophysiology of pain generation in various musculoskeletal disorders, chronic pain assessment and its management. In line with IASP's (International Association of Study of Pain) instructions, the dress code for the event was blue. Dr Heta, and Dr. Mitva coordinated the entire event and 11 volunteers helped in coordinating the entire event.

**List of Students participated in on pain awareness day celebration organized on  
27<sup>th</sup>September, 2019**

Sr No	Roll No	Name	Degree
1	16BPT002	Nimangiben Bhagat	BPT
2	16BPT006	Purviben Bhatt	BPT
3	16BPT009	Chandani Chauhan	BPT
4	16BPT012	Margi Desai	BPT
5	16BPT013	Hasti Dobaria	BPT
6	16BPT018	Jhanvi Kadiya	BPT
7	16BPT021	Vidhi Kapadiya	BPT
8	16BPT022	Carol Khankar	BPT
9	16BPT027	Priyanshi Mehta	BPT
10	16BPT031	Unnati Narang	BPT
11	16BPT040	Ashvi Patel	BPT
12	16BPT043	Dhrutiben Patel	BPT
13	16BPT045	Himani Patel	BPT
14	16BPT047	Komalben Patel	BPT
15	16BPT048	Manashvini Patel	BPT
16	16BPT049	Mishaben Patel	BPT
17	16BPT052	Nima Patel	BPT
18	16BPT057	Prapti Patel	BPT
19	16BPT058	Priyaben Patel	BPT
20	16BPT060	Ragbi Patel	BPT
21	16BPT061	Riya Patel	BPT
22	16BPT064	Shivaniben Patel	BPT
23	16BPT065	Shrusti Patel	BPT
24	16BPT066	Silvi Patel	BPT
25	16BPT067	Vaishnavi Patel	BPT
26	16BPT069	Jigisha Prajapati	BPT
27	16BPT070	Lata Purohit	BPT
28	16BPT024	Majmudar Namarata Anuj	BPT
29	17BPT002	Aayushi Ankur Amin	BPT

30	17BPT004	Bhowmik Sakshi Mohan	BPT
31	17BPT005	Chokshi Kankshi Dilipbhai	BPT
32	17BPT007	Dabhi Ishaben Sanjaybhai	BPT
33	17BPT008	Dafada Payal Popatbhai	BPT
34	17BPT010	Desai Urja Jayshilbhai	BPT
35	17BPT011	Doshi Puriben Atulkumar	BPT
36	17BPT012	Gajera Margee Aravindbhai	BPT
37	17BPT013	Gamit Hetvikumari Sanjaybhai	BPT
38	17BPT016	Kapadiya Monika Pareshbhai	BPT
39	17BPT017	Kathrotiya Anjali Sanjaybhai	BPT
40	17BPT020	Mansi Deepak Desai	BPT
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42	17BPT024	Naik Dhvanibaben Dharmendra	BPT
43	17BPT025	Naik Krishna Kiranbhai	BPT
44	17BPT026	Nanda Divya Rajesh	BPT
45	17BPT027	Pagi Nishaben Narvatsinh	BPT
46	17BPT028	Panchal Vaidehiben Alpeshkumar	BPT
47	17BPT031	Parekh Shivani Bhavesh	BPT
48	17BPT033	Parmar Krunali Mahendrabhai	BPT
49	17BPT034	Parmar Meghnaben Balyantsinh	BPT
50	17BPT037	Patel Bansari Mukeshbhai	BPT
51	17BPT038	Patel Charmi Chetankumar	BPT
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54	17BPT044	Patel Mansiben Dineshbhai	BPT
55	17BPT046	Patel Mukti Vijaykumar	BPT
56	17BPT048	Patel Prachi Govindbhai	BPT
57	17BPT049	Patel Priya Bhaveshbhai	BPT
58	17BPT050	Patel Priyanshee Parimal	BPT
59	17BPT052	Patel Richa Bindeshkumar	BPT
60	17BPT054	Patel Rutvi Dipak	BPT



  
Principal

Dr. M. Balaganapathy

LIVE WEBINAR



Ashok & Rita Patel  
Institute of Physiotherapy

## ARIP CHARUSAT WEBINAR SERIES

### Community Physiotherapy : Research & Practice

June 29 Monday | 11 am - 1 pm

**SAVE A DATE NOW!**

**Target Audience :** 3rd year & 4th year BPT Students  
1st year & 2nd year MPT Students

Scan QR Code for ID/Password



**Dr. PAVITHRA Rajan**

Pursuing PhD AT THE  
Faculty of Medicine & Health  
&  
Post Graduate Teaching Fellow,  
Discipline of Physiotherapy,  
THE Univesity of Sydney, Australia



**CHARUSAT**  
INSTITUTE OF SCIENCE AND TECHNOLOGY

<https://charusat.nopaperforms.com/>



CHARUSAT

CHARUSAT UNIVERSITY

Ashok &amp; Rita Patel Institute of Physiotherapy



## Event Report: Expert Talk

<b>Name of Event</b>	Expert talk on “Community physiotherapy Research and Practice”
<b>Date and Time of Event</b>	29 <sup>th</sup> June, 2020, 11:00 AM– 01:00 PM
<b>Event coordinator</b>	Dr. Dhruv Dave
<b>Resource person details</b>	Dr. Pavithra Rajan
<b>Event for (UG/PG/PhD)</b>	UG, PG

Sr. No.	Name of the resource person	Organization of resource person
1	Dr. Pavithra Rajan	The university of Sydney, Australia

### **Event Schedule:**

Date	Time	Activity
29/06/2020	11:00 AM – 01:00 PM	Expert Talk

### **Summary of the Event:**

An expert talk has been organized on a virtual platform for undergraduate, post graduate and Ph.D. scholars to enhance the research activity in the field of community physiotherapy. The resource person for the event is Dr.Pavithra Rajan, pursuing Ph.D. at university of Sydney, Australia. In her earlier career she was working with Indian community for about 4-5 years. She had focused on usage of various technology in rehabilitation program and delivering research practice at community level. The entire session was organized by the department of community physiotherapy and the event was handled by Dr. Dhruv Dave, HoD. Community

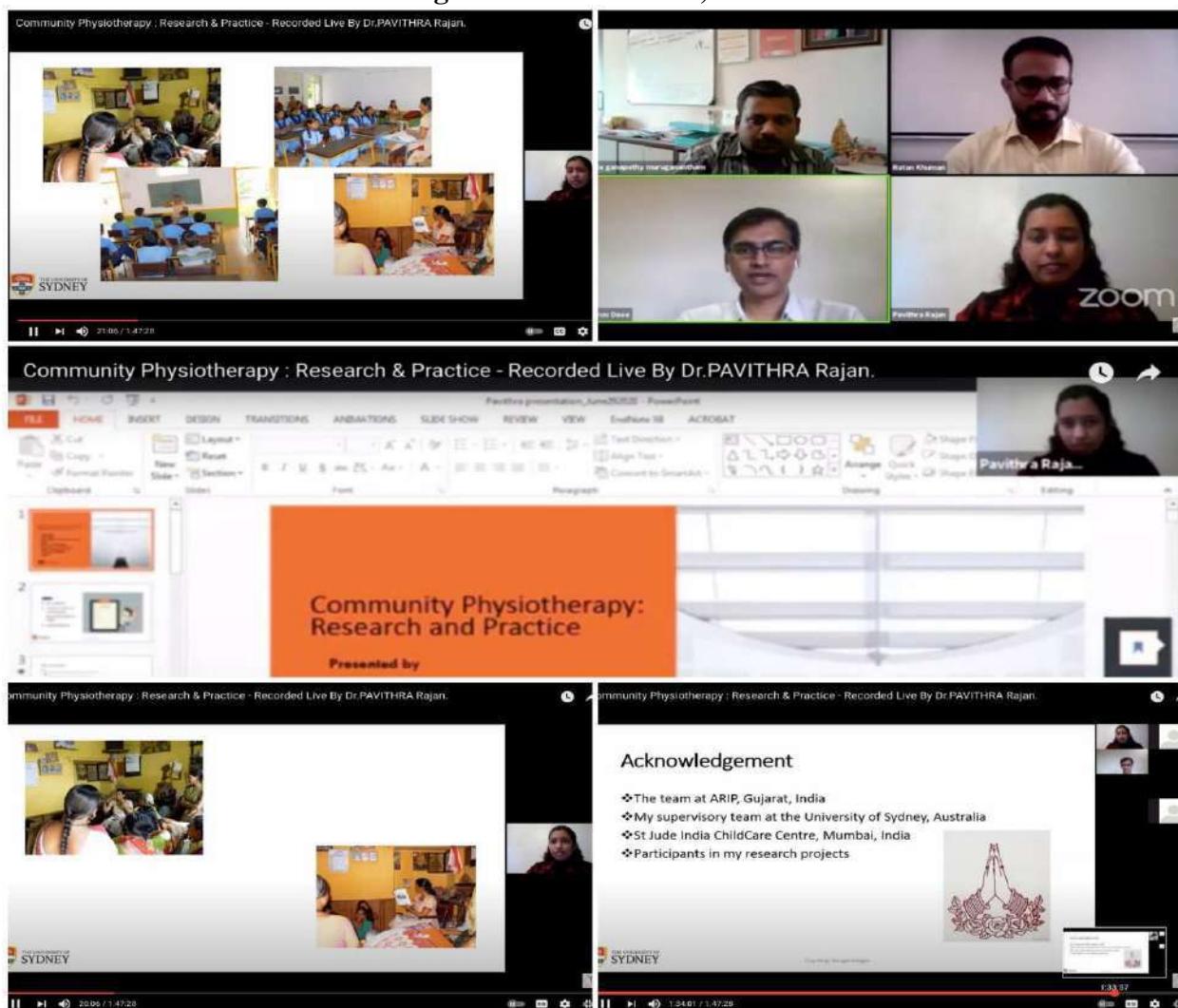
physiotherapy, ARIP. The event was started with welcoming to the Speaker and the main content which was delivered by

Dr. Pavithra, Q & A round with the audience and winded up by vote of thanks by our Principal Dr. M. Balaganapathy. There were 68 student actively participated in the event.

**Registration fee : Nil.**

**No. of Participants:** 68

### **Photographs of expert talk on “Community physiotherapy Research and Practice” organized on 29<sup>th</sup> June, 2020**

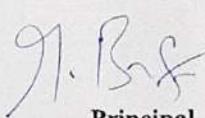


## List of Students attended Expert talk on 29<sup>th</sup> June,2020

Sr No	Roll No	First Name	Last Name	Degree
1	16BPT002	Nimangiben	Bhagat	BPT
2	16BPT003	Tripad	Bhanushali	BPT
3	16BPT006	Purviben	Bhatt	BPT
4	16BPT007	Dhavalkumar	Bhoi	BPT
5	16BPT009	Chandani	Chauhan	BPT
6	16BPT010	Hemarshi	Chauhan	BPT
7	16BPT012	Margi	Desai	BPT
8	16BPT013	Hasti	Dobaria	BPT
9	16BPT018	Jhanvi	Kadiya	BPT
10	16BPT021	Vidhi	Kapadiya	BPT
11	16BPT022	Carol	Khankar	BPT
12	16BPT026	Sobanraja	Malek	BPT
13	16BPT027	Priyanshi	Mehta	BPT
14	16BPT030	Sandeep	Nair	BPT
15	16BPT031	Unnati	Narang	BPT
16	16BPT033	Rajvi	Panara	BPT
17	16BPT035	Janvi	Panchal	BPT
18	16BPT036	Shaili	Parikh	BPT
19	16BPT038	Abhayraj	Parmar	BPT
20	16BPT040	Ashvi	Patel	BPT
21	16BPT042	Chaitanya	Patel	BPT
22	16BPT043	Dhrutiben	Patel	BPT
23	16BPT045	Himani	Patel	BPT
24	16BPT047	Komalben	Patel	BPT
25	16BPT048	Manashvini	Patel	BPT
26	16BPT049	Mishaben	Patel	BPT
27	16BPT052	Nima	Patel	BPT
28	16BPT057	Prapti	Patel	BPT
29	16BPT058	Priyaben	Patel	BPT
30	16BPT060	Ragbi	Patel	BPT
31	16BPT061	Riya	Patel	BPT
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33	16BPT064	Shivaniben	Patel	BPT
34	16BPT065	Shrusti	Patel	BPT
35	16BPT066	Silvi	Patel	BPT
36	16BPT067	Vaishnavi	Patel	BPT
37	16BPT069	Jigisha	Prajapati	BPT

38	16BPT070	Lata	Purohit	BPT
39	16BPT071	Urja	Rajput	BPT
40	16BPT072	Nirali	Rana	BPT
41	16BPT073	Anjaliben	Rathod	BPT
42	16BPT077	Krushit	Shah	BPT
43	16BPT078	R	Shruthi	BPT
44	19MPTMS102	Ramya	M	MPT(MS)
45	19MPTRE102	Krishna	Vaghela	MPT(RE)
46	19MPTMS104	Daxa	Prajapati	MPT(MS)
47	19MPTMS105	Vishwa	Pujara	MPT(MS)
48	19MPTMS103	Twinkle	Najkani	MPT(MS)
49	19MPTMS109	Riddhi	Vora	MPT(MS)
50	19MPTMS108	Chandni	Soni	MPT(MS)
51	19MPTRE101	Kuldipsinh	Sodhaparmar	MPT(RE)
52	19MPTMS107	Vrunda	Shah	MPT(MS)
53	19MPTMS106	Aayushi	Shah	MPT(MS)
54	19MPTMS101	Charmi	Brahmbhatt	MPT(MS)
55	16BPT024	Namarata	Majmudar	BPT
56	17BPT061	Chakshu	Shah	BPT
57	17BPT058	Sagar	Rathod	BPT
58	17BPT011	Purviben	Doshi	BPT
59	17BPT043	Krishnaben	Patel	BPT
60	17BPT022	Priyanka	Mevada	BPT
61	17BPT026	Divya	Nanda	BPT
62	17BPT021	Rutvik	Mehta	BPT
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66	17BPT057	Saloni	Raghuvanshi	BPT
67	17BPT044	Mansiben	Patel	BPT
68	17BPT054	Rutvi	Patel	BPT



  
**Principal**  
Dr. M. Balaganapathy

Charotar University of Science and Technology  
Ashok & Rita Patel Institute of Physiotherapy

## 2ND NEURO- PHYSIOTHERAPY LEAGUE NPTL'19

18TH - 20TH SEPTEMBER 2019



**Day 1: Physio-Innovation: Model, Oral or poster presentation**

**Day 2:**

- **Interactive lecture: When new treatment method should be integrated into practice?**
- **Faculty-student panel discussion: How to decide whether to attend a professional development program (conference, workshop) or not?**
- **Clinician's symposium: Things I wish I had learned during graduation**

**Day 3: Neuro-Physio Decathlon (Team game)**

**Quiz, Crossword, Pictionary, Who am i?, What's the question?, Dual tasking, Technique demo, Extempore presentation, One minute fitness game, Serious game: Clinical problem solving.**

BPT, MPT students and faculties are eligible to participate

Registration Fee: Rs 500 / Day,  
( does not include lunch)

Organized by,  
Department of Neurophysiotherapy  
For more details, contact  
Dr Vandita Soni (PT)  
[vanditasoni.phy@charusat.ac.in](mailto:vanditasoni.phy@charusat.ac.in)  
Mobile:9725137040



### **Report on Neuro Physio Therapy League '19 (NPTL'19)**

Department of Neurophysiotherapy organized three days intercollegiate competition, **Neurophysiotherapy league (NPTL)** during 18<sup>th</sup> to 20<sup>th</sup> September 2019. Sixty six participants from five different physiotherapy colleges across Gujarat participated in this event.

It involved Physio innovation on 18<sup>th</sup> September. Participants presented their innovative and novel ideas related to physiotherapy practice, education or research in their preferred format i.e model, poster or oral presentation.

On 19<sup>th</sup> Interactive Lecture was arranged on “**When new treatment method should be integrated into clinical practice?**” Faculty student panel discussion on “**How to decide whether to attend a professional development program (conference, workshop) or not?**” was arranged on same day. Clinician’s symposium was also arranged on second day. In this symposium, invited physiotherapy clinicians shared their thoughts on knowledge and skills that are essential to excel as a physiotherapy clinician in Indian health care settings.

On last day Neuro-Physio Decathlon (Team game) was arranged. It included ten different games i.e. quiz, who am I, one minute fitness game, crossword, Pictionary and many more. Over all we received very good feedback from the participants.

No of participant: total 72 MPT and BPT students from various colleges.

