



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
(Year : 2017-18)	

Year: 2017-18

List of programs conducted and the number of students enrolled

LIFE SKILLS

Sr No	Name of the capacity development and skills enhancement schemes	Number of students enrolled	Page No.
1	One day workshop on Road Safety and First Aid	34	1
2	Expert Session on "Suicide Prevention in students of high school and college"	409	8
3	Awareness of Mental Health on account of world Mental health day	60	14
4	Awareness Camp for Community	18	27
5	Developing quantitative research proposal - Research workshop	23	34
6	Yoga Satra	25	38
7	Expert talk on "Adolescent Health and Hygiene"	217	43
8	Awareness on "Menstrual health and hygiene"	6	47

One Day Workshop
On
"ROAD SAFETY & FIRST AID"

10th March 2018

by
LIFE LINE FOUNDATION

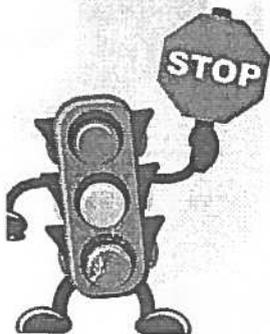


Organized under Equal Opportunity Cell (EOC)
of

M. S. Patel Department of Civil Engineering
Chandubhai S. Patel Institute of Technology
Charotar University of Science and Technology

Workshop Venue & Time

RPCP Auditorium, CHARUSAT Campus, Changa
9:30 a.m. to 4:15 p.m.



CHARUSAT
CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY



For more details & Registration please visit our website www.cspitcivil.com

**CHARUSAT UNIVERSITY OF SCIENCE AND
TECHNOLOGY (CHARUSAT), CHANGA – 388 421**

EQUAL OPPORTUNITY CELL

Event Report

Name of Department : M.S.Patel Department of Civil Engineering
Name of Event : One Day Workshop on "Road Safety & First Aid"
Date and Time of Event : 10th March 2018, 10:00 a.m. to 4:15 p.m.
Event coordinator : Kanchal Dave, Saraswati Pathariya
Resource person details :

Sr. No.	Name of the resource person	Organization of resource person
1	Mr. Ravi Thakkar, Ms. Isha Popat, Mr. Sudhichan Mehta	Life Line Foundation, Vadodara.

Summary of the Event:

One day workshop on " Road Safety & First Aid" for the students & faculties of its different institute under the Equal Opportunity Cell of M. S Patel Department of Civil Engineering was organized. The workshop was conducted by the Lifeline Foundation, Baroda headed by Padmshri Dr. Subroto Das.

During the workshop the team of trainers from Lifeline foundation has given hands-on training and theoretical background of first aid in different emergency conditions. Various techniques of Vital signs, TRIAGE, CPR, head injury, and wound & bleeding treatments were discussed and demonstrated and practical sessions were conducted on mannequin. Dr. AD Patel, Principal of Engineering College has inaugurated the function and while expressing his wishes to the program mentioned the need of such program for the future engineers and the society.

Event Schedule:

Time	Venue	Particulars
9:30 AM to 10:00 AM	RPCP Auditorium	Registration and Refreshment
10:00 AM to 10:30 AM	RPCP Auditorium	Inaugural Function
10:30 AM to 12:30 PM	RPCP Auditorium	Session-I Expert Talk
12:30 PM to 1:30 PM		Break
1:30 PM to 4:00 PM	RPCP Auditorium	Session-II Hands on Session for First-Aid on mannequin
4:00 PM to 4:15 PM	RPCP Auditorium	Valedictory Function

Registration fee (if any): NIL

No. of Participants: 46

List of Participants:

Sr. No.	Name of participant	ID No.
1.	Dr. Meera H. Chudasama	3090
2.	Dr. Jimit R Patel	3091
3.	Jinitkumar Rajnikant Patel	725
4.	Arjav Bindesh Shastri	8302
5.	Prabhin Sukumaran	768
6.	SANDIP V VALAND	488
7.	Divyang Purohit	8256
8.	Anshul Harolia	d17cl149
9.	Yash Thakar	17cl094
10.	Malav Solanki	17cl088
11.	Kanchal Dave	8232
12.	Pranay Shah	16cl089
13.	vraj shah	17pgcl024
14.	Dedania Darshan M.	17PGCL006
15.	Chintan Upadhyay	17pgcl030
16.	Sweta Bariya	17pgcl034

17.	Krutarth Talati	17pgcl028
18.	YASH SURTI	17PGCL026
19.	Harsh Chovatiya	17PGCL005
20.	MANAN ADALJA	17PGCL001
21.	JAYDEEP VADDORIYA	17PGCL031
22.	ANJALI DESAI	17PGCL007
23.	Chirag tank	17pgcl029
24.	VIVEK DESAI	17PGCL008
25.	HIRAK SHAH	17PGCL023
26.	Meet kaka	17pgcl013
27.	Chetan Vaghela	17PGCL033
28.	Riddhi H. Joshi	17PGCL012
29.	PARTH MODI	17PGCL015
30.	ISHITA BHATT	17PGCL003
31.	ABHISHEK GOPLANI	17PGCL010
32.	Ankitkunar Prajapati	17PGCL021
33.	Rathod Devang kumar	d17cl107
34.	Krupali Mohan	d17cl135
35.	Tirth Shah	17cl082
36.	Jatin Daswani	16cl012
37.	Nikhil Lakheda	16cl032
38.	Krupa Shah	4060
39.	Suchi Patel	4078
40.	Jash Modhi	17cl033
41.	SARASWATI PATHARIYA C.	8276
42.	Harsh P Patel	17dcs041
43.	Zaiavadiya Gautam	17ce139
44.	Divyesh Rabadiya	17it089
45.	Jaydeep Bhoi	775
46.	Mayank Pawani	17pgcl020

