



Gandhinagar Institute of Technology

A Report on “Women’s Day - Celebration”
with

Youth Empowerment Seminar

(Tuesday, 8th March, 2016)

Objective:

Gandhinagar Institute of Technology (GIT) celebrated “Women’s Day” on 8th March, 2016 to empower the girl students to achieve their highest in their life by being confident, powerful, self empowered and happy. The celebration was conducted for boy students also to aware them regarding respect, appreciation and encouragement towards women for their economic, political and social achievements.

Programme:

The earliest Women's Day observance was held on 8th March, 1914, in New York. It was organized by the Socialist Party of America in remembrance of the 1908 strike of the International Ladies Garment Worker's Union. This day was celebrated in GIT with 100 girl students and 66 boy students. Many different activities were conducted like,

For girls:

1. How to be Confident
2. Physical fitness
3. Mental Healthiness
4. Stress Management
5. Study Techniques
6. Goal Building

For boys:

1. Character Building
2. Life with morality
3. Role of men in Women Empowerment
4. Understanding role of women in life
5. De-Addiction
6. Stress Management

This session was conducted by the expert Mr. Rajiv Solanki. He has conducted many Stress Management seminars for professors. He is a regular Students’ Counselor. He is working as ‘art of living’ teacher from last 14 years. He also conducted Yoga course in Rajkot Jail for prisoners.

He is an ‘art of living’ teacher for following courses:-

- ✓ Youth Empowerment Seminar course for 11 to 16 years of children
- ✓ Youth Empowerment Seminar + Course 18 to 30 years of youth
- ✓ Art Excel course for kids of age 6 to 12 years
- ✓ Happiness Program for people with age more than 20 years
- ✓ Prisoner Course for prisoners



A token of Memento was given to the expert by Prof Umang Patdiwala



Mr Rajiv Solanki taking session for girl students



Student participants with the Expert and Faculty coordinator



Student participants with expert, Faculty coordinator and HoD of all Department

At the end of the session students were feeling energized and stress free. This session ended with distribution of certificate to all the participants.



Certificate distribution to the students by Prof Umang Patdiwala and Prof Milan Shah



Certificate distribution to the students by Prof Kinjal Adhvaryu and Prof Hardik Bhatt



Certificate distribution to the students by Prof Rahul Vaghela and Prof Umang Patel

Feedback of students:-

We should be happy and confident in any situation. It was a memorable seminar.

Vadagama Preksha
150120111013
2nd EC

By this seminar, I have learnt many important things like we should be happy always in any situation. We should never forget to smile. We should be childish, we should have fun in our life. Actually I am childish, but sometimes I was feeling that I should change myself. But now I won't change for anyone and I will celebrate each and everyday as my own day. I will celebrate myself.

Rushika Dave
140120107032
4th CE A

An excellent initiative by GIT. It was an amazing experience and would definitely look forward to attend more such workshops. Feeling positive and inclined towards the greater good of life.

Nitya Iyengar
150120107041
2nd CE-A