**Glimpse of Neuro Physio Therapy League '19 Organized on 18<sup>th</sup> to 20<sup>th</sup> September, 2019**



**List of participants for NPTL'19 organized ob 18<sup>th</sup> to 20<sup>th</sup>, September 2020**

**NPTL'19 Registration Response**

S. No	Name	Program	Contact details	College
1.	PARMAR KHUSHBOO BHARATBHAI	MPT student	9978571902	Govt College of physiotherapy,Ssg hospital, Vadodara
2.	Soumya Sasi Nair	MPT student	8347085719	College of physiotherapy ,vadodara
3.	Bhatiya Rukaiya Badruddin	MPT student	8347974990	College of physiotherapy, Ms university
4.	Khushbu Bipinchandra Parmar	MPT student	9510518756	College of physiotherapy, MS university
5.	Fatema Shabbir Daruwala	MPT student	9033270642	College of physiotherapy, MS university
6.	Prajapati Zalkita Rameshbhai	MPT student	9925305239	collage of physiotherapy, vadodara
7.	Chandrakala kumawat	MPT student	8980636875	College of physiotherapy,Vadodara
8.	Divyakumari G Rohit	MPT student	8866471464	Government college of physiotherapy,vadodara
9.	Nirja Dhavalbhai Bhatt	MPT student	9408408071	SBB College of physiotherapy
10.	Aishwarya Gupta	MPT student	7990061352	SBB College of Physiotherapy, VS hospital
11.	Vishwakarma Rupal Omprakash	BPT Student	9106003963	ARIP
12.	Kshetriya Pranav Shushilkumar	MPT student	9638451175	Ashok & Rita Patel institute of Physiotherapy
13.	Patel Aesha Mukeshbhai	MPT student	9974415292	Ashok & Rita Patel Institute of Physiotherapy
14.	Jayshree Manojkumar Lalwani	MPT student	9664514390	Ashok & Rita Patel Institute of Physiotherapy
15.	Purvi Jayesh Pandya	MPT student	8490861476	Ashok and Rita Patel institute of physiotherapy
16.	Nidhi Khokhar	MPT student	9978402093	Ashok and Rita Patel Institute of Physiotherapy
17.	Vidhi Mukeshbhai Garala	MPT student	8469411033	Ashok and Rita Patel Institute of physiotherapy
18.	Heppy Makadia	MPT student	9909996775	Ashok and rita patel institute of physiotherapy

19.	Nisha Vijaykumar Mahant	MPT student	9978789696	Ashok and rita patel institute of physiotherapy
20.	Shanaya Percy Billimoria	MPT student	9898099973	Ashok and rita patel institute of physiotherapy
21.	Kapoor Disha Anil	MPT student	7096206594	SBB collage of physiotherapy.a'bad
22.	Gamit Solarj Sureshbhai,	MPT student	7096206594	SBB college of physiptherapy, a'bad
23.	Gamit Solarj Suresh	MPT student	9898738767	SBB college of physiotherapy, a'bad
24.	Rupal Vishwakarma	MPT student	9979616156	Ashok and Rita Patel institute of physiotherapy
25.	Sangtani Simrankaur Jasbirsingh	MPT student	7405563179	COLLEGE OF PHYSIOTHERAPY,S.S.G HOSPITAL,MSU
26.	Dr. SHRISTI PRASAD	MPT student	8460796982	ASHOK AND RITA PATEL INSTITUTE OF PHYSIOTHERAPY
27.	Nidhi Rajani	MPT student	9913849409	ASHOK AND RITA PATEL INSTITUTE OF PHYSIOTHERAPY
28.	Riya Patel	MPT student	8460796982	ASHOK AND RITA PATEL INSTITUTE OF PHYSIOTHERAPY
29.	Nidhi Rameshbhai Rajani	MPT student	8160032490	Agree B.G. Patel college of Physiotherapy
30.	Patel Hetal Kurajibhai	MPT student	8469836339	Shree B.G Patel College Of Physiotherapy
31.	Chaitali Purushottambhai Thacker	MPT student	8320573740	Shree b.g patel college of physiotherapy, Anand.
32.	Chandni Jitendrakumar Devaliya	MPT student	9409272616	Shree B. G Patel college of physiotherapy
33.	Vhora Shifa Sirajbhai	MPT student	9638030197	Shri B. g. Patel physiotherapy college
34.	Vyas Srushti Mukeshbhai	MPT student	8866673472	Shree b g patel college of physiotherapy anand
35.	Viral Dilipkumar Vadukul	MPT student	9737381452	Ashok and Rita Patel Institute of Physiotherapy
36.	Vidhi Shaileshkumar Tandel	MPT student	9033792833	Shree B.G. Patel college of physiotherapy
37.	Nidhi Dudhatra	MPT student	9727202850	Shree B. G. Patel college of physiotherapy
38.	Patel Niketa Kishorbhai	MPT student	8734875936	Shri b g patel college of physiotherapy
39.	Dr.Harsh Suthar	MPT student	7874565093	shree b.g patel college of physiotherapy
40.	Smita Khushalbhai	MPT student	9265445313	Shree B.G.Patel College of

	Chavda			Physiotherapy
41.	Stephen R Christian	MPT student	9998026124	Shree b.g. patel college of physiotherapy
42.	Joshi Vaibhavi Anil	MPT student	9638288536 9427532653	Shree B.G Patel College of Physiotherapy, Anand
43.	Twinkal Variyabhai Ad	MPT student	9662343358	shree b.g.patel collage of physiotherapy
44.	Vaibhavkumar Ghanshyambhai Chavda	MPT student	9712816429	Shri B.G.Patel college of physiotherapy
45.	Siddharthkumar Mithabhai Jayswal	BPT Student	7624097777	K.m.patel institute of physiotherapy
46.	Kshama A Bhakta	BPT Student	8511849900	K.M Patel Institute of Physiotherapy
47.	Vedika Pradipkumar Upadhyay	BPT Student	7567662444	K M Patel Institute of Physiotherapy
48.	Rutvi P Patel	MPT student	7383970710	K M Patel Institute of Physiotherapy
49.	Brijesh Bhanubhai Acharya	MPT student	7359855054	K M Patel Institute of Physiotherapy
50.	Ruchi Rameshbhai Patel	MPT student	8401519923	K.M.Patel Institute of physiotherapy
51.	Dr.Shraddha Champaneri(PT)	BPT Student	9426632287	K. M. Patel Institute of Physiotherapy
52.	Diti Dave	BPT Student	8866497523	K.M.Patel Institute of Physiotherapy
53.	Kushangi Jain	MPT student	09265728145	K.M. Patel Institute of Physiotherapy
54.	Ruju Vyas	MPT student	8849806552	K.M. Patel Institute of Physiotherapy
55.	Komal Gurjar	MPT student	7874416194	K.M. Patel Institute of Physiotherapy
56.	Nirali Detroja	MPT student	8238536986	K.M.Patel Institute Institute of Physiotherapy
57.	Sejal Bhoi	MPT student	8460628016	K.M. Patel Institute of Physiotherapy
58.	Mishal Khatri	MPT student	9586510390	K.M.Patel Institute Of Physiotherapy
59.	Shikha Solanki	MPT student	9099117960	K M Patel Institute of Physiotherapy
60.	Kajal Maheshwari	MPT student	9687107680	ARIP
61.	Somaiya Payal	MPT student	8732996344	ARIP
62.	Thakkar Riya	MPT student	9537969702	ARIP
63.	Patel Bansari Kanaiyalal	MPT student	9537969702	ARIP
64.	Patel Bansariben Kanaiyalal	MPT student	8153011310	Ashok and Rita Patel Institute Of Physiotherapy



**Charotar University of Science and Technology**  
**Faculty of Medical Sciences**  
**Ashok & Rita Patel Institute of Physiotherapy**



65.	Vaibhavi Mahendrakumar Amin	BPT Student	9409476217	K . M Patel Institute of Physiotherapy
66.	Riya Anurag Patel	BPT Student	8320972236	K. M Patel institute of Physiotherapy
67.	Shreya ravindra joshi	BPT Student	9723617780	K.M.Patel Institute of Physiotherapy
68.	Meera Gautamkumar Thakkar	BPT Student	9426362367	K. M. Patel institute of physiotherapy
69.	Dhara panchal	MPT student	9409183512	K.M.patel institute of Physiotherapy
70.	Trivedi Nishtha Narendrabhai	Faculty	9098079464	Sagar Institute of Research & Technology(SIRT)
71.	Rupesh Jhapate	BE	6385942993	Sri Ranganathar institute of engineering and technology
72.	Menaka.N	BE	6381534424	Sri Ranganathar institute of engineering and technology



*G. B S*  
Principal

Dr.M.Balaganapathy

LIVE WEBINAR



Ashok & Rita Patel  
Institute of Physiotherapy

## ARIP CHARUSAT WEBINAR SERIES

### Basics of Diagnostic Imaging in Physical Therapy Practice

July 1st Wednesday | 10 am - 11 am

**SAVE A DATE NOW!**

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## **Report of virtual webinar on basics of diagnostic imaging in physical therapy practice**

The virtual webinar series was conducted by Ashok and Rita Patel Institute of Physiotherapy, CHARUSAT. In line with that on 1<sup>st</sup> July-2020, a webinar was conducted on the topic of “Basics of diagnostic imaging in physical therapy practice”.

Resource person for the virtual webinar was Dr. Kamal Janakairaman (PT), Registered Physiotherapist, Alberta, Canada. The purpose for the webinar is to provide light on imaging methods which are useful for diagnosis in the physiotherapy field.

The event was initiated by Dr. M.Balaganapathy, Principal Ashok and Rita Patel Institute of physiotherapy by introducing the speaker. Then the session was continued by the Speaker through his unique form of presentation. He explored each aspect of imaging technique—Different techniques, scanning method and interpretation on the perspectives of physiotherapists. It was followed with a Q & A session where participants were actively involved.

Moreover, more than 92 participants had attended the webinar through zoom platform and it was live telecasted on YouTube channel of ARIP. At the end, event organizer Dr.M.Balaganapathy winded the webinar by expressing his gratitude in the form of vote of thanks.



Screen shot of virtual webinar on 1<sup>st</sup> July,2020

### **Report of virtual webinar on basics of diagnostic imaging in physical therapy practice**

**List of students Participated @ Live webinar on Basics of Diagnostic Imaging in Physical Therapy Practice 01/07/2020**

The event was organized for **7<sup>th</sup> Semester bachelor of physiotherapy students and Master of physiotherapy students** of Ashok and Rita Patel Institute of Physiotherapy, CHARUSAT.

Sr. No.	Student ID	Student Name	Branch	Semester
1	19MPTMS102	M Ramya Sakthi	MPT(MS)	3
2	19MPTRE102	Vaghela Krishna Mahipatbhai	MPT(RE)	3
3	19MPTMS104	Prajapati Daxa Mahendrabhai	MPT(MS)	3
4	19MPTMS105	Pujara Vishwa Tusharbhai	MPT(MS)	3
5	19MPTMS103	Najkani Twinkle Narenkumar	MPT(MS)	3
6	19MPTMS109	Vora Riddhi Jabali	MPT(MS)	3
7	19MPTMS108	Chandni Pritesh Soni	MPT(MS)	3
8	19MPTCS103	Nirali Vijaykumar Sapariya	MPT(CS)	3
9	19MPTCS102	Patel Simoni Arvindbhai	MPT(CS)	3
10	19MPTCS101	Parikh Dipalee Dineshbhai	MPT(CS)	3
11	19MPTRE101	Sodhaparmar Kuldipsinh	MPT(RE)	3
12	19MPTMS107	Shah Vrunda Mukesh	MPT(MS)	3
13	19MPTMS106	Shah Aayushi Vijaybhai	MPT(MS)	3
14	19MPTMS101	Charmi Bihagbhai Brahmbhatt	MPT(MS)	3
15	20MPTMS104	Patel Damini Vinod	MPT(MS)	1
16	20MPTMS106	Patel Hemali Manojkumar	MPT(MS)	1
17	20MPTCS103	Kharva Dharmishtha Jivan Bhai	MPT(CS)	1
18	20MPTRE102	Lavri Vyoma Kishorrbhai	MPT(RE)	1
19	20MPTCS101	Aarti Joshi	MPT(CS)	1
20	20MPTCS104	Patel Mehali Lalitbhai	MPT(CS)	1
21	20MPTMS107	Prajapati Shreyaben Vinodkumar	MPT(MS)	1
22	20MPTRE104	Rabari Mayurkumar Bhikhabhai	MPT(RE)	1
23	20MPTRE103	Patel Purna Chetanbhai	MPT(RE)	1
24	20MPTMS102	Gandhi Krina Sarju	MPT(MS)	1
25	20MPTMS103	Mehta Dhruvi Jiteshkumar	MPT(MS)	1
26	20MPTMS105	Patel Divyaben Jayantibhai	MPT(MS)	1
27	20MPTCS102	Kanthariya Vrushika Bimalbhai	MPT(CS)	1
28	20MPTMS101	Baraiya Priyababen Dineshbhai	MPT(MS)	1
29	20MPTRE101	Amin Aneriben Nileshbhai	MPT(RE)	1
30	16BPT047	Patel Komalben Jagdishbhai	BPT	8
31	16BPT051	Patel Niki Divyeshbhai	BPT	8
32	16BPT039	Patel Ami Devangkumar	BPT	8
33	16BPT001	Amin Jinal Jayeshbhai	BPT	8

**Report of virtual webinar on basics of diagnostic imaging in physical therapy practice**

34	16BPT085	Vora Nisarg Nipul	BPT	8
35	16BPT042	Chaitanya Patel	BPT	8
36	16BPT037	Vishwa Sameer Parikh	BPT	8
37	16BPT054	Patel Panth Miteshbhai	BPT	8
38	16BPT062	Patel Riya Sanjaybhai	BPT	8
39	16BPT077	Shah Krushit Nandkishor	BPT	8
40	16BPT065	Patel Shruti Hetulkumar	BPT	8
41	16BPT012	Margi Dharmendra Desai	BPT	8
42	16BPT053	Patel Nishith Hasmukhbhai	BPT	8
43	16BPT036	Parikh Shaili Hiten	BPT	8
44	16BPT016	Jani Gopibahen Rupeshbhai	BPT	8
45	16BPT074	Rathod Shreya Himmatsinh	BPT	8
46	16BPT069	Prajapati Jigisha Kailashkumar	BPT	8
47	16BPT066	Patel Silvi Piyushbhai	BPT	8
48	16BPT081	Upadhyay Dhruv Manishbhai	BPT	8
49	16BPT007	Bhoi Dhavalkumar Jethabhai	BPT	8
50	16BPT078	R M Shruthi	BPT	8
51	16BPT067	Patel Vaishnavi Ketan	BPT	8
52	16BPT038	Parmar Abhayraj	BPT	8
53	16BPT030	Nair Sandeep Satyanarayan	BPT	8
54	16BPT045	Patel Himani Jayeshbhai	BPT	8
55	16BPT028	Mulyasiya Kashyap Vijaybhai	BPT	8
56	16BPT029	Naik Dhwani Manish	BPT	8
57	16BPT019	Kalsariya Kaushik Girishbhai	BPT	8
58	16BPT061	Patel Riya Maheshbhai	BPT	8
59	16BPT052	Patel Nima Mukeshbhai	BPT	8
60	16BPT083	Vaghela Ashka Shailendra	BPT	8
61	16BPT023	Khushlani Juleebahen	BPT	8
62	16BPT080	Suthar Nikitaben Maheshbhai	BPT	8
63	16BPT010	Chauhan Hemarshi Hiteshkumar	BPT	8
64	16BPT004	Bhatia Simran Nileshbhai	BPT	8
65	16BPT031	Narang Unnati Gokulkumar	BPT	8
66	16BPT014	Goswami Divyanshugiri Atulgiri	BPT	8
67	16BPT034	Panchal Foramben	BPT	8
68	16BPT035	Panchal Janvi Narendrakumar	BPT	8
69	16BPT044	Patel Harshitkumar	BPT	8
70	16BPT011	Chavada Niraj Ketanbhai	BPT	8
71	16BPT079	Soni Hardibahen Ketanbhai	BPT	8
72	16BPT046	Patel Jinishkumar Kalpeshbhai	BPT	8
73	16BPT017	Joshi Janki Rameshbhai	BPT	8
74	16BPT003	Bhanushali Tripad Jayeshbhai	BPT	8
75	16BPT082	Vaghasiya Ayushi Kishorbhai	BPT	8

**Report of virtual webinar on basics of diagnostic imaging in physical therapy practice**



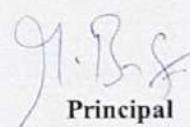
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**Charotar University of Science and Technology**  
**Faculty of Medical Sciences**  
**Ashok & Rita Patel Institute of Physiotherapy**



Ashok & Rita Patel  
Institute of Physiotherapy

76	16BPT040	Patel Ashvi Ketan	BPT	8
77	16BPT075	Sabhadia Abhishek	BPT	8
78	16BPT076	Sabhadia Shreya Dineshbhai	BPT	8
79	16BPT068	Pokar Rajvi Mahendrabhai	BPT	8
80	16BPT018	Kadiya Jhanvi Pareshkumar	BPT	8
81	16BPT015	Jadav Meet Chandrakant	BPT	8
82	16BPT033	Panara Rajvi Anilkumar	BPT	8
83	16BPT006	Bhatt Purviben Shaileshkumar	BPT	8
84	16BPT058	Patel Priyaben Prakashbhai	BPT	8
85	16BPT048	Patel Manashvini Niranjanbhai	BPT	8
86	16BPT021	Kapadiya Vidhi Rameshbhai	BPT	8
87	16BPT056	Patel Poojaben Nileshbhai	BPT	8
88	16BPT043	Patel Dhrutiben Sanjaykumar	BPT	8
89	16BPT072	Rana Nirali Prashantkumar	BPT	8
90	16BPT057	Patel Prapti Ashwinbhai	BPT	8
91	16BPT026	Malek Sobanraja	BPT	8
92	16BPT049	Patel Mishaben Nayankumar	BPT	8



Principal

Dr. M. Balaganapathy



**Report of virtual webinar on basics of diagnostic imaging in physical therapy practice**

LIVE WEBINAR



Ashok & Rita Patel  
Institute of Physiotherapy

## ARIP CHARUSAT WEBINAR SERIES

### Role of Physiotherapy in THE Community

June 27 Saturday | 11 am - 12 pm

**SAVE A DATE NOW!**

**Target Audience : 1st & 2nd year BPT Students**

Scan QR Code for ID/Password



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## Event Report

<b>Name of Event :</b>	Expert talk on “ Role of Physiotherapy in the Community”
<b>Date and Time of Event :</b>	27 <sup>th</sup> June, 2020, 11:00 AM– 12:00 PM
<b>Event coordinator :</b>	Dr. Dhruv Dave
<b>Resource person details (if any):</b>	Dr. PAVITHRA RAJAN
<b>Event for (UG/PG/PhD)</b>	UG

Sr. No.	Name of the resource person	Organization of resource person
1	Dr. Pavithra Rajan	Australia

### **Event Schedule:**

Date	Time	Activity
27/06/2020	11:00 AM – 12:00 PM	Expert Talk

### **Summary of the Event :**

An expert talk was delivered by Dr. Pavithra Rajan. Dr. Pavithra Rajan is pursuing Phd at the Faculty of Medicine & Health from The University of Sydney, Australia. She delivered a talk on the above said topic to enhance the knowledge of Physiotherapists about the Role of Physiotherapy in Community. She explained that physical therapists need a high degree of flexibility and a wide range of skills to contribute to the CBR programme. Preparing such physical therapists may require development of a more client- centered community- oriented education

programme. Overall session was very informative.