Accounts details:

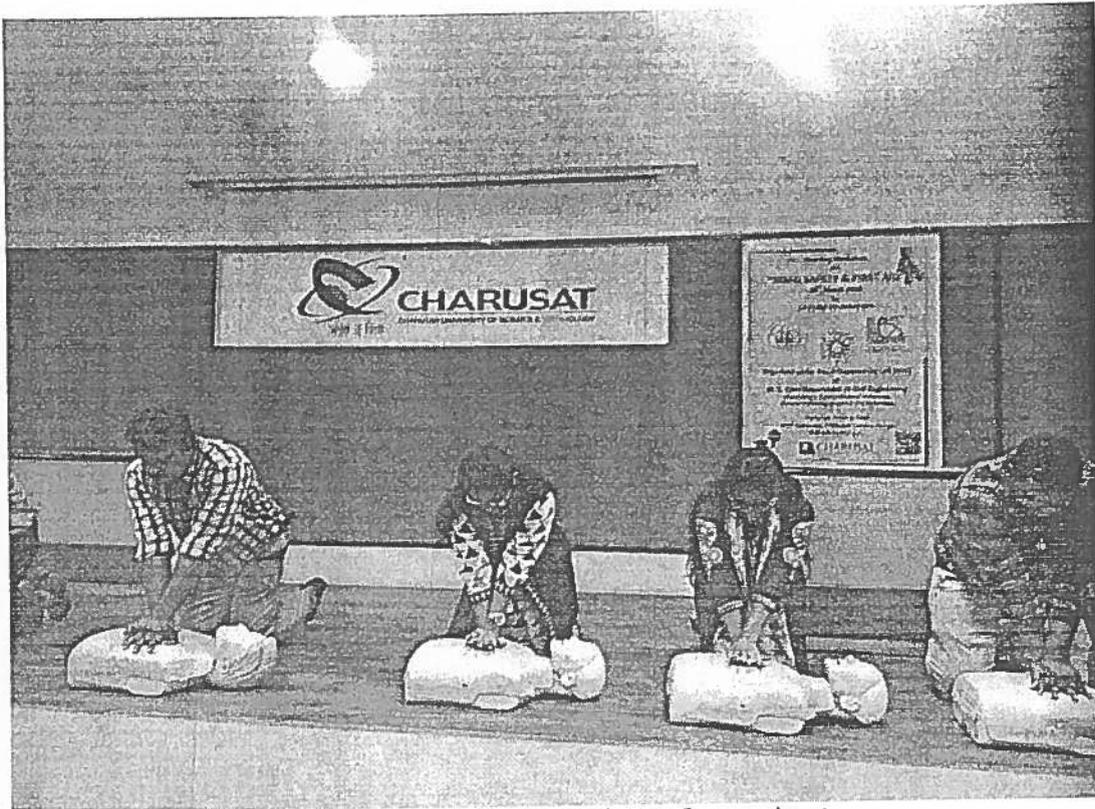
Sr. No.	Details	Rupees
Expenses		
1.	Baroda Life Management Pvt Ltd.	8850/-
2.	Bouquet	150/-
3.	Breakfast	1950/-
4.	Lunch	1085/-
5.	Banner	240/-
6.	Gift Wrapping Paper	25/-
Total		12300/-

