



Report on

“HEALTH AND HYGIENE AND STRESS MANAGEMENT”



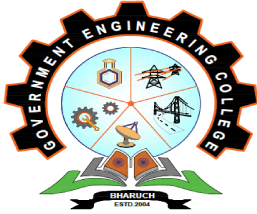
**GOVERNMENT ENGINEERING COLLEGE,
BHARUCH, GUJARAT**

ORGANISES PROGRAM ON
“HEALTH AND HYGIENE”
AND
“STRESS MANAGEMENT”
FOR GIRL STUDENTS
UNDER
RASHTRIYA UCHCHATAR SHIKSHA ABHIYAN (RUSA)
COMPONENT 9- EQUITY AND GENDER SENSITIZATION CAMPAIGN

DATE : 3RD DECEMBER 2021 (FRIDAY)
VENUE : SEMINAR HALL, 2ND FLOOR, BLOCK NO.5
GEC, BHARUCH

Government Engineering College, Bharuch
RUSA

Seminar Title: “HEALTH AND HYGIENE AND STRESS MANAGEMENT”



Name of Expert: Dr. Pratiksha Mahida
Consultant Gynecologist & Proprietor
Parishram Women's Hospital
Bharuch

Patron:

Dr. S.R. Joshi (Principal GEC Bharuch)

Convener:

Prof. D.A. Pandey (Assistant professor, Mechanical Engg. Dept.)
RUSA Convenor

RUSA COMMITTEE MEMBERS:

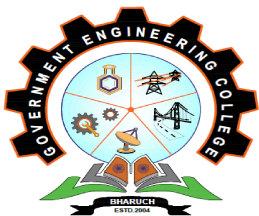
Dr. N. H. Tahilramani (Asst. Prof. - Chemical Engg. Dept.)

Prof. D. B. Patel (Assistant professor, Mechanical Engg. Dept)

No. of Participants attended seminar : 60 (Girl students and faculty members) via offline mode

Speaker Profile:

Dr. Pratiksha Mahida is consultant Gynecologist and proprietor at Parsihram women's Hospital in Bharuch since 19 years.



Dr. Mahida is M.D. Gold medalist from B.J. Medical college Gujarat university. She remained topper of Gujarat University during MBBS. She stood first in Jamnagar District in std. 10.

Dr. Mahida is past president of Indian Medical Association, Bharuch and Executive committee member of IMA Bharuch. She is also member of Rotary club of Bharuch and has conducted various community service projects.

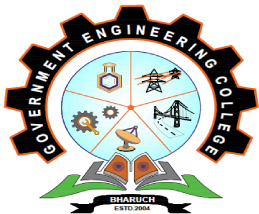
Seminar Description.

The GEC Bharuch has organized a seminar on “Health and Hygiene and stress management” on 3rd Dec. 2021. The seminar was organized for all the Girl students of GEC Bharuch and K J polytechnic and faculty members.

Dr. Naina Tahilramani (Assistant Professor, Chemical Engg. Dept. GEC Bharuch) & Member of Rusa committee has started the seminar and introduced all Dignitaries to audience.

Dr. S. R. Joshi, Principal, GEC-Bharuch has blessed the seminar by giving information about the institute and also briefed about the Objectives of arranging seminar and its important aspects.

Dr. Pratiksha Mahida, Speaker of the seminar discussed about Environmental and personal Hygiene. She very well explained how Prevention is better than cure. She discussed about stress management techniques for girl students and solution to various problems which girls face during periods. The session was interactive. Dr. Mahida discussed symptoms and precautions from breast cancer. By



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changing life style hormone balance is possible which must for healthy life is. She also discussed Covid-19 guidelines.



The session ended by vote of thanks proposed by Prof. Deepa Pandey. Convenor, Rusa committee.