**Registration fee (if any): Nil.**

**No. of Participants:** 66

### Photographs of Expert talk on Role of Physiotherapy in Community on 27th June, 2020



### Research Publications



The image shows a screenshot of a Zoom video conference. On the left, there is a research publication from "Health Promotion Perspectives" (Volume 2013, 2013, 20-44) titled "Ergonomic Assessment and Musculoskeletal Health of the Underprivileged School Children in Pune, India". The publication includes sections like "Abstract", "Article history", "Keywords", and "References". Below the publication is the logo of "THE UNIVERSITY OF SYDNEY". On the right, there is another research publication titled "REHABILITATION OF THE URBAN POOR SCHOOL CHILDREN IN INDIA" from "Ergonomics in Health Care" (Volume 2013, Number 1, ISSN 1060-3757). This publication includes sections like "Background", "Objectives", "Methods", "Results", "Conclusion", and "References". Below this publication is also the logo of "THE UNIVERSITY OF SYDNEY".

**List of Students attended Expert talk on Role of Physiotherapy in Community**  
**27<sup>th</sup> June, 2020**

Sr No	Roll No	First Name	Last Name	Degree
1	16BPT002	Nimangiben	Bhagat	BPT
2	16BPT003	Tripad	Bhanushali	BPT
3	16BPT006	Purviben	Bhatt	BPT
4	16BPT007	Dhavalkumar	Bhoi	BPT
5	16BPT009	Chandani	Chauhan	BPT
6	16BPT010	Hemarshi	Chauhan	BPT
7	16BPT012	Margi	Desai	BPT
8	16BPT013	Hasti	Dobaria	BPT
9	16BPT018	Jhanvi	Kadiya	BPT
10	16BPT021	Vidhi	Kapadiya	BPT
11	16BPT022	Carol	Khankar	BPT
12	16BPT026	Sobanraja	Malek	BPT
13	16BPT027	Priyanshi	Mehta	BPT
14	16BPT030	Sandeep	Nair	BPT
15	16BPT031	Unnati	Narang	BPT
16	16BPT033	Rajvi	Panara	BPT
17	16BPT035	Janvi	Panchal	BPT
18	16BPT036	Shaili	Parikh	BPT
19	16BPT038	Abhayraj	Parmar	BPT
20	16BPT040	Ashvi	Patel	BPT
21	16BPT042	Chaitanya	Patel	BPT
22	16BPT043	Dhrutiben	Patel	BPT
23	16BPT045	Himani	Patel	BPT
24	16BPT047	Komalben	Patel	BPT
25	16BPT048	Manashvini	Patel	BPT
26	16BPT049	Mishaben	Patel	BPT
27	16BPT052	Nima	Patel	BPT
28	16BPT057	Prapti	Patel	BPT
29	16BPT058	Priyaben	Patel	BPT
30	16BPT060	Ragbi	Patel	BPT
31	16BPT061	Riya	Patel	BPT
32	16BPT062	Riya	Patel	BPT
33	16BPT064	Shivaniben	Patel	BPT
34	16BPT065	Shrusti	Patel	BPT
35	16BPT066	Silvi	Patel	BPT



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36	16BPT067	Vaishnavi	Patel	BPT
37	16BPT069	Jigisha	Prajapati	BPT
38	16BPT070	Lata	Purohit	BPT
39	16BPT071	Urja	Rajput	BPT
40	16BPT072	Nirali	Rana	BPT
41	16BPT073	Anjaliben	Rathod	BPT
42	16BPT077	Krushit	Shah	BPT
43	16BPT078	R	Shruthi	BPT
44	19MPTMS102	Ramya	M	MPT(MS)
45	19MPTRE102	Krishna	Vaghela	MPT(RE)
46	19MPTMS104	Daxa	Prajapati	MPT(MS)
47	19MPTMS105	Vishwa	Pujara	MPT(MS)
48	19MPTMS103	Twinkle	Najkani	MPT(MS)
49	19MPTMS109	Riddhi	Vora	MPT(MS)
50	19MPTMS108	Chandni	Soni	MPT(MS)
51	19MPTRE101	Kuldipsinh	Sodhaparmar	MPT(RE)
52	19MPTMS107	Vrunda	Shah	MPT(MS)
53	19MPTMS106	Aayushi	Shah	MPT(MS)
54	19MPTMS101	Charmi	Brahmbhatt	MPT(MS)
55	16BPT024	Namarata	Majmudar	BPT
56	17BPT061	Chakshu	Shah	BPT
57	17BPT058	Sagar	Rathod	BPT
58	17BPT011	Purviben	Doshi	BPT
59	17BPT043	Krishnaben	Patel	BPT
60	17BPT022	Priyanka	Mevada	BPT
61	17BPT026	Divya	Nanda	BPT
62	17BPT021	Rutvik	Mehta	BPT
63	17BPT030	Sarthak kumar	Pandya	BPT
64	17BPT066	Jilshi	Sheth	BPT
65	17BPT046	Mukti	Patel	BPT
66	17BPT057	Saloni	Raghuvanshi	BPT



*M. Balaganapathy*  
**Principal**

Dr. M. Balaganapathy

**CHAROTAR UNIVERSITY OF SCIENCE AND**  
**TECHNOLOGY [CHARUSAT]**

Faculty of Medical Sciences

**MANIKAKA TOPAWALA INSTITUTE OF NURSING**

**Report of event**

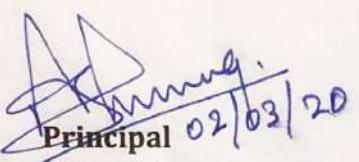
**On**

**“Health Carnival: Corona Virus”**

**Date of event** : 17th Feb 2020  
**Date of Submission** : 2nd March 2020  
**Organizers** : MTIN  
**Venue** : GMERS Gotri, Vadodar

**Submitted By**  
**Name** : Ms. Franny Joel Emmanuel, Ms. Rutvi T, Ms. Jinal S, Mr. Arpan P, Ms. Rameshwari Z.  
**Designation** : Nursing Tutor, assistant Professor  
**Email** : [frannymmanuel.nur@charusat.ac.in](mailto:frannymmanuel.nur@charusat.ac.in)

**Endorsed by**

  
Principal 02/03/20  
Seal and Signature



PRINCIPAL  
MANIKAKA TOPAWALA INSTITUTE OF NURSING  
CHARUSAT CAMPUS - CHANGA.  
AT. CHANGA - 388 421 48  
TA. PETLAD, DIST. ANAND (GUJARAT)

**Date: 17th Feb 2020**

**Day: Monday**

**Timings: 10:30am to 1:30 pm**

### **I. Introduction:**

Health is the wealth of tomorrow. Maintenance of everyone's constant health is our Moto. Consuming healthy and adequate Practices is one of the most convenient way to lead in a good wholistic care status and to boost preventive aspects. It Helps the Human to exhibit optimistic and confident social behaviors. Healthy habits involvement and intervention in one's day-to-day life lay the foundation for better social and academic skills. To boost the effective healthy habits many care regimens require and it starts from the birth itself. With this aim MTIN has set an outstanding program at GMERS Hospital during the 5th semester , B.Sc. Nursing posting in the field of education by conducting this type of Extension Activities to nourish the healthy status. Exhibition on corono virus, the dance on Personal hygiene was one of the most eye catching event of the day along with the poster presentation. Students have organized enthusiastically in this event under the guidance of teachers.

### **II. Agenda:**

<b>Sr. No.</b>	<b>Content</b>	<b>Done by</b>
1	Inauguration	By GMERS Staff
2.	Welcome speech	By 5th Sem B.Sc. Nursing Students
3.	Explanation : Exhibition on Corona virus	By 5th Sem B.Sc. Nursing Students
4	Dance on Personal Hygiene, Hand washing	By 5th Sem B.Sc. Nursing Students
5	Feedback, Thanks giving	By 5th Sem B.Sc. Nursing Students

### **III. Objectives of the event:**

1. To introduce the Topic: Corona virus
2. To explain the causative agents
3. To identify the symptoms
4. To aware people about its preventive steps
5. To give amusement by dancing and spreading knowledge on hand hygiene

### **IV. Participants/Beneficiaries: 60 (patients, family members, visitors )**

## **V. In detail explanation of the event with colored print of photographs**

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). A novel coronavirus (nCoV) is a new strain that has not been previously identified in humans. Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected humans. Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

Students made more than 25 charts and models including title, logo of corona virus, what it is, prevalence rate, cause, chain, symptoms, vital statistics, preventive aspects etc. Students explained that WHO is working closely with global experts, governments and partners to rapidly expand scientific knowledge on this new virus, to track the spread and virulence of the virus, and to provide advice to countries and individuals on measures to protect health and prevent the spread of this outbreak. It was concerned about a rise in cases with no clear link to China - where the virus was first detected in the city of Wuhan in Hubei province in late December - and called for urgent funding to support countries with weaker health systems.

It is also known as covid 19, For confirmed coronavirus disease 2019 (COVID-19) cases, reported illnesses have ranged from mild symptoms to severe illness and death. Symptoms can include: Fever, Cough, Shortness of breath, CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. This is based on what has been seen previously as the incubation period of MERS-CoV viruses. The virus is thought to spread mainly from person-to-person. Between people who are in close contact with one another (within

about 6 feet) Via respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this with this new coronavirus, but this is not thought to be the main way the virus spreads.

Students added in their explanation that very easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (like measles), while other viruses are less so. Another factor is whether the spread continues over multiple generations of people (if spread is sustained). The virus that causes COVID-19 seems to be spreading easily and sustainably in Hubei province and other parts of China. In the United States, spread from person-to-person has occurred only among a few close contacts and has not spread any further to date. CDC has developed a new laboratory test kit for use in testing patient specimens for severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), the virus that causes COVID-19. The test kit is called the “Centers for Disease Control and Prevention (CDC) 2019-Novel Coronavirus (2019-nCoV) Real-Time Reverse Transcriptase (RT)-PCR Diagnostic Panel.” It is intended for use with the Applied Biosystems 7500 Fast DX Real-Time PCR Instrument with SDS 1.4 software. This test is intended for use with upper and lower respiratory specimens collected from persons who meet CDC criteria for COVID-19 testing. CDC’s test kit is intended for use by laboratories designated by CDC as qualified, and in the United States, certified under the Clinical Laboratory Improvement Amendments (CLIA) to perform high complexity tests. The test kits also will be shipped to qualified international laboratories, such as World Health Organization (WHO) Global Influenza Surveillance Response System (GISRS) laboratories.

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including: Avoid close contact with people who are sick. Avoid touching your eyes, nose, and mouth.

Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. Follow CDC's recommendations for using a facemask. CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility). Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Students performed very interesting dance in an innovative way to demonstrate hand washing techniques. This dance really motivated the school students to adopt good habit of washing their hands. Students were played the role of dattol antiseptic solutions, water and hand which was the most attractive theme and eye catching scene in this dance activity



**CORONA Virus - Awareness by Nursing Students 17.02.2020**



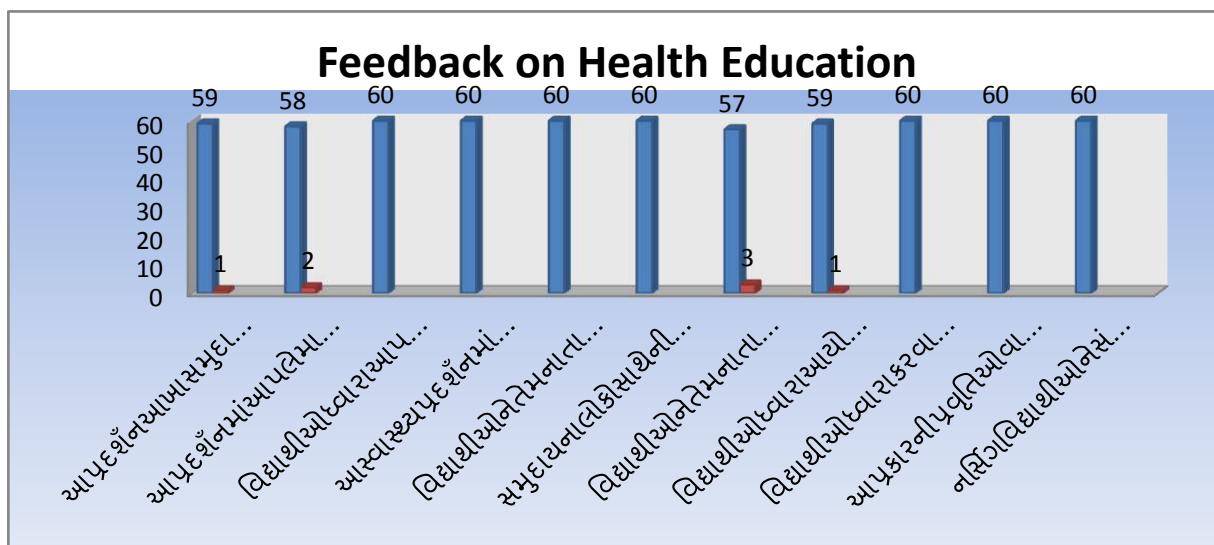
**CORONA Virus - Awareness by Nursing Students 17.02.2020**

## VI. Feedback Analysis report

Table of feedback form with number of participants' response in each category.