Overall impact of workshop: Very Good

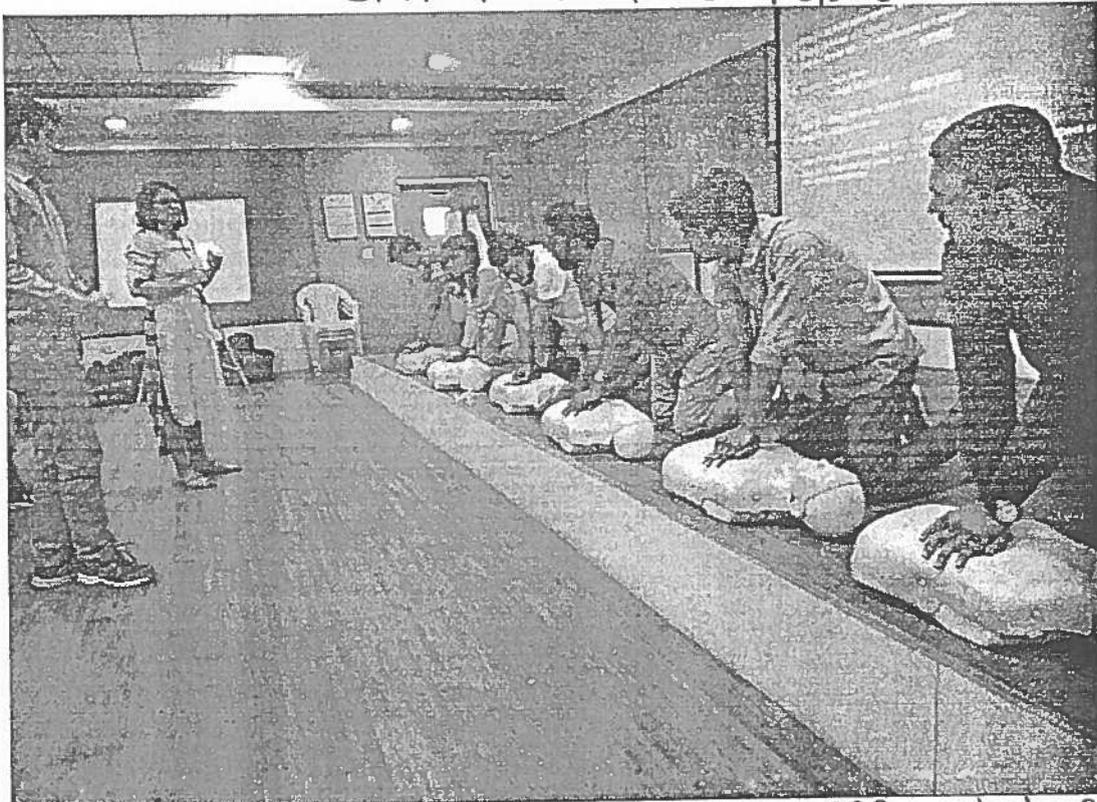
Photographs of the event with captions (at least six photographs):



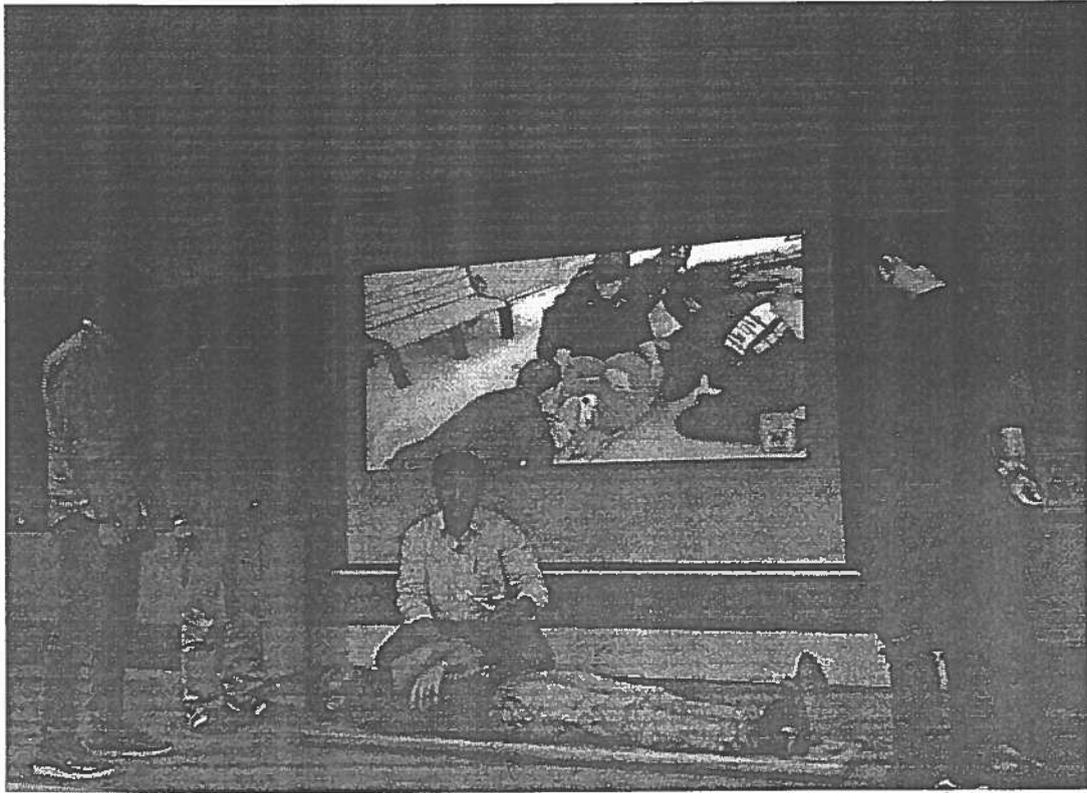
INAUGURATION FUNCTION_10/03/2018



CPR TECHNIQUE - 10/03/2018



HANDS-ON-SESSION ON CPR - 10/03/2018



DEMONSTRATION OF FIRST-AID - 10/03/2018

Department Coordinator Sign:

Head of Department/Institute Sign:

To
Chairperson
EOC

CHARUSAT, Changa

A Report of an Expert Session Organized on “Suicide Prevention in students of high school and college”

Topic:	“Suicide Prevention in students of high school and college”				
Resource Person(s):	<p style="text-align: center;">Team of P4P - parenting for peace</p> <table><tr><td>Dr. Deepa Patel, MBBS, DCH, PG-DAP, Child and adolescent specialist, Mrudul Children Hospital and VAMA wellness centre, Surat</td><td>Dr Salimbhai hirani, Pediatrician and child specialist, Hirani Children Hospital, Surat</td></tr><tr><td>Mrs. Aartiben upadhyay, LIC officer and JCI Trainer, Surat</td><td>Dr. Lopa Dalal. MD Pediatrics PGDDN, Consultant Paediatrician and Developmental Neurologist, Sangopan Advanced Children Hospital, Anand.</td></tr></table>	Dr. Deepa Patel, MBBS, DCH, PG-DAP, Child and adolescent specialist, Mrudul Children Hospital and VAMA wellness centre, Surat	Dr Salimbhai hirani, Pediatrician and child specialist, Hirani Children Hospital, Surat	Mrs. Aartiben upadhyay, LIC officer and JCI Trainer, Surat	Dr. Lopa Dalal. MD Pediatrics PGDDN, Consultant Paediatrician and Developmental Neurologist, Sangopan Advanced Children Hospital, Anand.
Dr. Deepa Patel, MBBS, DCH, PG-DAP, Child and adolescent specialist, Mrudul Children Hospital and VAMA wellness centre, Surat	Dr Salimbhai hirani, Pediatrician and child specialist, Hirani Children Hospital, Surat				
Mrs. Aartiben upadhyay, LIC officer and JCI Trainer, Surat	Dr. Lopa Dalal. MD Pediatrics PGDDN, Consultant Paediatrician and Developmental Neurologist, Sangopan Advanced Children Hospital, Anand.				
Duration:	20 th March, 2018 – 10:30 am to 01:00 pm				
Targeted Audience:	B.Sc.(IT) –II, BCA – II,IV,VI , MCA-IV, MCAL-II, M.Sc.(IT) - II				
No. of Participants:	410				
Overview of the Content Covered:	<ul style="list-style-type: none">• Statistic of suicide• Reason of suicide• SOS- Sign Of Suicide• Myths regarding Suicide• Do’s and don’ts to prevent suicide				

Photographs of Expert Session Organized on “Suicide Prevention in students of high school and college”



Students attended expert lecture (Date: 20th March, 2018)



Students attended expert lecture (Date: 20th March, 2018)



Students attended expert lecture (Date: 20th March, 2018)



Students attended expert lecture (Date: 20th March, 2018)



Students attended expert lecture (Date: 20th March, 2018)



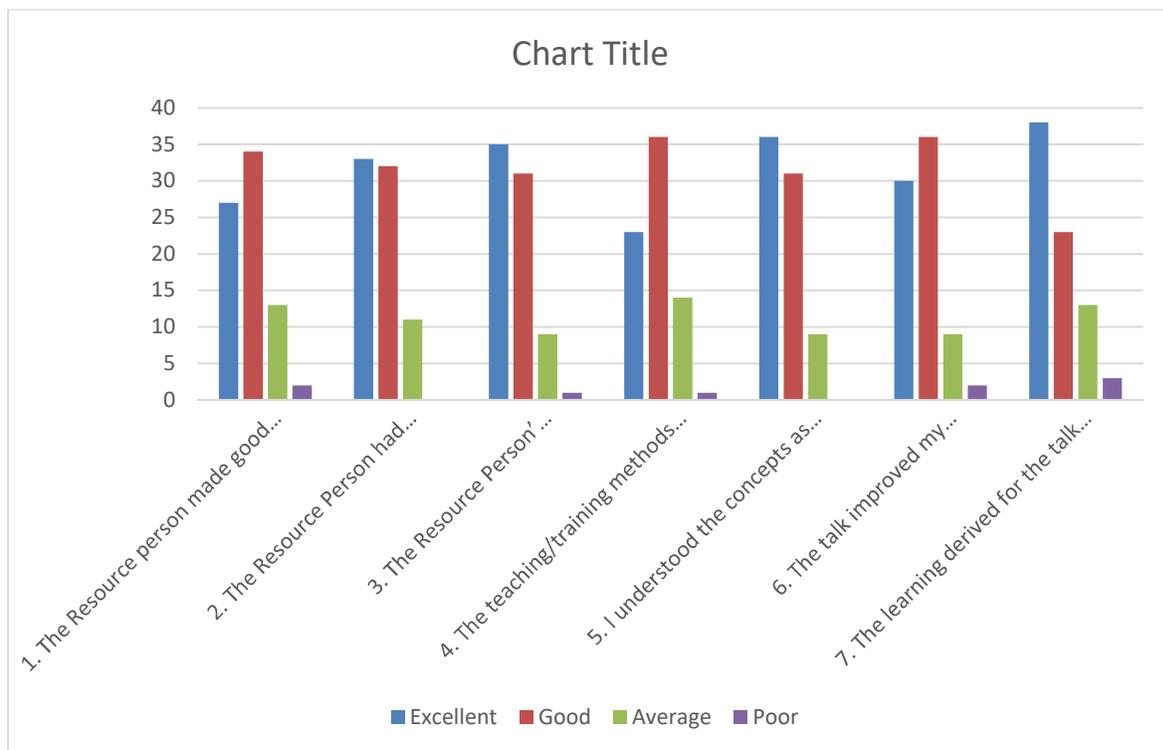
Students attended expert lecture (Date: 20th March, 2018)



Group Photo (Date: 20th March, 2018)