અનુ- ક્રમાંક	માપદંડ	સંપૂર્ણ સંમત	સંમત	આધિક સંમત	અસંમ ત	સંપૂર્ણ અસંમ ત
1.	આપદશેનાખાસમુદાયનેમદદરૂપછે ?	59	1			
2.	આપદશેનમાંઆપલેમાહિતીસંપૂર્ણરીતેસમજીશકાયછે ?	58	2			
3.	વિદ્યાર્થીઓધ્વારાચાપવામાંઆવેલમાહિતીસરળ રીતેઅનુસરીશકાયએમછે ?	60				
4.	આસ્વાસદ્યપ્રદશેનમાંઆવરેલવિષયવસ્તુસમુદાયની જરૂરિયાતમુજબછે ?	60				
5.	વિદ્યાર્થીઓનેતેમનાતાલીમતબ્યકાદરમ્યાનાખાસમુદાયનેજરૂરિયાતસંપૂર્ણમાહિતીઆપેલછે ?	60				
6.	સમુદાયનાલોકોસાથેનીવિદ્યાર્થીઓનીવર્તણુકપ્રશંસનીયછે ?	60				
7.	વિદ્યાર્થીઓનેતેમનાતાલીમતબ્યકાદરમ્યાનલોકોનેસ્વાસ્થયપ્રદજીવનમાટેયોગ્યરીતેમાર્ગદર્શનાપેલછે ?	57	3			
8.	વિદ્યાર્થીઓધ્વારાચાયોજિતપ્રદશેનગેલાભસરળતાથીલંઘશકાયએમછે ?	59	1			
9.	વિદ્યાર્થીઓધ્વારાકરવામાંઆવેલપ્રવૃત્તિઓસમુદાયનાલોકોમાટેમહત્વપૂર્ણછે .?	60				
10	આપકારનીપ્રવૃત્તિઓવારવારાયોજિતકરવાનીજરૂરછે ?	60				
11	નર્સિંગવિદ્યાર્થીઓનેસંસ્થાધ્વારાસમુદાયનીસેવાકરવામાટેઆપવામાંઆવતીતાલીમયોગ્યછે .?	60				

A. Analysis depicted through graphs.



## VII. Financial support received:

Name of teacher	PAN No.	Event Type (Seminars/ conference/ workshops/ Orientation Program/ Refresher Course/ Faculty Development Programs/ Short Term Course/extension activity etc.)	Event level (Institute/ University/ State/ National/ International)	Event title	Event organizing body	Date - From	Date - To	Type of participation (Delegate/ Paper Presenter/ Resource Person/ Session Chair/ Judge/ member of organizing committee etc.)	Financial support received from CHARUSAT (INR)	Financial support received from other agencies/bodies	
										Name of agency/ body	Amount (INR)
NII											

## VIII. Conclusion

At the end of the Program group was satisfied and gathered the profound knowledge and gained adequate content, thus we have fulfilled the objectives of this Program. Entire Group improved their confidence level while dealing Health education. Overall students learnt the good practical aspects. Feedback was collected and it suggested that they welcomed this initiative and they are motivated to explore more dimension in this platform also they are willing to adopt this feeding style in their children. Students were actively participated in this program and spread profound knowledge to the group. This was a great experience for them to learn new things in a different innovative way. Medical Superintendent was very impressed with his activity and motivated staff and students with the appreciation.



## CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY



### WOMEN DEVELOPMENT CELL

RAMANBHAI PATEL COLLEGE OF PHARMACY

### ACTIVITY REPORT (AY 2019-20)

- Name of an Event:** SELF MEDICATION AWARENESS CAMPAIGN ON WORLD PHARMACIST DAY
- Date of an event:** 25<sup>th</sup> SEPTEMBER, 2019
- Date of Submission:** 30<sup>th</sup> SEPTEMBER, 2019
- Organizer(s):** Women Development Cell (WDC) jointly organized with NSS, EOC-RPCP, CHARUSAT.
- Venue:** Malataj Village

**Coordinator Details:**

Name : Dr. Jalpa Suthar  
Designation: Asst. Professor  
Department: RPCP  
Email: jalpasuthar.ph@charusat.ac.in

verified and approved,

*Jalpa Suthar (Dr. Gayatri Patel)  
(convener, wdc)*

Page 1 of 5

**Report  
On  
SELF MEDICATION AWARENESS CAMPAIGN ON WORLD  
PHARMACIST DAY- 25TH SEPTEMBER, 2019  
Women Development Cell (WDC) - RPCP**

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**Objectives & introduction:**

Women Development Cell (WDC), RPCP- CHARUSAT has organized Self- Medication awareness Campaign as a part of World Pharmacists Day, 2019 celebration jointly with NSS – RPCP, CHARUSAT and EOC –RPCP. The program was scheduled on **25/09/2019, Wednesday** at **Malataj Village**.

The objective of the programme was to aware the village people about the avoid inappropriate use of Self-Medication. The Volunteers of WDC of Ramanbai Patel College of Pharmacy performed various activities such as skit performance and explanation to village people regarding safe use of drugs through banner display in rally. The whole campaign was on the theme of Safe and Effective Use of Medicines for all and Self-Medication awareness at Malataj village and M.K. Patel High school in Malataj.

**Members involved and their roles:**

Name	Designation	
Dr. Jalpa Suthar	Institute level coordinator	Coordinator
Dr. Amit Patel	Faculty	Co-Coordinator
Dr. Gayatri Patel	Faculty	Co-Coordinator
<b>List of student Participants</b>		
Shrina Patel	Student	Student Volunteers
Ritu Ranjan		
Nidatasnim Gulamhaider Shaikh		
Riddhi Solanki		
Riya Patel		
Patel Preksha		
Preksha Patel		
Manan Patel		
Priya Patel		
Himanshu Bhatt		
Rajan Soni		
Rahul Hemani		
Richa Thakkar		
Krishna Patel		
Ravi Patel		
Jeet Mujani		

**Proposed budget and actual expenditures:**

NIL

Page 2 of 5

### **Activities carried out and beneficiaries:**

Total 16 students and 03 faculty members were involved in this activity.

The following activities were conducted during the campaign:

- Awareness rally was done in Malataj Village
- Skit was performed in the village and high school based on the theme and Self-Medication Awareness
- Information about Self-Medication, Antibiotic Resistance, Expiry Date and Proper Storage of Medicines in home were given orally by the WDC volunteers

### **Outcome of the activities:**

- Awareness rally was done in Malataj Village
- Skit was performed in the village and high school based on the theme and Self-Medication Awareness
- Information about Self-Medication, Antibiotic Resistance, Expiry Date and Proper Storage of Medicines in home were given orally by the WDC volunteers

### **Photographs:**

**SELF MEDICATION AWARENESS CAMPAIGN at Malataj School on 25<sup>th</sup> September 2019**



Photograph 1: SELF MEDICATION AWARENESS CAMPAIGN at Malataj School on 25/09/2019



Photograph 2: Self-medication Awareness rally in Malataj Village on 25/09/2019



Photograph 3: SELF MEDICATION AWARENESS CAMPAIGN at Malataj School on 25/09/2019



Photograph 4: Distribution of hygiene kit on 25/09/2019



## CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY



### WOMEN DEVELOPMENT CELL

### SMT.CHANDABEN MOHANBHAI PATEL INSTITUTE OF COMPUTER APPLICATIONS

### ACTIVITY REPORT (AY 2019-20)

**Name of an Event:** Poster presentation on the theme of “Issues and Challenges in life style diseases”

**Date of an event:** 3rd February,2020 to 10th February,2020.

**Organizer(s):** (1) Women development cell- CMPICA - CHARUSAT (2) Equal Opportunity Cell - CHARUSAT

#### Coordinator Details:

##### Coordinator (1)

Name : Dr. Sanskruti Patel

Designation: Asst. Professor

Department: MCA

Email: sanskrutipatel.mca@charusat.ac.in

##### Coordinator (2)

Name : Dr. Nirali Honest

Designation: Asst. Professor

Department: MCA

Email: niralihonest.mca@charusat.ac.in

Verified and Approved,

Page 1 of 8

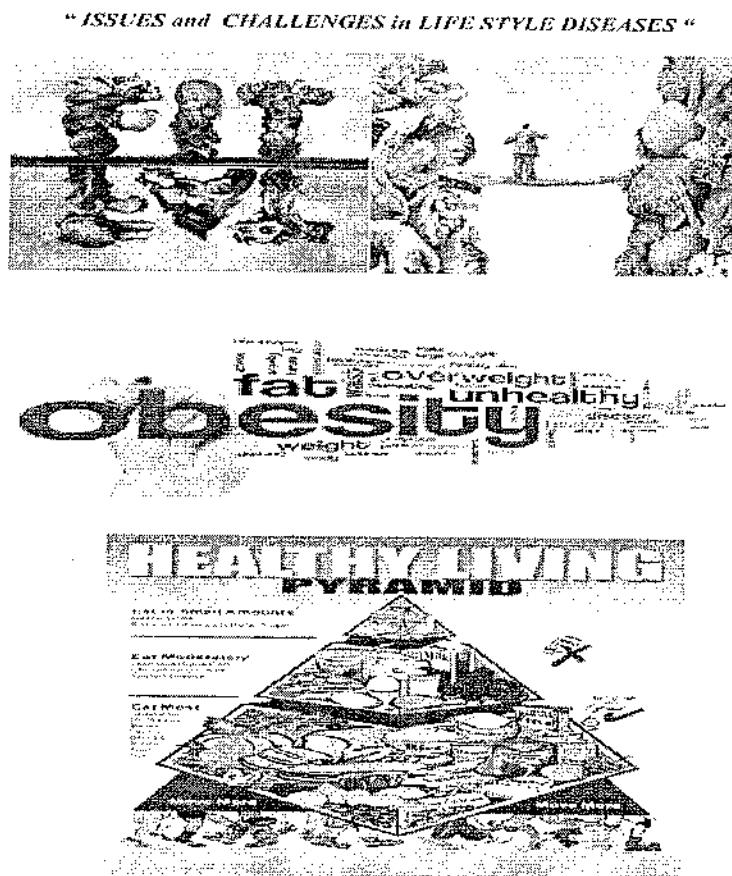
*(Signature of Co-ord. Gayatri Patel)  
(Convener, WDC)*

## Report

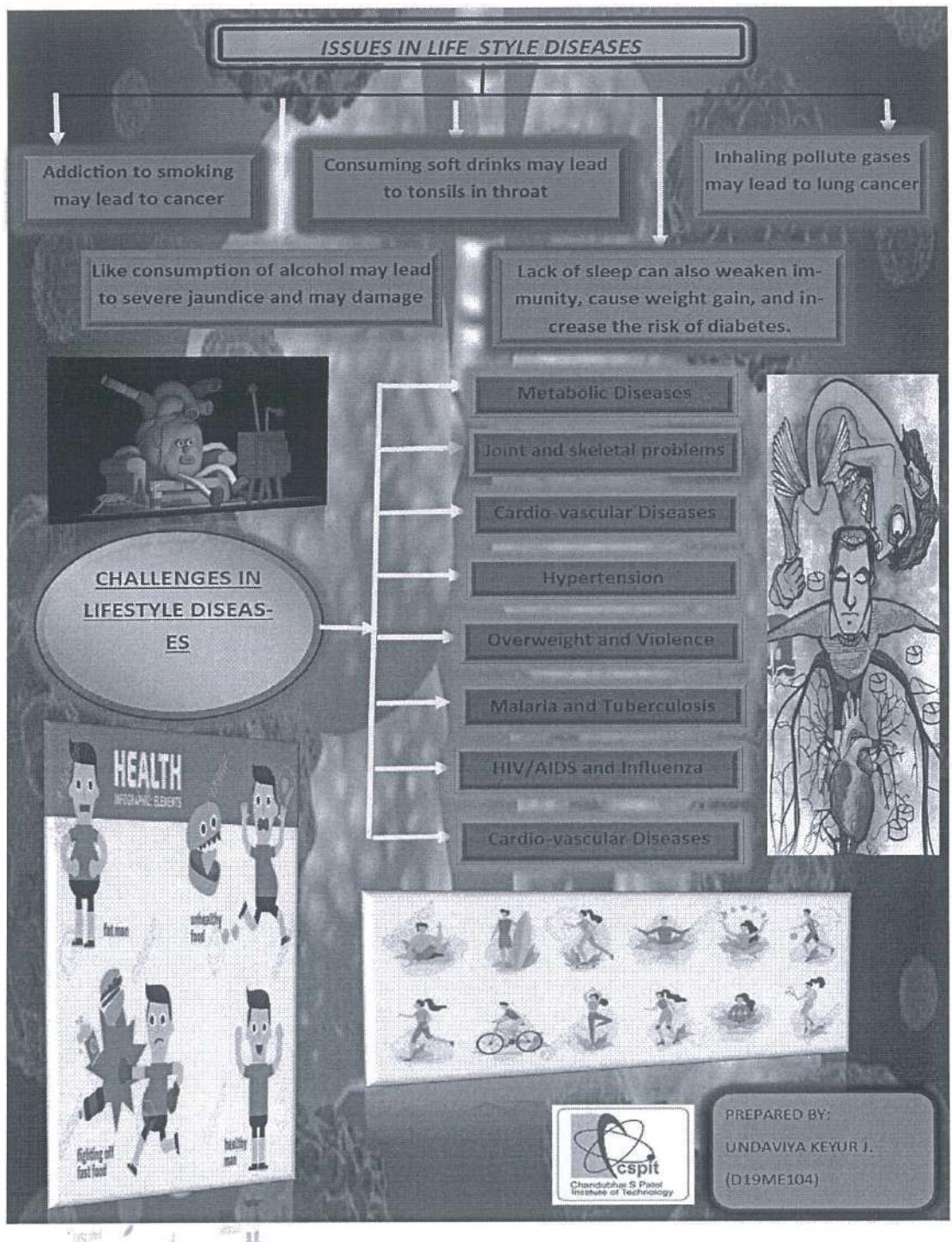
<b>Type of Activity</b>	Poster Presentation
<b>Topic</b>	“Issues and Challenges in life style diseases”
<b>Objectives</b>	<p>India is experiencing a rapid health transition with a change in life style and living standards. This is leading to an unhealthy life by causing various diseases like cardio vascular diseases (CVDs), diabetes, cancer and respiratory diseases account for major portion of mortality and morbidity. It is estimated that unhealthy life style account for 60% of total deaths in India. The good thing however is that all these diseases are preventable through making a choice for healthy lifestyle like prevent use of tobacco &amp; alcohol, physically inactive lifestyle, a diet high in sugar, trans-fats and salt inter-alia, etc. It is recommended that a healthy lifestyle can prevent onset of the above mentioned diseases. Simple changes in our day to day living can save us from disease like cancer, diabetes, hypertension and poor oral health. To promote this idea, we have organized the Poster Designing Competition. Poster Theme: Adopting healthy lifestyle to prevent occurrence of disease like cancer, diabetes, hypertension, cardio vascular diseases, stroke and respiratory diseases.</p>
<b>Resource Person(s):</b>	--
<b>Date &amp; Duration:</b>	--
<b>Targeted Audience (students of UG and PG):</b>	All students across the University
<b>No. of Participants:</b>	05

<b>Outcome</b>	The students were asked to prepare a Poster incorporating healthy lifestyle practices. Various themes like Healthy lifestyle practices, eating healthy, being physically active and fit, screening for early detection of diseases, were given to students.
<b>Members involved and their roles</b>	Dr. Sanskruti Patel (Overall Coordination) Dr. Nirali Honest (Certificate and Attendance)
<b>Proposed budget and actual expenditures</b>	Proposed Budget: - 6200 INR Actual Expenditure:- 581 INR
<b>Other Information</b>	Number of male students participated in activity: 03 Number of female students participated in activity:02 Number of teaching staff participated in activity: Nil Number of non- teaching staff participated in activity: Nil

## Poster Clicks



Photograph 1: Poster prepared by SNEHA VASA (Date: 10th February, 2020)

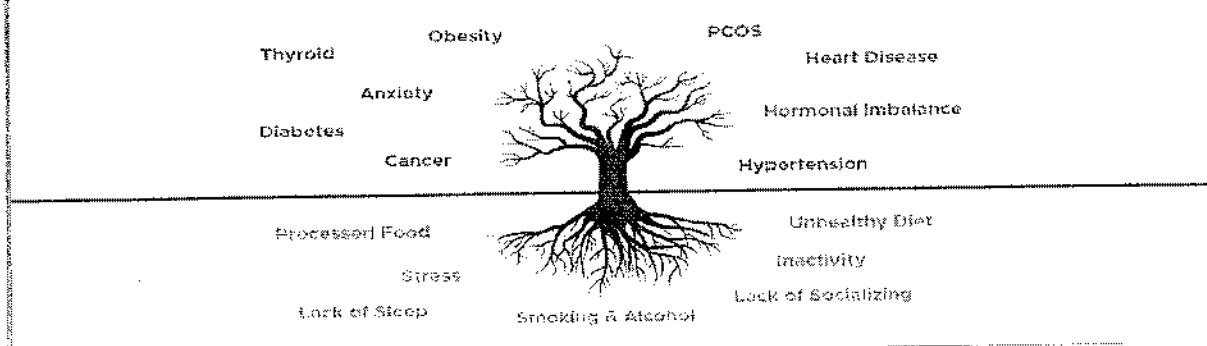


**Photograph 2:** Poster prepared by UNDAVIYA KEYUR (Date: 10th February, 2020)

## ISSUES AND CHALLENGES IN LIFE STYLE DISEASES

Not many are familiar with the term 'Lifestyle disease'. The simplest description of this term would be – a disease that is caused due to the health-damaging choices that we make in our day-to-day life.

It is estimated that worldwide, approximately 14.2 million people between the age of 30 to 70 die every year due to Lifestyle diseases.



**Remedy 1.** A wholesome diet is absolutely essential for your health & wellbeing.  
Eat more of green veggies, fresh fruits, calcium & fiber rich foods



**Remedy 2.** It is essential to strike a perfect balance between food and physical activity.  
Walking is considered as the best and safest form of exercise for people of all ages and  
Take the stairs instead of lift & elevators



**Remedy 3.** Any kind of addiction, whether it is of alcohol, nicotine or any other form of drug, can ruin your health in the worst way possible.



**Remedy 4.** Make sure you keep a close watch on your body weight. Extra weight especially near the tummy has been linked with cardiovascular deaths. People who are obese & overweight are also at risk for many more serious health conditions like sleep apnea, diabetes and cancer.