Feedback of the expert session on “Suicide Prevention in students of high school and college”

		Excellent	Good	Average	Poor
1	The Resource person made good use of the time allotted	27	34	13	2
2	The Resource Person had conceptual clarity and knowledge about the topic.	33	32	11	0
3	The Resource Person’ presentation style was effective in helping to learn.	35	31	9	1
4	The teaching/training methods used were appropriate for the audience.	23	36	14	1
5	I understood the concepts as presented in the talk.	36	31	9	
6	The talk improved my understanding of the topic.	30	36	9	2
7	The learning derived for the talk will be useful to me in future.	38	23	13	3





Manikaka Topawala Institute of Nursing

A Constituent of

Charotar University of Science and
Technology (CHARUSAT)

Accredited Grade "A" by NAAC (Govt. of India)

are organizing

Campaign on

World mental health day 2017

Date: 10 th October, 2017

Time: 09:00 am to 04:30 pm

Venue: : Anand Railway station and D.Z.Patel High School Anand

Charotar University of Science and Technology

CHARUSAT Campus, Changa - 388421

Ta.:Petlad Dist.: Anand - Gujarat

Aegis: Shri Charotar MotiSattavisPatidarKelavaniMandal

CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY [CHARUSAT]

Faculty of Medical Sciences

MANIKAKA TOPAWALA INSTITUTE OF NURSING

A constituent of CHARUSAT

Report of campaign on

World Mental Health Day-2017

Date of Submission : 14/10/2017

Organizers : Mental Health Department, MTIN, Changa

**Venue : Anand Junction Railway station and DZ Patel
School, MTIN, CHARUSAT University, Changa**

Submitted By

Name : Mr. Deepak K, MTIN, Changa

Department : Nursing

Email : deepakk.nur@charusat.ac.in

Endorsed by




Principal 14/10/17
PRINCIPAL

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

INTRODUCTION:

On 10th Oct 2017, the nursing students of Manikaka Topawala Institute of Nursing, CHARUSAT University had celebrated world mental health day-2017

On theme of “Mental health in the work place”. During our adult lives, a large proportion of our time is spent at work. Our experience in the workplace is one of the factors determining our overall wellbeing. Employers and managers who put in place workplace initiatives to promote mental health and to support employees who have mental disorders see gains not only in the health of their employees but also in their productivity at work. A negative working environment, on the other hand, may lead to physical and mental health problems, harmful use of substances or alcohol, absenteeism and lost productivity. Depression and anxiety disorders are common mental disorders that have an impact on our ability to work, and to work productively. Globally, more than 300 million people suffer from depression, the leading cause of disability. The overall objective of raising awareness of mental health issues and mobilizing efforts in support of better mental health is full filled by various activity like **FLASH MOB & SWACHH BHARAT ABHIYAN at Railway Station Anand, DIBET COMPETION on “MISCONCEPTION OF MENTAL ILLNESS SOCIETY” and PANEL DISCUSSION on “PROMOTION OF MENTAL HEALTH” at D Z Patel School, Anand.** These event was organized by Mental Health Team of MTIN constituted Mr Deepak k.(HOD/Asst. Professor), Mr Jayesh Patidar (Asst. Professor), Ms Hetal Shah (Asst. Professor), Mr Anil Jarali (Asst. Professor), Mrs Deepti Vamja (Asst. Professor), Mr Jamin Chauhan (Nursing tutor), Mrs Anju Jakson (Nursing tutor), Ms Brijita Makwana (Nursing tutor), which is headed by Dr Anil Sharma, Principal MTIN.

Detailed activity wise report is submitted below:

Report on Swach Bharat Abhayan'

NSS and mental health department of Manikaka Topawala Institute of Nursing organized campaign on 'Swach Bharat Abhayan' on 10th October 2017 at Anand Junction railway station on occasion of World Mental Health Day.

Agenda: To clean the railway station and bring awareness among the people.

Objectives of the event:

1. The event was organized with a view to develop a sense of civic and social Responsibility among volunteers by emphasizing dignity of labor and self-help.

2. The volunteers were engaged in constructive social action through cleanliness and campaign by Posters.

Participants/Beneficiaries: 60 Students from 3rd year B.Sc. nursing and 5 M.Sc. Nursing participated in the event.

The programme was organized for 9.30 am to 11.30 am. This programme was coordinated by Mr. Robert Parmar, NSS coordinator CHARUSAT University and Mrs. Sapna Patel NSS coordinator MTIN. They motivated and directed students to clean the entrance and the various platforms of the railway station for promotion the concept of cleanliness among the people. The programme was appreciated by the railway superintendent, station master and the other railway employees who welcomed this initiative as a good start in the society.

Report on Debate competition on World mental health day

Introduction: -An intraschool Debate Competition was held at D.Z. Patel School Anand on 10th Oct 2017 at 11.30 am on the occasion of **world mental health day**. Students from 11th and 12th science and arts stream took part in debate Competition.

Planning of Debate Competition: - We planned that we will select different topic which are related to misconception of mental health and in that one topic distributed in between two students who will be have debate on that topic. One will be speak on favour of topic another will be against the topic. The time given to each Students for Debate is threeminutes. In Planning stage our Faculty Mr.JayeshPatidar, Asst. Professor, Mrs.DeeptiVamja&Ms.Anju Jackson guided the students that how to do debate. Mrs.DeeptiVamja,Asst professor of our college moderated the Competition.

The following Schedule was followed at the time of debate competition

Time: - 11.30 AM Venue: - Language lab, D.Z. Patel High School

Anchore of Competition:-Mrs.DeeptiVamja

Beneficiaries: -100 no of 11th and 12th Arts and Science students of D.Z. Patel High school, Anand.

Plan of Debate competition

Sr.No	Name of Students	Class / Standard	Topic of Debate
1	Vicky P. Deep .P	11 TH Science 11 TH Science	Depression is not curable Depression is curable

2	Bhavni Misha p.	11 TH Science 11 TH Science	Mental illness is not possible to prevent mental illness Mental illness is possible to prevent mental illness
3	Kamya Vrushali	11 th Arts 11 th Arts	Mental illness are due to supernatural power Mental illness are not due to supernatural power
4	Neel Patel Shiv Patel	11 th Arts 11 th Arts	Mental illness are because of poor economic Status Mental illness are not completely because of poor economic Status
5	Yashvi Helly	11 th Arts 11 th Arts	Mental people are very dangerous Mental people are not dangerous
6	Khushi Khushbu	11 TH Science 11 TH Science	Only girls can have mental problems Both gender can have mental problems

Conclusion: - At the end of the each debate group of students our Asst.Professor of MTIN Ms.DeeptiVamja clear all doubt which were remain to discussed by students group .The debate Competition was completed in very healthy manner and it is useful for High school Students. We are thankful to principal of D.Z. Patel high school who have allowed us to have this type of debate Competition among their students.

Report of Panel Discussion on "PROMOTION OF MENTAL HEALTH"

- I. Introduction:** The mental health department of Manikaka Topawala Institute of Nursing organized a panel discussion on 'Promotion of mental health' on 10th October 2017, 12 noon to 1 pm at D. Z. Patel High School, Anand on occasion of World Mental Health Day.
- II. Agenda:** Panel discussion on 'Promotion of mental health'
- III. Objectives of the event:**
 - a) Introduction to the topic.
 - b) Definition of the term mental health
 - c) Characteristics of mentally healthy person
 - d) Presence of stressors in adolescents
 - e) Strategies to cope with stress
 - f) Use of mental mechanisms
 - g) Hazards of overuse of gadgets
 - h) Hazards of overuse of social networking
- IV. Participants/Beneficiaries:** 11th and 12th standard students of D. Z. Patel High School.

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

The mental health department of Manikaka Topawala Institute of Nursing organized a panel discussion focusing on Promotion of mental health among adolescents, especially standard 11th and 12th students of D. Z. Patel High School, Anand. The event was organized on occasion of World Mental Health Day, 2017. The theme for the day was “Mental Health at the workplace” and considering that school is a workplace for students the panel discussion was considered a significant step in creating awareness among students regarding mental health. The experts for the session were Mr. JayeshPatidar, Asst. Professor, Manikaka Topawala Institute of Nursing, MrsDeeptiVamja, Asst. Professor, Manikaka Topawala Institute of Nursing and MrsAnju Jackson, Nursing Tutor, Manikaka Topawala Institute of Nursing. Mr. Jamin Chauhan, Nursing Tutor, Manikaka Topawala Institute of Nursing acted as moderator for the discussion. The session started with a welcome of the dignitaries namely Mr. Rajesh Kachhiya and Dr Anil Sharma, Principal, Manikaka Topawala Institute of Nursing. The discussion started with the moderator asking MrsAnju Jackson about the presence of stress among the students in school. MrsAnju Jackson stated that stress is omnipresent among the students and it is a common problem that students would be affected by this stress. She further reflected that stress can be due to examination, peer pressure, teacher pressure, parental pressure or even competition. Such stress leads to adverse reactions from students like substance abuse, school dropouts, social isolation and even suicide. She further stressed that stress can be managed intelligently if students realize it at an early stage and react to it in a positive manner. They could seek help of parents or teachers and talk to the elders regarding their day-to-day problems. She also advised those coping mechanisms like outdoor play, talking to parents regularly, regular breaks and healthy eating.

The next question was directed at Mr. JayeshPatidar on the use of mental mechanisms and their advantages as well as disadvantages. Mr. JayeshPatidar quoted examples of various mental mechanisms and mentioned their uses as well. He cautioned the audience that usage of mental mechanisms like sublimation, repression, compensation, fantasy, denial and reaction formation is good only until a certain period of time and that it will start taking toll on the user after which he might show signs of mental disturbance.

MrsDeeptiVamja was consulted on the effects of social networking and gadget use. She updated the audience on the statistics prevailing on gadget and social networking use among students. She said that a alarmingly high number of mental disorders reported among adolescents were due to overuse of gadgets like mobiles and laptops. Virtual gaming has further tilted the scales negatively. She guided the students and effective use of gadgets and appropriate use of social network.