**Remedy 5.** Anything in excess is bad for health. High intake of Sugar, Salt, & Oil can lead to serious repercussions in the form of diabetes, blood pressure and heart problems (due to high cholesterol). Cut down the usage of these 3 ingredients in your food

Under the aegis of Equal Opportunity Cell and Women Development Cell,  
organized by Smt. Chandaben Mohanbhai Patel Institute of Computer Applications

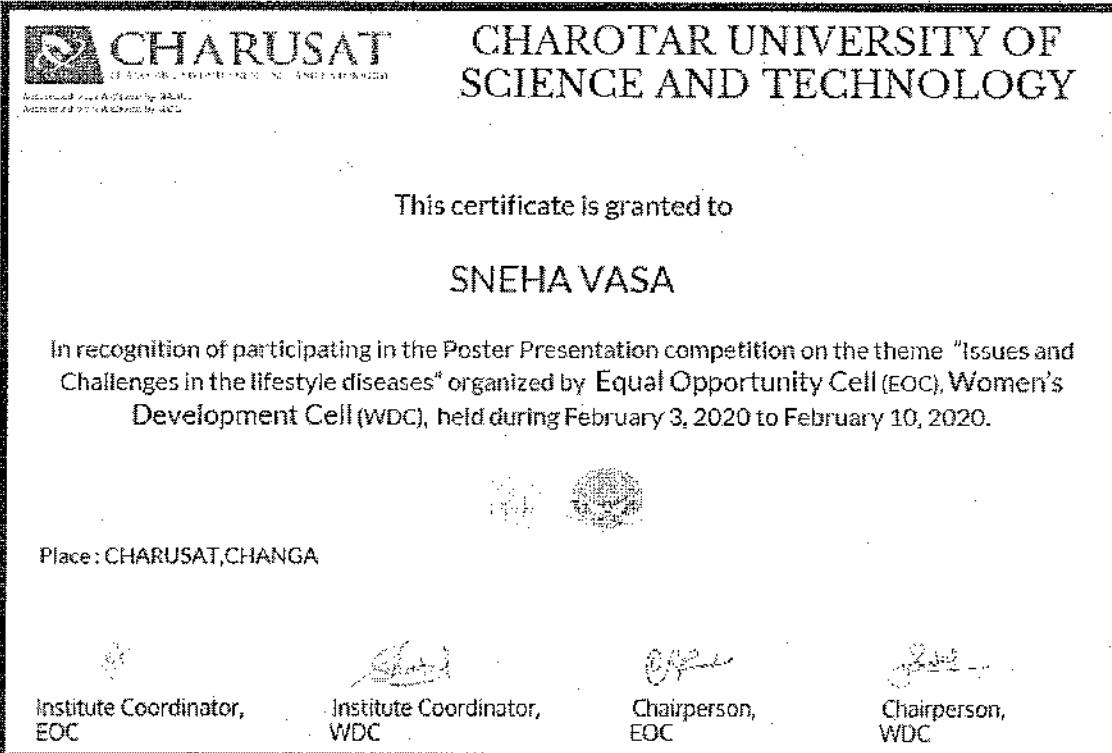
Yours in CHARUSAT,  
Manan Patel - 19MCAL059

**Photograph 3: Poster prepared by Manan Patel (Date: 10th February, 2020)**



Photograph 4: Poster prepared by BINDI JADAV (Date: 10th February, 2020)

Certificate Copy





## WOMEN DEVELOPMENT CELL

### ACTIVITY REPORT (AY 2019-20)

**Name of Activity:** Marathon and Walkathon

**Date of an Event:** 5<sup>th</sup> March, 2020, 6: 00 PM

**Coordinator:**

1. Rashilaben Wala, Hostel Warden
2. Dr. Gayatri Patel, Convener- WDC CHARUSAT

#### **Report**

As a part of CHARUSAT Women's Development Cell initiatives and in line with the recently received **UGC mandate**, with the idea of promoting girls and women involvement in the event in a more fun-filled way. This year we at CHARUSAT had planned an event entitled '**Marathon**' and "**Walkathon**" on 5<sup>th</sup> March, 2020, 6: 00 PM onwards at CHRAUSAT Central Lawn.

#### **Preparation of the Event**

Preparation of Women's Day celebration had started immediately after identifying the need for Women's motivation towards their duties. The approval for the Women's Day Programme was sought almost two weeks in advance. The theme for International Women's Day (8 March) 2020 is, *I am Generation Equality: Realizing Women's Rights*. Looking this theme event circular was prepared and circulated among all lady faculty members and girls for their information.

#### **Conception**

International Women's Day is celebrated in the world over, every year on the eighth day of March. It celebrates womanhood and pays tribute to the indomitable spirit of women across the globe. Its root lies in the early 1900s when oppression and inequality was spurring women to become more vocal and active in campaigning for change.

#### **Objective**

To create awareness for a healthy society and promote women empowerment through showing energy and calipers.

*verified and Approved,  
Dr. Gayatri Patel  
Convener- WDC CHARUSAT*

Page 1 of 4

## **Report**

Event was approved and financially supported by CHARUSAT. Under leadership of Mrs. Madhuben Patel, Trustee CHARUSAT and active in women related social activities this whole event was conceptualized. Ms. Rashilaben Wala Hostel Warden had coordinated whole event. Total 185 hostel girls and 15 staff members were participated in marathon. At the end of event refreshment drink was given to each and every participant.

### **Clicks of Events**



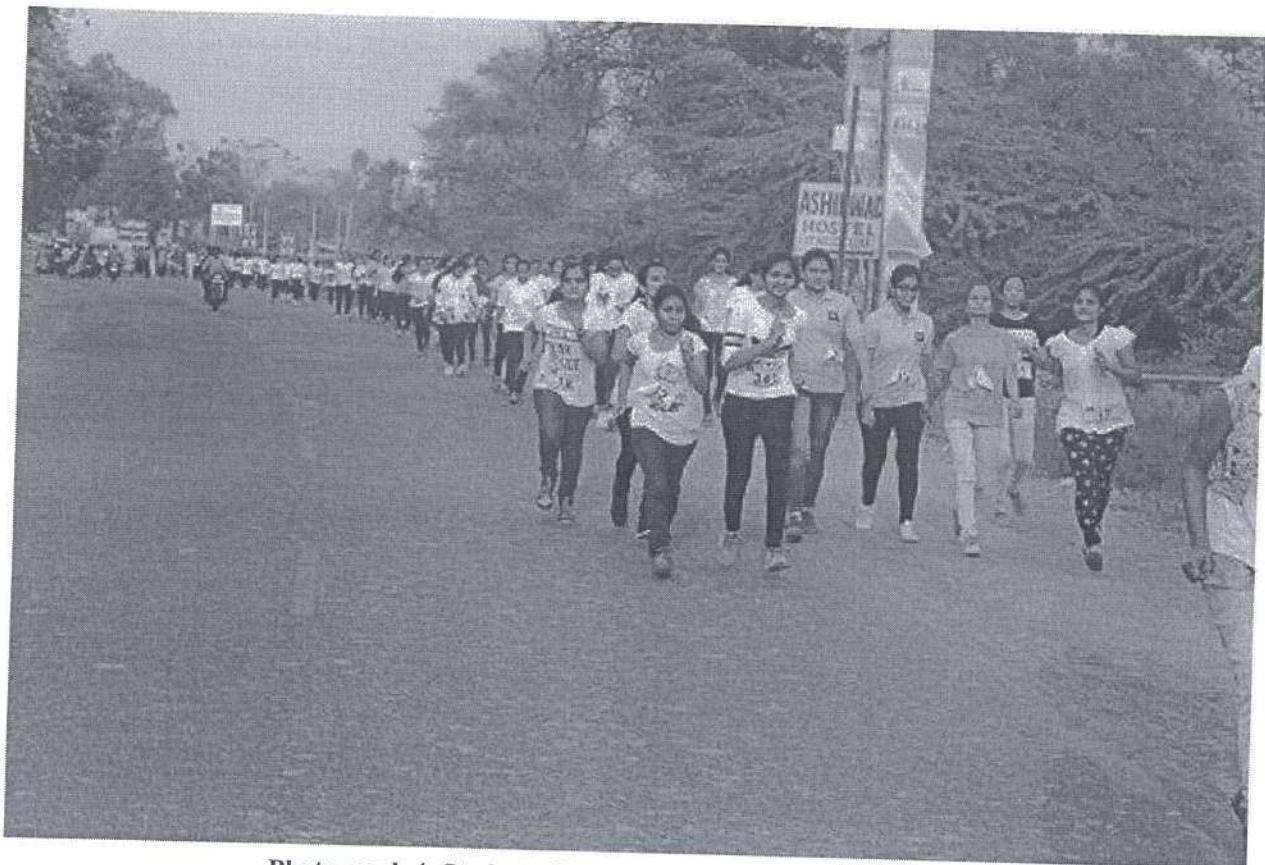
**Photograph 1: Students during event (Date: 05.03.2020)**



Photograph 2: Joint Secretary of Kelavani Mandal Mrs. Madhuben Patel giving signal to start race (Date: 05.03.2020)



Photograph 3: Students posing with Poster of event (Date: 05.03.2020)



**Photograph 4: Students during Marathon (Date: 05.03.2020)**



CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY



## WOMEN DEVELOPMENT CELL

### MANIKAKA TOPAWALA INSTITUTE OF NURSING

#### ACTIVITY REPORT (AY 2019-20)

**Name of an Event:** Obesity and Anemia Screening Camp

**Date of an event:** 06/03/2019

**Date of Submission:** 07/03/2019

**Organizer(s):** Women development cell- Manikaka Topawala Institute of Nursing, CHARUSAT

**Venue:** MTIN laboratories

#### Coordinator Details:

Name: Ms. Rameshwari Zala

Designation: Asst. Professor

Department: Nursing

Email: rameshwarisolanki.nur@charusat.ac.in

verified and Approved,  
g Patel  
(cor. Gayatri Patel)  
(Convener, WDC)

**Introduction:** Women Development Cell of Manikaka Topawala Institute of Nursing and Ramanbhai Patel Pharmacy College Changa had organized “Obesity and Anemia Screening Camp” on 6<sup>th</sup> March, 2020 for students, teaching and non-teaching members of CHARUSAT University. Dr. Jalpa Suthar, and Ms. Rameshwari Zala, were the in charge faculties of the workshop. “Obesity and anemia screening” was aimed to enable the individual to know their health status and advocate them for corrective behavior.

**Objective/s:**

At the end of the event, participants will be able to

- Recognize their BMI.
- Understand their category of health status.
- Realize their hemoglobin level.
- Advocating all individuals with normal level of hemoglobin

**Members involved and their roles:**

Name	Designation
Ms. Rameshwari Zala	Institute level coordinator (Assistant Professor)
Dr. Jalpa Suthar	Assistant Professor, MTIN
Vrunda Patel	Student representative
Zeel Vyas	Student representative
Trusha Sojitra	Student representative
Shama Vahora	Student representative
Shina Patel	Student representative
Mashru Solanki	Student representative
Ayush Patel	Student representative
Naiya Vansola	Student representative

**Proposed budget:** Rs. 3000/-

**Actual expenditures:** Rs.6244/-

**Beneficiaries:** Total 115; students, teaching and non-teaching members of CHARUSAT.

**Activities carried out:**

1. Obesity and anemia screening camp started with registration. All participants were directed to go for their height and weight measurement.
2. BMI was calculated and categorized. All the individuals are counselled for their respective health status. Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A person with a BMI of 30 or more is generally considered obese. A person with a BMI equal to or more than 25 is consider

as overweight. Overweight and obesity are major risk factors for a number of chronic diseases, including diabetes, cardiovascular diseases and cancer. By making the choice of healthier food and regular physical activity overweight and obesity can be prevented

3. Hemoglobin estimation of all the participants were done.

**Outcome of the activities:** It served a platform for all the members to gain knowledge about their health status also received guidance how to improve their health status and haemoglobin level.

**Event clicks:**



Photograph 1: MTIN staff measuring the physiological parameters (Date: 06/03/2020)



Photograph 2: Student Coordinator explaining the importance of anemia and obesity effects  
(Date: 06/03/2020)

Obesity and anemia screening camp  
By Women Development Cell - MTIN-RCP-CHARUSAT-Changa.

Date: 6<sup>th</sup> March, 2020

Sr No.	Name	Gender	Contact no	Institute	Email ID	Height in cm	Weight in kg	BMI	BMI category	Hb in gm/dl
1	Dolly Shrivastava	F	9121469616	CIPS	64% Name: CIPS	160	61.4	23.6	Normal	42.1
2	Amita V. Patel	F	9123229116	CIPS	64% Name: CIPS	129	101	31.5	Obese	13.9
3	Vani - Parmar	M	91853337	CIPS	64% Name: CIPS	160	61.2	16.1	Underweight	16.8
4	Sipra Datta	M	9121469616	MTIN	64% Name: CIPS	169	25	26.2	Obese	15.9
5	Shreya Jaiswal	M	9121469616	MTIN	64% Name: CIPS	161	68	22.8	N	12.4
6	Reshma R. Singh	F	9198163485	STP2025	64% Name: CIPS	155	24.2	31.0	Obese	11.5
7	Gauri H. Chaudhari	F	9166629146	RPDIAS	64% Name: CIPS	162	65.9	25	Obese	16.9
8	Muskaan Sabarkar	M	9121469616	CIPS	64% Name: CIPS	121	22.5	24.9	N	15.9
9	Dilip Patel	M	9125293665	Charusat	64% Name: CIPS	165	85.2	30.2	Obese	11.38
10	Khadakbar Patel	F	919854685	CSPN	64% Name: CIPS	161.3	26.4	26.4	Obese	13.7
11	Krushi Bhavnani	F	9121469616	MTIN	64% Name: CIPS	156	62.6	25.6	Obese	11.9
12	Sharmi Verma	F	9121469616	MTIN	64% Name: CIPS	165	56.3	23.1	N	12.9
13	Sayali Patel	M	9121469616	MTIN	64% Name: CIPS	173	45.1	24.9	N	12
14	Sonali Patel	F	9121469616	MTIN	64% Name: CIPS	165	43.4	24.6	Underweight	17.2
15	Umeshu Salunkhe	M	9121469616	MTIN	64% Name: CIPS	123	51.3	21.1	N	12.6
16	Rajesh Patel	M	9121469616	MTIN	64% Name: CIPS	164	50.3	21.3	N	12
17	Bapuji Broomi	F	9121469616	MTIN	64% Name: CIPS	162	40.7	20.2	N	13.1
18	Ramni Soni	F	9121469616	MTIN	64% Name: CIPS	153	46.1	20.5	N	11
19	Arikumar Patel	F	9121469616	MTIN	64% Name: CIPS	162	53.6	20.4	N	11.3
20	OS Karanekar	M	9121469616	MTIN	64% Name: CIPS	171	68.6	24.2	Obese	10.1
21	Neelam R. Bhut	F	9121469616	MTIN	64% Name: CIPS	151	39.4	13.3	Underweight	17.5
22	Gitesh Bhut	M	9121469616	MTIN	64% Name: CIPS	180	47	24.9	N	11.5
23	Divyam Patel	M	9121469616	MTIN	64% Name: CIPS	132	24.5	25.2	Obese	12.1
24	Hetal Patel	F	9121469616	MTIN	64% Name: CIPS	152	47.8	20.2	N	9.6
25	Humayun Farzana	F	9121469616	MTIN	64% Name: CIPS	155	45.5	21.0	N	13.4
26	Harnish Patel	M	9121469616	MTIN	64% Name: CIPS	163	57.1	22.2	N	11.5
27	Gitanjali Patel	F	9121469616	MTIN	64% Name: CIPS	158	45.8	18.3	Underweight	13
28	Brijesh Senghani	F	9121469616	MTIN	64% Name: CIPS	161	51.6	15.6	Underweight	16.1
29	Virander Patel	F	9121469616	MTIN	64% Name: CIPS	161	43.1	16.5	Underweight	16.5
30	Grekharbeni Mukherjee	F	9121469616	MTIN	64% Name: CIPS	162	42.6	16.3	Underweight	16.1
31	Monashaben B. Verma	F	9121469616	MTIN	64% Name: CIPS	153	57.6	26.3	Obese	12.1
32	Honeyaben Al-Hadrami	F	9121469616	MTIN	64% Name: CIPS	151	49.3	21.6	N	10.2
33	Deepika Krishnamurthy	M	9121469616	MTIN	64% Name: CIPS	163	66.6	25.1	Obese	12.4