The topics had been covered under panel discussion are listed below:

- Stress:
- The source of the stress:
- Factors affecting stress and adaptation:
- The type of stressor:
- The source of the stress:
- The nature of the stressor
- The perception of the stressor
- The number of stressors
- The duration of exposure to the stressor
- The previous experience with the stressor
- Age and stress
- Support people
- Personality type
- Symptoms of stress
- Many illnesses have been linked to stress
- PSYCHOLOGICAL Homeostasis:
- MIND-BODY INTERACTION:
- PSYCHOLOGICAL RESPONSE TO STRESS:
- Coping with stressful event:
- Coping mechanisms:
 1. In mild level of anxiety
 2. In moderate, severe, and panic levels of anxiety:
- DEFENSE MECHANISM;
- Stress management strategies:
- Meaning of mental health.
- Characteristic of mentally healthy person.
- Warning sign of mental illness among children.
- meaning of social media and its types
- Online and mobile games.
- Effect of Social Media on Mental Health of Adolescents.

VI. Feedback Analysis report:(should specify the following)

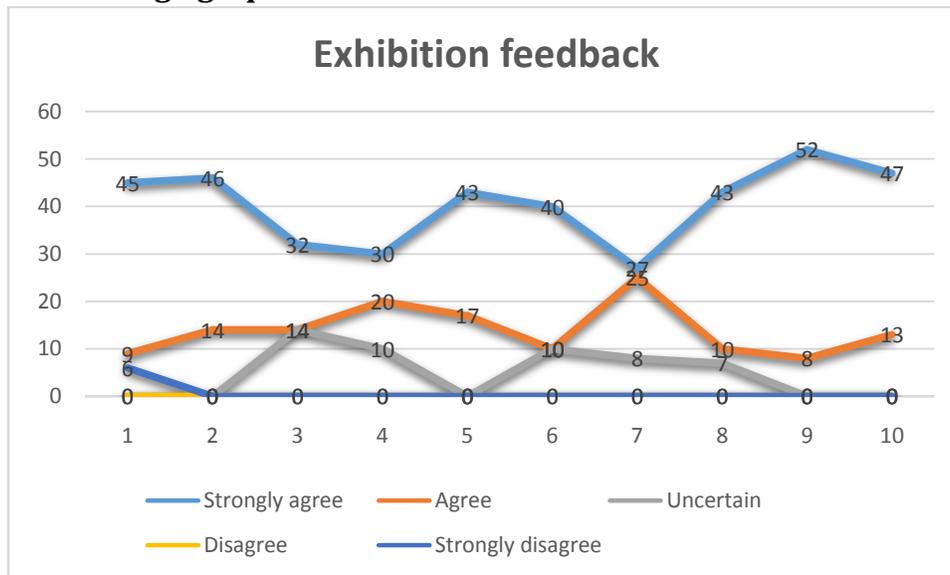
Number of participants: 60

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

Following aspect were asked in the Role play feedback form

Sl. no	Statements	45	9	0	0	6
1	Exhibition is helpful to the community	46	14	0	0	0
2	Information was understandable and easy to follow	32	14	14	0	0
3	Information on exhibition was given priorly	30	20	10	0	0
4	Content of exhibition is according to the need of community	43	17	0	0	0
5	Student behaviour with people was appropriate	40	10	10	0	0
6	Appropriate guidance regarding health lifestyle	27	25	8	0	0
7	Information regarding the topic is easily available to community people through students	43	10	7	0	0
8	Activity done by students was important to community	52	8	0	0	0
9	This kind of activity should be organised frequently	47	13	0	0	0
10	Exhibition organised by the institution is effective to the community	45	9	0	0	6

Analysis depicted through graph:



Conclusion: The panel discussion was witnessed by students was very useful to them. It gave them an insight into their own mental health. It also taught them the ways to cope with different stressors that plague them. They were made aware about the hazards of overuse of gadgets and social networking.

Glimpse of the program



At Anand railway station on World mental health day ,Date 10-10-17



Mental health promotion activity at Anand Railway station ,Date 10-10-17



Swach Bharat Abhiyan At Anand Railway satation ,Date 10-10-17



Swach Bharat Abhiyan At Anand Railway satation ,Date 10-10-17



Swach Bharat Abhiyan At Anand Railway station ,Date 10-10-17



Debate Competition At D.Z.Patel High school Anand,Date 10-10-17



Panel Discussion At D.Z.Patel High school Anand,Date 10-10-17



Deabate Competition At D.Z.Patel High school Anand,Date 10-10-17



Deabate Competition At D.Z.Patel High school Anand,Date 10-10-17



अमृतं तु विद्या

CHARUSAT
CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY

Ashok & Rita Patel



Ashok and Rita Patel
Institute of Physiotherapy

Institute of Physiotherapy

Celebrates

WORLD PHYSIOTHERAPY DAY

Awareness camp
for community

Physical activity for life



8th September, 2017

09:00 am to 12:00pm



अमृतं तु विद्या

CHARUSAT

CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY

Accredited With Grade A by NAAC,
Accredited With Grade A by KCG



Report on Awareness camp for community

- ❖ **8th September is being celebrated as World Physiotherapy Day** across the world. This time faculty and students of Ashok & Rita Patel Institute of Physiotherapy celebrated CHARUSAT constituent had celebrated this event by spreading the awareness in community through camp.
- ❖ The following are the camp activity details:

Sr. No.	Site	No of student participated	Faculty In charge
1	DDMM Heart Institute, Nadiad	11	Dr. Vidhi Thakkar
2	Old Age Home Anand Dham Vrudha Ashram, Lambhvel	7	Dr. Hemal Patel

Event 1

Report On World Physiotherapy Day Celebration at DDMM Heart Institute, Nadiad

On 8th September- Friday, faculty and students of CHARUSAT constituent, Ashok & Rita Patel Institute of Physiotherapy celebrated "WORLD PHYSIOTHERAPY DAY at DDMM heart Institute, Nadiad. Awareness campaign was based on the theme "*Physical activity for life*".