List of Participants

Sr No.	Name	Gender	C Number	Address	Email ID	Height in cm	Weight kg	dM	BMI category	noi. pm/d
34	Dipti Singhvi	f	26900001	MTR	dipti.singhvi@indiatimes.com	151	64.2	(9.4	N	15.1
35	Anil Patel	m	11	Patel	anil.patel@indiatimes.com	154	61	23.0	N	16.9
36	Patel Pratik	m	11	Patel	pratik.patel@indiatimes.com	154	62.4	16.2	N	16.4
37	Patel Vaibhav	m	11	Patel	vaibhav.patel@indiatimes.com	151	51.7	21.8	N	16.5
38	Sandeep Tijoriwala	m	11	Tijoriwala	sandeep.tijoriwala@indiatimes.com	169	80.2	16.1	N	16.8
39	Shivam Karmalkar	m	11	Karmalkar	shivam.karmalkar@indiatimes.com	158	51.4	20.6	N	16.8
40	" "	"	"	"	"	151	66.5	20.3	N	16.8
41	Priti Patel	m	11	Patel	pritipatel123@gmail.com	152	96.9	33.3	Obese	6.0
42	Sukhi Chaudhary	m	11	Chaudhary	sukhi.chaudhary@indiatimes.com	151	62.7	N	17.3	
43	Chaparwala Misril	m	11	Auskarwala	misril.chaparwala@indiatimes.com	16.8	56.4	26.9	Overweight	11.5
44	Ritika Verma	m	11	Verma	ritika.verma@indiatimes.com	16.6	62.2	19.5	N	17.5
45	Alka Patel	f	11	Patel	alkapatel123@gmail.com	154	51.1	21.1	N	18.6
46	Lata Patel	f	11	Patel	lata.patel@indiatimes.com	154	50.9	21.4	Obese	11.4
47	Sharmila Patel	f	11	Patel	sharmila.patel@indiatimes.com	154	50.9	21.3	Obese	11.9
48	Padmaja Patel	f	11	Patel	padmaja.patel@indiatimes.com	157	59.4	21.6	N	17.5
49	Arif Patel	m	11	Patel	arif.patel@indiatimes.com	150	62	23.2	N	17.5
50	Neelam Patel	f	11	Patel	neelam.patel@indiatimes.com	156	55.4	19.6	N	18.1
51	Neelam Patel	f	11	Patel	neelam.patel123@gmail.com	155	51.1	19.8	Obese	11.8
52	Shital Patel	m	11	Patel	shital.patel@indiatimes.com	150	46.0	17.0	Underweight	11.3
53	Pratik Patel	m	11	Patel	pratik.patel@indiatimes.com	155	51.4	19.4	N	17.8
54	Patel Pratik	m	11	Patel	pratik.patel123@gmail.com	155	51.4	19.4	N	17.8
55	Patel Pratik	m	11	Patel	pratik.patel@indiatimes.com	155	51.4	19.4	N	17.8
56	Patel Pratik	m	11	Patel	pratik.patel123@gmail.com	155	51.4	19.4	N	17.8
57	Patel Pratik	m	11	Patel	pratik.patel@indiatimes.com	155	51.4	19.4	N	17.8
58	Patel Pratik	m	11	Patel	pratik.patel123@gmail.com	155	51.4	19.4	N	17.8
59	Patel Pratik	m	11	Patel	pratik.patel@indiatimes.com	155	51.4	19.4	N	17.8
60	Kotharki Meenakshi	m	11	Kotharki	meenakshi.kotharki@indiatimes.com	169	64.9	16.6	Underweight	1.1
61	Gurbani Sandeep	m	11	Gurbani	sandeep.gurbani@indiatimes.com	151	54.7	21.7	N	18.3
62	Hemang Patel	m	11	Patel	hemang.patel@indiatimes.com	150	51.7	21.6	N	18.0
63	Ferdousi Wasim	m	11	Wasim	ferdousi.wasim@indiatimes.com	156	62.5	20.7	N	18.6
64	Patel Parvati A	f	105	Patel	parvati.patel@indiatimes.com	156	98.9	16.1	Very obese	11.9
65	Patel Deepali	f	11	Patel	deepali.patel@indiatimes.com	152	61	21.5	Underweight	0.5
66	Patel Vaishali	f	11	Patel	vaishali.patel@indiatimes.com	156	96.4	21.1	Obesity	0.4
67	Patel Vaishali	f	11	Patel	vaishali.patel123@gmail.com	156	97.4	21.3	Obesity	0.4
68	Patel Vaishali	f	11	Patel	vaishali.patel@indiatimes.com	156	97.4	21.3	Obesity	0.4
69	Patel Vaishali	f	11	Patel	vaishali.patel123@gmail.com	156	97.4	21.3	Obesity	0.4
70	Patel Vaishali	f	11	Patel	vaishali.patel@indiatimes.com	156	97.4	21.3	Obesity	0.4
71	Patel Vaishali	f	11	Patel	vaishali.patel123@gmail.com	156	97.4	21.3	Obesity	0.4
72	Patel Vaishali	f	11	Patel	vaishali.patel@indiatimes.com	156	97.4	21.3	Obesity	0.4
73	Patel Vaishali	f	11	Patel	vaishali.patel123@gmail.com	156	97.4	21.3	Obesity	0.4
74	Patel Vaishali	f	11	Patel	vaishali.patel@indiatimes.com	156	97.4	21.3	Obesity	0.4

*[Signature]*

Sr No.	Name	Gender	Contact Number	Address	Email/ID	Height weight in kg	BMI	category	gm/dl
11	Akern Patel	M	9359268999	ARP colony Chembur Mumbai	153	55.6	23.6	N	12.1
12	Ankit Christian	M	9992483644	Condehabacion Mumbai	169	51	28.4	O	14.9
13	Allzu C. Patel	F	900935610	P.D.P.S.S. Rohitwadi, mumbai Mumbai	169	48.7	21.9	N	11.7
14	Shalini Joshi	F	93838345	M.T.N. Ishratkhan@yaoo.com	162	52.5	22.9	N	14.8
15	Arjali Tiwari	F	98						10.5

✓ ✓ ✓

Patel

Press note

## ચારુસેટ સંલગ્ન નર્સિંગ-ફાર્મસી કોલેજ દ્વારા

# આંતરરાષ્ટ્રીય મહિલા દિનની ઉજવણી: ઓબેસિટી-એનેમિયા સ્ક્રીનિંગ કેમ્પનો ૧૧૫ લોકોએ લાભ લીધો



આરોગ્યપ્રદ ખોરાકની પસંદગી અને નિયમિત શારીરિક પ્રવૃત્તિઓ દ્વારા ઓબેસિટી અને એનેમિયા સામે રસ્તા મેળવી શકાય છે. ચાંગાસ્થિત ચારુસેટ યુનિવર્સિટી સંલગ્ન મણિકાકા ટોપાવાલા હન્સ્ટીલ્યુટ ઓફ નર્સિંગ અને રમ્ભાભાઈ પટેલ ક્રોલેજ ઓફ ફાર્મસીના વિભેન ડેવલપમેન્ટ સેલ દ્વારા છઢી માર્યે ચારુસેટમાં આંતરરાષ્ટ્રીય મહિલા દિનની ઉજવણી કરવામાં આવી હતી જેમાં ચારુસેટ યુનિવર્સિટીના

વિદ્યાર્થીઓ-ટીથિંગ, નોન-ટીથિંગ સ્ટાફ માટે ઓબેસિટી-એનેમિયા સ્ક્રીનિંગ કેમ્પનું આપોજન કરવામાં આવ્યું હતું. કુલ ૧૧૫ લોકોએ આ સુવિધાનો લાભ લીધો હતો.

આ કેમ્પનો હેતુ તમામ લોકોના બી. એમ. આઈ. (બોડી માસ ઇન્ડેક્સ) ઓળખવાનો, લોકોને તેઓના આરોગ્ય દરજાની ક્રેટારી સમજાવવાનો તેમજ તેઓનું ડિમોગ્લોબિન કેટલું છે અને કેટલું જાળવી રાખવું જોઈએ તેનું કાઉન્સેલિંગ કરવામાં આવ્યું

હતું, બી. એમ. આઈ. અને ડિમોગ્લોબિન લેવલ માટે ૧૧૫ લોકોનું સ્ક્રીનિંગ કરવામાં આવ્યું હતું.

ઓબેસિટી-એનેમિયાસ્ક્રીનિંગ કેમ્પના હિન્દ્યાર્જ ફેફલી તરીકે ડે. જલ્દ્યા સુધાર અને મણિકાકા ટોપાવાલા હન્સ્ટીલ્યુટ ઓફ નર્સિંગના આસિસ્ટન્ટ પ્રોફેસર રામેશ્વરી જાલા હતા. આ કેમ્પનું આપોજન મણિકાકા ટોપાવાલા હન્સ્ટીલ્યુટ ઓફ નર્સિંગના પ્રિન્સિપાલ ડે. અનિલ શર્માના નેતૃત્વ હેઠળ થયું હતું, મણિકાકા ટોપાવાલા હન્સ્ટીલ્યુટ ઓફ નર્સિંગના બી. એસ.સી. નર્સિંગના ગ્રીજા સેમિસ્ટરના વિદ્યાર્થીઓએ આ કેમ્પને સફળ બનાવવામાં સહયોગ આપ્યો હતો.



## CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY



### WOMEN DEVELOPMENT CELL

### ASHOK AND RITA PATEL INSTITUTE OF PHYSIOTHERAPY

### ACTIVITY REPORT (AY 2019-20)

**Name of an Event:** Health Education on “Menstrual Health and Hygiene” on International Women’s Day

**Date of an event:** 6<sup>th</sup> March, 2020

**Date of Submission:** 9<sup>th</sup> March 2020

**Organizer(s):**

- Women development cell and NSS - Ashok and Rita Patel Institute of physiotherapy

**Venue:** Changa Kanyashala School, Changa

**Coordinator Details:**

**Coordinator (1)**

Name: Dr L Surbala (PT)

Designation: Asst. Professor

Department: Physiotherapy

Email: lsurbala.phy@charusat.ac.in

**Coordinator (2)**

Name: Dr Hemal Patel (PT)

Designation: Asst. Professor

Department: Physiotherapy

Email: hemalpatel.phy@charusat.ac.in

Verified and Approved,  
Prof. Gayatri Patel  
(Convener, WDC)  
Page 1 of 4

## ACTIVITY REPORT

### **1. Objectives:**

The Health education program was focused on spreading knowledge and awareness regarding menstrual health among the rural school adolescent girls.

**The objectives of the program is**

- Impart knowledge about menstruation
- Educate and demonstrate on how to use and dispose sanitary pads
- Spread awareness on maintaining a healthy practice during menstruation

### **2. Members involved and their roles**

**Co-ordinator:** Dr. L. Surbala Devi (WDC coordinator - ARIP).

**Co-coordinator:** Dr. Hemal Patel (NSS Coordinator, ARIP), Dr. Robert Parmar (NSS coordinator, CHARUSAT)

### **3. Proposed budget and actual expenditures**

**Proposed budget-** Rs 10000

**Actual expenditures-** Rs 3284

### **4. Activities carried out and beneficiaries**

**Activities:**

- Awareness program on "Menstrual Health and Hygiene" among rural school adolescent girls
- Evaluation of knowledge, attitude and practice towards menstruation among rural school adolescent girls
- Distribution of sanitary pads among the pubertal age school children

**Beneficiaries:**

- 80 Rural school adolescent girls

**Outcome of activities** – A research work is proposed under the banner of WDC & NSS ARIP with a seed grant of 1,65000 per year for 2 years to evaluate the knowledge attitude and practice of rural school children on Menstrual and Hygiene and before and after the health education program.

**Event clicks**



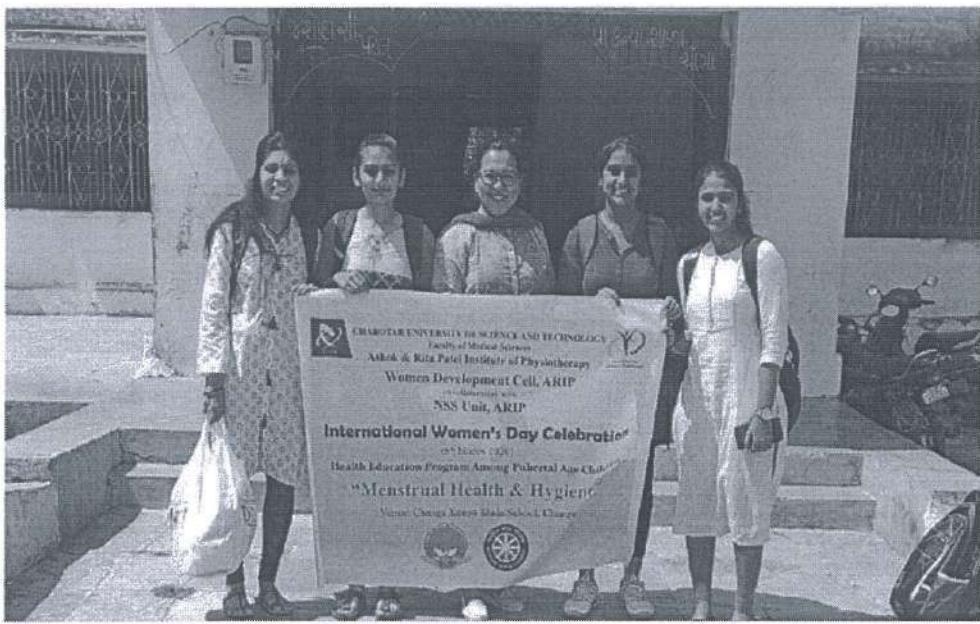
*Picture 1: Knowledge mapping of rural school children on the health and hygiene of menstruation (Date: 6<sup>th</sup> March, 2020)*



*Picture 2: Display of educational videos on menstrual health and hygiene (Date: 6<sup>th</sup> March, 2020)*



*Picture 3 Distribution of sanitary pads (Date: 6<sup>th</sup> March, 2020)*



Picture 4: Volunteers with event banner (Date: 6<sup>th</sup> March, 2020)

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## Webinar on "Peace Around is a Reflection of Peace Within"

2 messages

**Principal CIPS** <principal.cips@charusat.ac.in>  
To: Charusat Family <charusatfamily@charusat.ac.in>

Wed, Sep 16, 2020 at 9:10 AM

Dear CHARUSAT Family members

Each year "**The International Day of Peace**" is observed around the world on 21 September. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace.

To honor this day, **The Operation Theater and Anaesthesia Technology** Department of **CIPS, CHARUSAT** has organized a talk on "**Peace Around is a Reflection of Peace Within**" by Dr. Jignesh Shelat.

**Registration is free** for all faculty and students. E-certificate will be provided to all the participants.

Kindly click on the below link and register on or **before Friday, 18th September, 4 pm**: <https://forms.gle/GKodvHzEWaPwarC16>

Please do the needful and forward this email to your colleagues. We will send a joining link to those who have registered.

**Webinar platform: Google meet/Zoom**

**Time: 10:00am**

Regards,

Darshan

---

**Foram Shelat** <foramshelat.cips@charusat.ac.in>  
To: Nilesh Pandey <nileshpandey.cips@charusat.ac.in>

Fri, Mar 5, 2021 at 2:16 PM

[Quoted text hidden]

--  
Ms. Foram Shelat  
Assistant Professor,  
Charotar Institute of Paramedical Sciences,  
Charotar University of Science and Technology,  
Changa.

Event Report – Peace Around is a Reflection of Peace Within  
Department of Operation theatre and Anaesthesia Technology, CIPS

## **Charotar University of Science and Technology**

## **Charotar Institute of Paramedical Sciences (CIPS)**

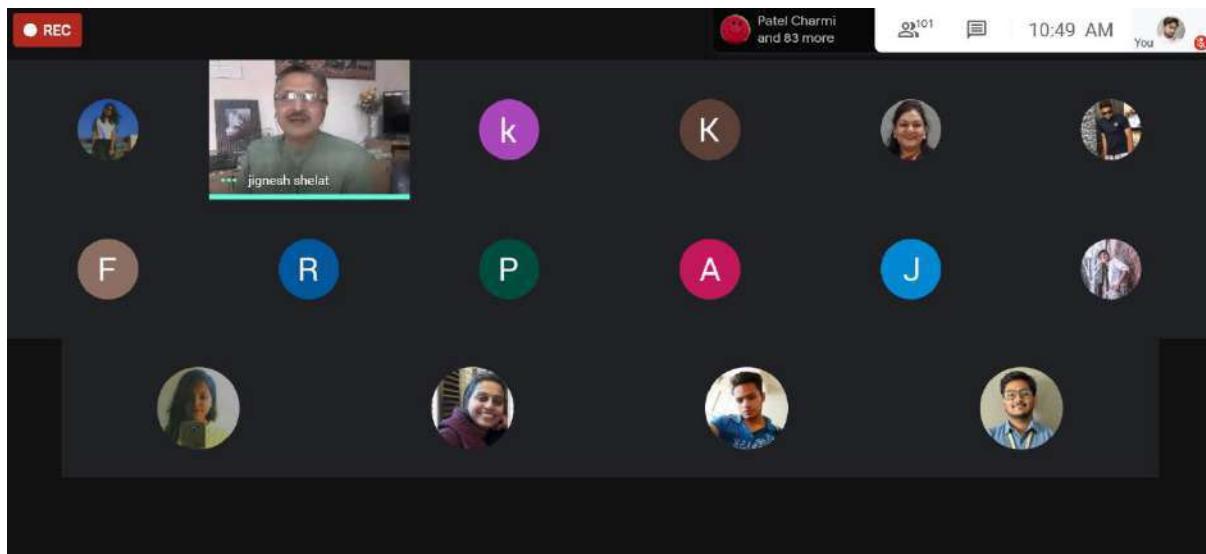
Department of Operation theatre and Anaesthesia  
Technology

### **Webinar on “Peace Around is a Reflection of Peace Within”**

The Department of Operation theatre and Anaesthesia Technology organised a webinar on “Peace Around is a Reflection of Peace Within” on 21<sup>st</sup> July 2020. The details of the programme were compiled along with the link for registration and distributed via e-mail and Social Media such as what's app. The registration process was open from date 15<sup>th</sup> September 2020 to 18th September 2020 and the details of the participants were collected using the Google forms. The total of 161 registration were received and confirmation of registration was sent using the email along with joining link of the webinar.

The program started at 10:00 AM, 21<sup>st</sup> September on Google Platform – Google Meet. Mrs Foram shelat welcomed the participants and introduced the spokesperson. Following that Dr Jignesh Shelat delivered the very informative and inspiring talk on how to maintain inner peace. The vote of thanks was delivered at the end of webinar.

The screen was recorded during the webinar. The feedback form was collected from the participants. A total of 65 responses was collected. The e – certificates were sent to the registered participants within 4 days after the completion of the Webinar.



Speaker delivering lecture to the students. 21st September 2020

Ms. Foram shelat

Co-ordinator, Assistant professor

Mr. Akhlaque Ahmad

HOD, Assistant professor(OTAT)



**WOMEN DEVELOPMENT CELL**

**MANIKAKA TOPAWALA INSTITUTE OF NURSING**

**ACTIVITY REPORT (AY 2020-21)**

**Name of an Event:** Online Workshop on “Breast Self-Examination”

**Date of an event:** 27.10.2020

**Date of Submission:** 28.10.2020

**Organizer(s):** Women development cell- Manikaka Topawala institute of nursing,  
CHARUSAT.

**Venue:** MTIN laboratories.

**Coordinator Details:**

**Coordinator (1)**

Name: Ms. Rameshwari Zala

Designation: Asst. Professor

Department: Nursing

Email: rameshwarisolanki.nur@charusat.ac.in

**Submitted by:** Ms. Rameshwari Zala

verified and approved,

*Gondal  
(Dr. Gayatri Patel)  
(convener, WDC)*

**Introduction:** Women Development Cell of Manikaka Topawala Institute of Nursing, Changra had organized an online Workshop on “Breast Self-Examination” for primary school teachers of Anand District. Dr. Anjali Tiwari, and Ms. Rameshwari Zala, were the incharge faculties of the workshop. The workshop on “Breast Self-Examination” was aimed to enable the women to gain in-depth knowledge and hands on practice regarding Breast Self-Examination.

**Objective/s:**

At the end of the event, participants will be able to

1. Identify the early unusual changes of breast.
2. Understand different findings of normal and abnormal breast.
3. Demonstrate techniques/steps of breast self-examination.
4. Demonstrate the best position for breast self-examination.
5. Discuss the regular interval and time of breast self-examination.
6. Discuss variations and special consideration in performing breast self-examination techniques appropriate for the different age clients.

**Online Platform: Zoom**

**Members involved and their roles:**

Name	Designation
Ms. Rameshwari Zala	Institute level coordinator (Assistant Professor)
Dr. Anjali Tiwari	Assistant Professor, MTIN
Ms. Bhoomi Bhavada	Student representative
Mr. Rakesh Mistry	Non teaching staff

**Proposed budget: Nil**

**Actual expenditures: Nil**

**Beneficiaries:** Total 30; primary school teachers from Vadod Kanya Shala, Mogar Kanya Shala, and Primary school- Gopalpura, Anand.

**Activities carried out:**

1. A session on breast cancer by Ms. Anjali Tiwari was started was taken. She enlightened participants by giving historical background of breast cancer awareness through pink bow. She has covered risk factors, sign and symptoms through which one can make primary diagnosis of unusual mass in breast that can be either benign or malignant but by this method survival rate of sufferers are increased due to early detection and proper treatment.

2. Hand on training on steps of Breast Self Examination. Ms. Rameshwari Zala had demonstrated steps of Breast Self-examination and explained that they can choose a day each month that will be easy to remember and make breast self-awareness a regular part of their good health routine. Women who are in reproductive age and having menstrual period every month, they can do it on 5<sup>th</sup> day of their periods.
3. Every participant approached to recap all the learning and techniques of it. One to one doubt of all participants were clarified. They had demonstrated circular and line method of detection of lump or any unusual mass by bare fingertip techniques in standing position as well as lying position.

**Outcome of the activities:** It served a platform for the women to gain knowledge through hands on practice under the guidance of incharge faculty of workstation regarding breast self-examination.

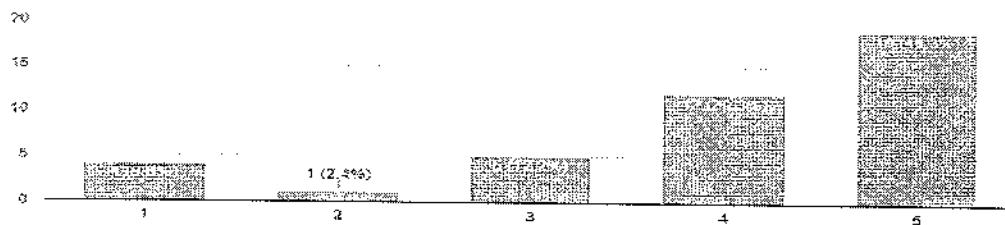
**Event clicks:**





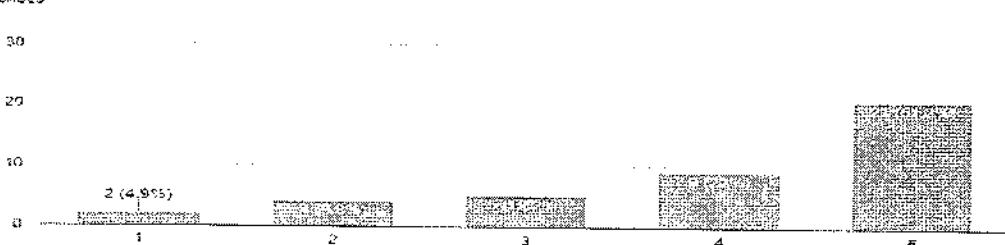
Sample copy of Certificate & feedback if any:

The resource person made good use of time allotted.  
41 responses



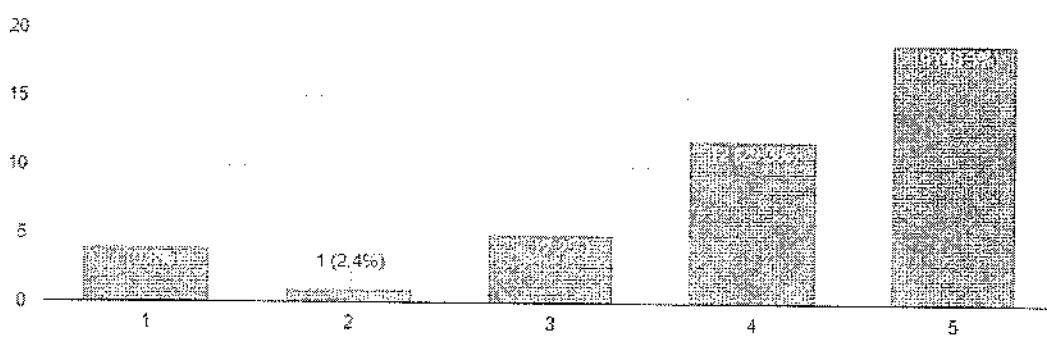
The resource person had conceptual clarity and Knowledge about the topic.

41 responses



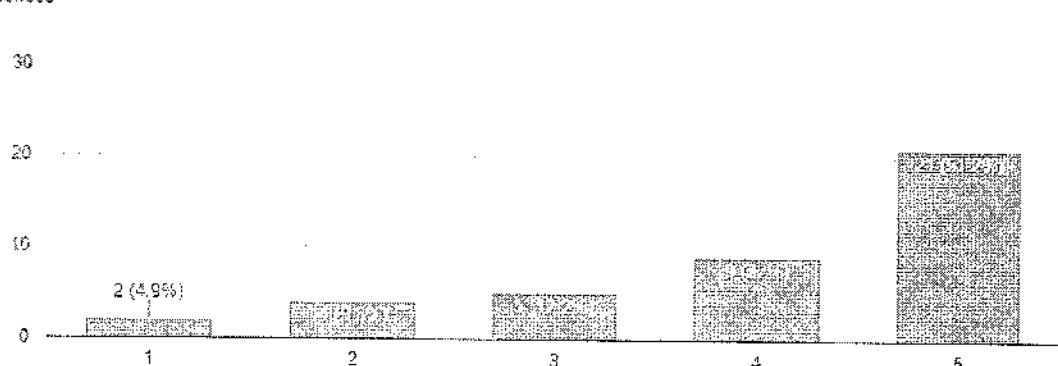
The resource person made good use of time allotted.

41 responses

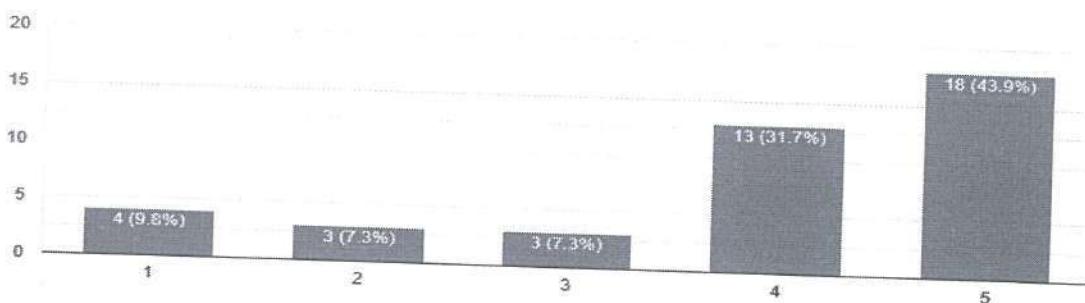


The resource person had conceptual clarity and Knowledge about the topic.

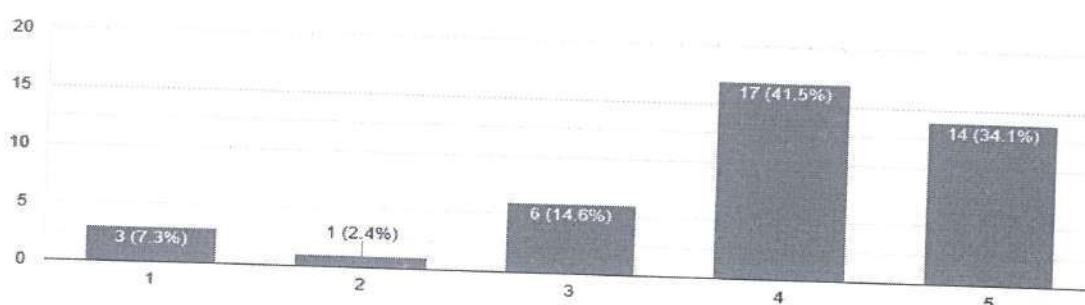
41 responses



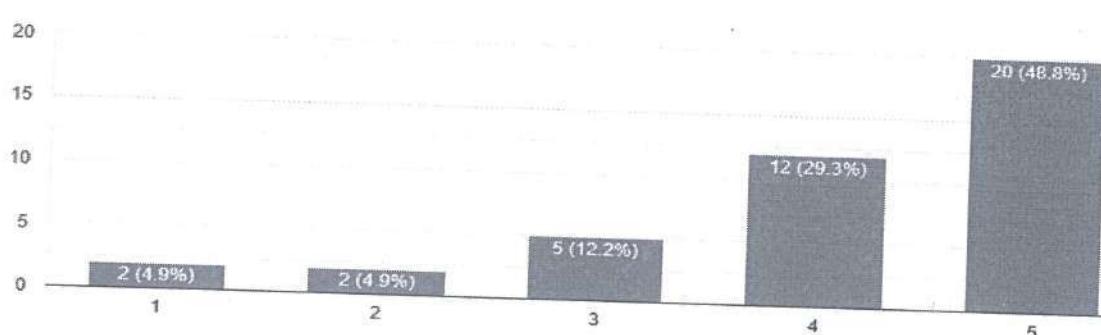
I understood the concepts as presented in the talk.  
41 responses



The talk improved my understanding of the topic.  
41 responses



The learning derived for the talk will be useful to me in future.  
41 responses



Suggest your recommendations for betterment of this kind of sessions to be organized in future.  
23 responses

More efficient knowledge

It's needed and very useful to girls education.

Nil

Very good



## E-Certificate



### Certification of Participation

This is to Certify that

Ms. Khushbu Patel

has participated as a Delegate in the Online Workshop on

**"Breast Self Examination"**

held on 27<sup>th</sup>, October, 2020 - Tuesday

Organized by WDC - Manikaka Topawala Institute of Nursing,

A Constituent of

Charotar University of Science and Technology (CHARUSAT).

Dr. Gayatri Patel  
Convenor  
WDC-CHARUSAT



Ms. Rameshwari Zala  
Co-ordinator  
Member WDC-MTN

# દેશમાં પ્રત્યેક 28 પેકી 1 મહિલાને બ્રેસ્ટ કેન્સર થવાનું જોખમ

ચારુસેટ-MTIN દ્વારા બ્રેસ્ટ સેલ્ફ એક્જામિનેશન વર્ક્ષોપ

નવગુજરાત સમય > આણંદ



**ચાંગા રિથિત ચારુસેટ યુનિવર્સિટી સંલગ્ન માર્ગિકાકા ટોપાવાલા ઈન્સ્ટીટ્યુટ ઓફ નર્સિંગ (MTIN)ના વિમેન તેવલપમેન્ટ સેલ્ફ દ્વારા તાજેતરમાં આણંદ જીલ્લાના પ્રાથમિક શિક્ષકો માટે બ્રેસ્ટ સેલ્ફ એક્જામિનેશન ઓનલાઈન વર્ક્ષોપ યોજાયો હતો. આ ઓનલાઈન વર્ક્ષોપમાં 30 થી 59 વર્ષની વધ્યજીવના કુલ 30 ડેલિગેટ્સે સાંક્ષેપપત્રો ભાગ લીધો હતો.**

ભારતમાં મહિલાઓમાં તમામ કેન્સરોમાં 27 ટકા મહિલાઓમાં બ્રેસ્ટ કેન્સર થવાનું જોખમ રહે છે જેની શરૂઆત 30 વર્ષની વધ્યથી થાય છે અને 50 થી 64 વર્ષસુધીમાં તો તેનું પ્રમાણ વધી જાય છે. એક અંદાજ મુજબ ભારતમાં

દર 28 મહિલામાંથી એક મહિલાને તેના જીવન દરમિયાન બ્રેસ્ટ કેન્સર થવાની શક્યતા છે. સેશન દરમિયાન બ્રેસ્ટ સેલ્ફ એક્જામિનેશનની વિવિધ પથ્યતિઓ ભાગ લેનારા 30 ડેલિગેટ્સને દર્શાવવામાં આવી હતી. ઓફસ્ટેર્ટ્રિક્સ એન્ડ ગાયનેકોલોજી ડિપાર્ટમેન્ટના વડા ડૉ. અંજલી તિવારી અને આસિસ્ટન્ટ પોફેસર ડૉ. રામેશ્વરી જાલા દ્વારા દ્વારા આ ઓનલાઈન વર્ક્ષોપનું આયોજન માર્ગિકાકા ટોપાવાલા ઈન્સ્ટીટ્યુટ ઓફ નર્સિંગના પ્રિન્સિપાલ ડૉ. અનિલ શર્માના નેતૃત્વ હેઠળ થયું હતું.

## બ્રેસ્ટ કેન્સર અવેરનેસ વિશે ચારુસેટ દ્વારા બ્રેસ્ટ સેલ્ફ એક્જામિનેશન ઓનલાઈન વર્ક્ષોપ યોજાયો

**ચાંગા:** ચાંગારિથિત ચારુસેટ યુનિવર્સિટી સંલગ્ન માર્ગિકાકા ટોપાવાલા ઈન્સ્ટીટ્યુટ ઓફ નર્સિંગ (MTIN)ના વિમેન તેવલપમેન્ટ સેલ્ફ દ્વારા તાજેતરમાં આણંદ જીલ્લાના પ્રાથમિક શિક્ષકો માટે બ્રેસ્ટ સેલ્ફ એક્જામિનેશન ઓનલાઈન વર્ક્ષોપ યોજાયો હતો. આ ઓનલાઈન વર્ક્ષોપમાં 30 થી 40 વર્ષની વધ્યજીવના કુલ 30 ડેલિગેટ્સે સાંક્ષેપપત્રો ભાગ લીધો હતો. ઓકટોબર માસ સમગ્રે હુનિયામાં બ્રેસ્ટ કેન્સર અવેરનેસ મંથ તરીકે ઉજવવામાં આવે છે આથી 27મી ઓકટોબરે યોજાયેલ આ ઓનલાઈન વર્ક્ષોપ બ્રેસ્ટ કેન્સર વિશે મહિલાઓમાં જાગૃતતા ફેલાવવા માટે પ્રોટોર્મ બન્ધો હતો. ઉલ્લેખનીય છે કે ભારતમાં મહિલાઓમાં તમામ કેન્સરોમાં 27 ટકા મહિલાઓમાં બ્રેસ્ટ કેન્સર થવાનું જોખમ રહે છે જેની શરૂઆત 30 વર્ષની વધ્યથી થાય છે અને 40 થી 44 વર્ષ સુધીમાં તો તેનું પ્રમાણ વધી જાય છે. એક અંદાજ મુજબ ભારતમાં દર 20 મહિલામાંથી એક મહિલાને તેના જીવન દરમિયાન બ્રેસ્ટ કેન્સર થવાની શક્યતા છે. MTIN પ્રિન્સિપાલ ડૉ. અનિલ શર્માના નેતૃત્વ હેઠળ થયું હતું.



CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY



**WOMEN DEVELOPMENT CELL**

**RAMANBHAI PATEL COLLEGE OF PHARMACY**

**ACTIVITY REPORT (AY 2020-21)**

**Name of an Event: Expert talk on Adolescent Girl's Health Issues**

**Date of an event:** 31 October, 2020.

**Date of Submission:** 7<sup>th</sup> November, 2020.

**Organizer(s):** Women Development Cell (WDC)- RPCP

**Venue:** Online Mode

**Coordinator Details:**

**Coordinator**

Name : Dr. Jalpa Suthar

Designation: Associate Professor

Department: RPCP

Email: jalpasuthar.ph@charusat.ac.in

**Submitted by:** Dr. Jalpa Suthar

*Verified and Approved,*

*Jalpa  
(Co. Gayatri Patel)  
(Convenor, WDC)*

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# **Report On**

## **Expert talk on Adolescent Girl's Health Issues**

### **Women Development Cell (WDC) - RPCP**

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#### **Objectives & Introduction:**

The Women Development Cell (WDC) RPCP has organized the “**Expert talk on Adolescent girl's health issues**” for the students of CHARUSAT on 31<sup>st</sup> October, 2020.

Around 1.2 billion people, or 1 in 6 of the world's population, are adolescents aged 10 to 19. Most are healthy, but there is still substantial premature death, illness, and injury among adolescents. Illnesses can hinder their ability to grow and develop to their full potential. Alcohol or tobacco use, lack of physical activity, unprotected sex and/or exposure to violence may hinder not only their current health, but also their health as adults, and even the health of their future children.

The objectives of the Expert talk are:

- To bring awareness and develop in good health among adolescents.
- To promote healthy habits during puberty and taking action to help protect young people from health threats and the prevention of adult health issues and for the future health and ability of countries to grow and prosper.
- To discuss current status of health issues and challenges.

Expert (Speaker)	Dr. Shalini Bhatia, Additional District Health Officer (ADHO), Anand
Topic	Adolescent Girls' Health Issues
Target audience	Girl students and Female staff members of CHARUSAT
Venue	Google meet
Date and Time	31 <sup>st</sup> October, 2020, 2:30 to 3:30PM

There is no registration fee.

Only for girl students and female staff members of CHARUSAT

**Registration link is:** <https://forms.gle/suBDh7XYJ27iD8GXA>

**Credentials of Google meeting is as follows:**

Join Google Meeting link:

<https://meet.google.com/hix-ihwf-ykx>

Join by Phone

1 0-900-261 I 650 814 201#

## Members involved and their roles:

Name	Designation	
Dr. Jalpa Suthar	Institute level coordinator (Associate Professor)	Co ordinator

E -circular/ Notice

Through email

## Proposed budget and actual expenditures:

Sr. No.	Particulars	Amount (INR.)
<b>Expert talk on Adolescent health issues (online)</b>		
1.	Honorarium to experts	3000
<b>Total Amount (INR)</b>		<b>3000/-</b>

A detailed statement of anticipated expenditure is shown below.

**Actual Expenses: INR 400/-**

## Activities carried out and beneficiaries:

WDC- RPCP received overwhelming response in from of participants from students of CHARUSAT. Total 40 students and 01 teaching staff members of CHARUSAT participated in activity.

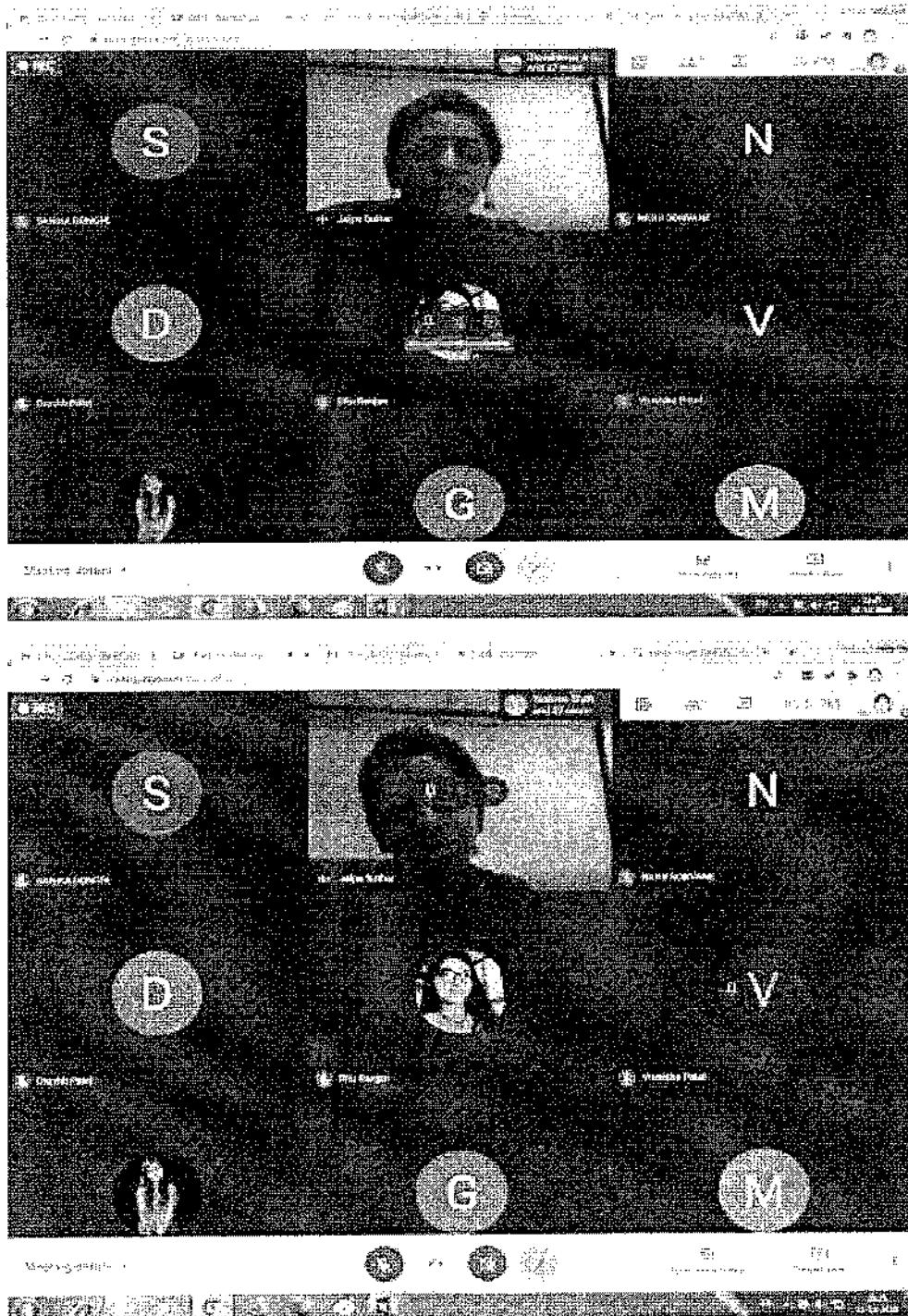
## Outcome of the activities:

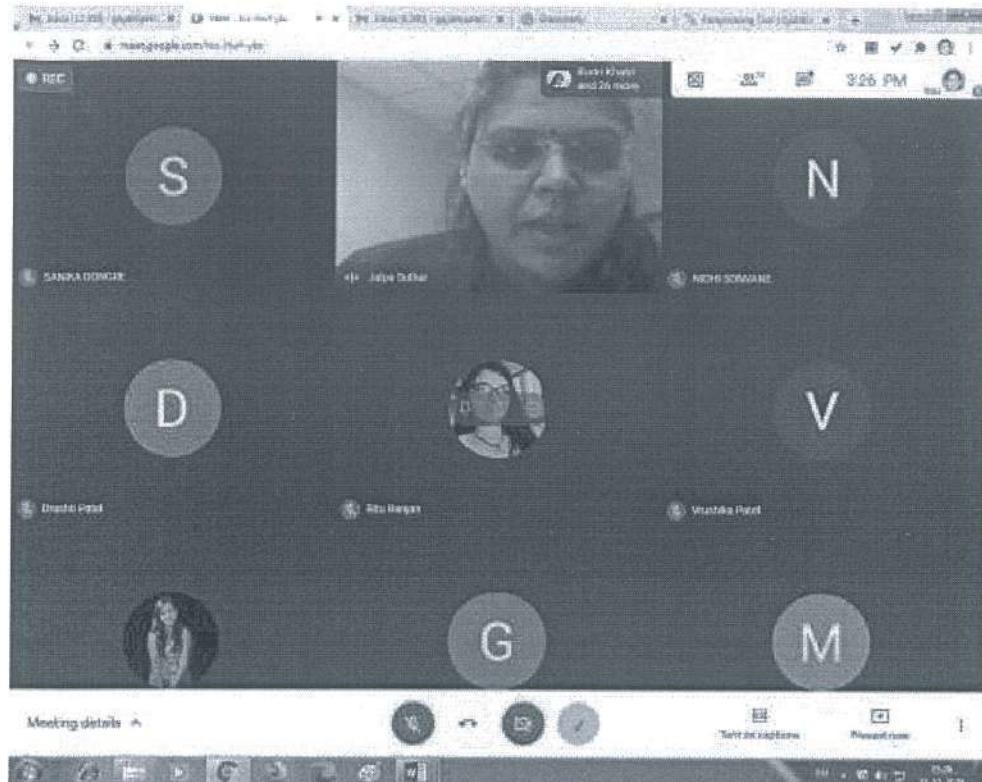
Students and faculty members get awareness about current situations about adolescent health issues. Dr. Shalini Bhatia also explained about the management of girl's health issues.

## Event clicks:

Dr. Shalini Bhatia, ADHO and Audience during talk session



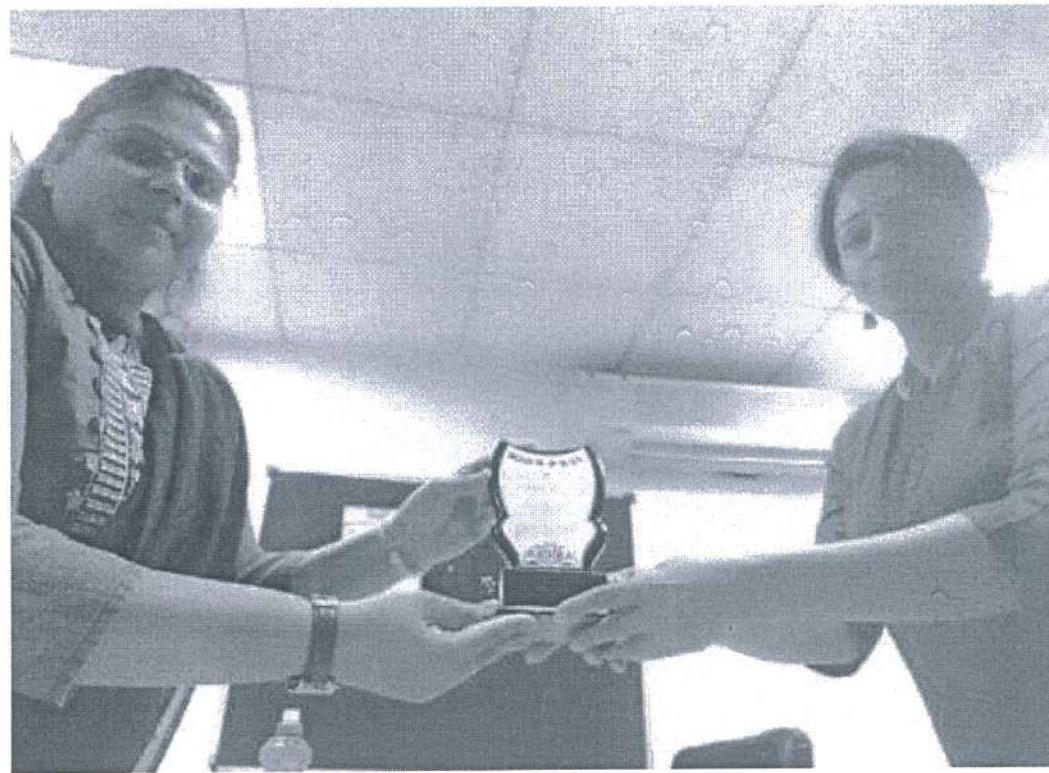
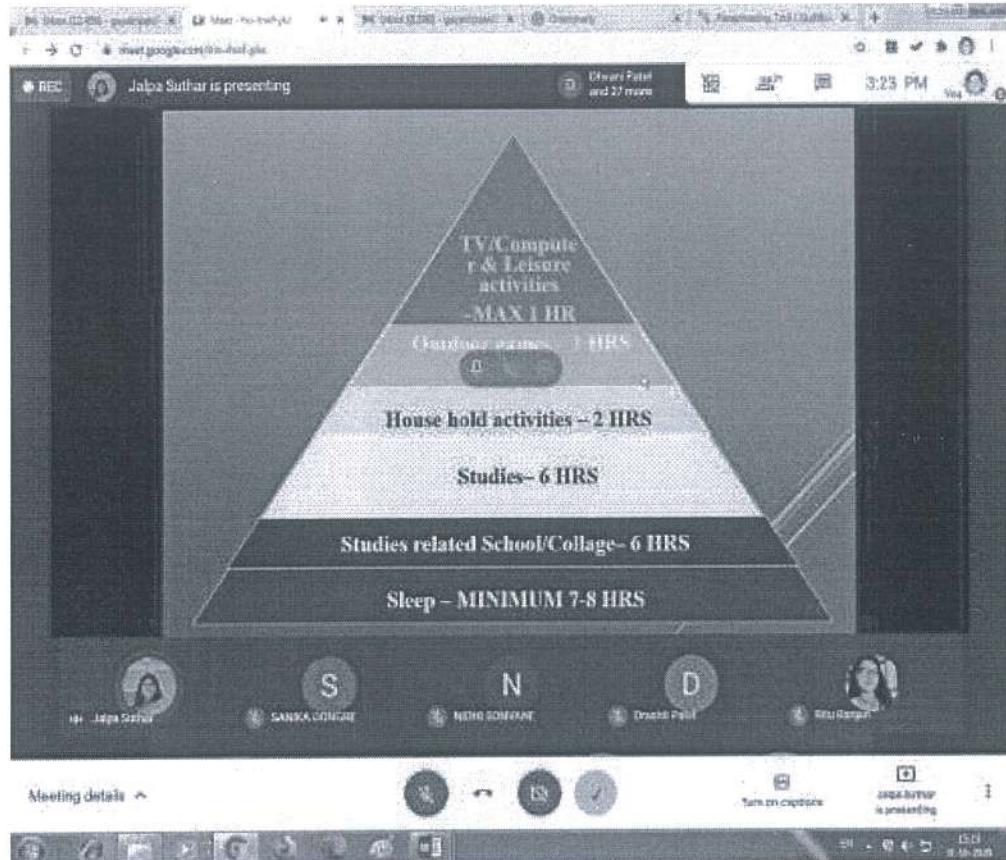


A screenshot of a presentation slide titled "ADOLESCENT HEALTH". The slide contains the following text:

► The problems of adolescents are multi-dimensional in nature and require holistic approach.

► A large number of adolescents in India are out of school, malnourished, get married early, working in vulnerable situations, and are sexually active.

At the bottom of the slide, participant icons are shown: Jaiya Suthar, Rita Rayas, Vrushika Patel, Anjali Soni, and Gohil Divya. The interface includes standard presentation controls like arrows, a search bar, and a "Meeting details" section.



## Memento offered to Dr. Shalini Bhatia