Team of ARIP at DDMM Heart Institute on 8th September, 2017

- ❖ Awareness Campaign activities were:
 - Informing and educating the need of physical activity and role of the Physical therapist to 40 caregivers.
 - Participation of Cardiac patient of the institute in group physical therapy session.
 - Educating the need of Physical activity for life to the Nursing staff of DDMM Institute.



Activities conducted at awareness camp on 8th September 2017

Participant Information:

Faculty: - Dr. Vidhi Thakar(PT)

7th sem BPT: - Maitry, Shubham, Kena, Mahir, Juhi, Priya, Krishna, Priyanka

1st sem MPT: - Riddhi, Sweni

Event 2

Report on World Physiotherapy Day Celebration at Old Age

Home Anand Dham Vrudha Ashram, Lambhvel

On 8th September 2017, Friday, faculty and students (BPT & MPT) of CHARUSAT constituent, Ashok & Rita Patel Institute of Physiotherapy & ARIP NSS Unit celebrated "WORLD PHYSIOTHERAPY DAY at Anand Dham Vrudha Ashram, Lambhval. Awareness campaign was based on the theme "*Physical activity for life*". More than 25 people participated in the Physical activity, and general body check up.

❖ Awareness Campaign activities were:

- Informing and educating the need of physical activity and role of the Physical therapist in various disease and conditions.
- All 25 people Participated in group physical therapy session.
- Fruits distribution to them.

Team of ARIP at Old Age Home

Faculty:

- Dr.Hemal Patel

MPT Students:

- Parth Patel, Dharmendra, Bharghav

BPT Students:

- Sunita, Pooja, Dhara, Bhoomika



Activities conducted at awareness camp on 8th September 2017

**List of Students involved in Awareness camp for community on
8th September, 2017**

Sr. No.	Name	Year of Study	Program
1	Dimple Motwani	7th Semester	BPT
2	Maitry	7th Semester	BPT
3	Shubham	7th Semester	BPT
4	Kena	7th Semester	BPT
5	Mihir	7th Semester	BPT
6	Juhi	7th Semester	BPT
7	Priya	7th Semester	BPT
8	Krishna	7th Semester	BPT
9	Priyanka	7th Semester	BPT
10	Riddhi	1st Semester	MPT
11	Sweni	1st Semester	MPT
12	Parth Patel	1st Semester	MPT
13	Dharmendra	1st Semester	MPT
14	Bhargav Patel	1st Semester	MPT
15	Sunita	7th Semester	BPT
16	Pooja	7th Semester	BPT
17	Dhara	7th Semester	BPT
18	Bhoomika	7th Semester	BPT



M. Balaganapathy
Principal

Dr. M. Balaganapathy PT Ph.D

ARIP-IQAC and
Department of Neurophysiotherapy
Organizes a Two Days National level Workshop on
Developing a Quantitative Research Proposal
(12 CPD hours)

Date and Time

9th and 10^h March 2018
9.00 am to 4.30 pm

Registration Fee: Rs 1500

Registration fee includes certificate,
breakfast, lunch and tea
Total participants: 40

Last date for registration:
5th March 2018

Registration will be based on first
come first serve basis

Target audience

Post graduate students, PhD
scholars and faculties of medical
sciences.

Learning Methods

Small group discussion,
presentations, writing exercises

Venue

Ashok& Rita Patel Institute of
Physiotherapy
Faculty of Medical Sciences
Charotar University of Science and
Technology (CHARUSAT)
Changa, Anand,
Gujarat 388421

Resource Person

Dr Prakash V, PT, Ph.D.

Assistant Professor

Ashok& Rita Patel Institute of Physiotherapy
Charotar University of Science and Technology
Changa, Anand, Gujarat

Course Contents

Defining the research problem and Writing a research question	Choosing measurement (data collection) tools
Reviewing the literature	Sample size calculation
Formulating Hypotheses	Sampling methods
Types of variables and Operationalizing the variables	Data analysis plan
Choosing an appropriate study design	How to construct your proposal

For registrations, contact:

Dr Megha Chavda (PT)
Assistant Professor, ARIP
Email: meghachavda.phy@charusat.ac.in
Mobile: 909-973-6757

A report on Two days Workshop on Developing a Quantitative Research Proposal

A two days' workshop on "Developing a Quantitative Research Proposal" was organized by Ashok & Rita Patel Institute of Physiotherapy (ARIP), a constituent of CHARUSAT on 9th and 10th March 2018. This course was conducted by Dr Prakash V PT, Ph.D., and coordinated by Dr Megha Gohil (PT), Assistant Professor, ARIP

The primary objective of this course was to guide students and faculties in developing a quantitative research proposal. The course provided a broad overview of steps involved in developing a research proposal and practice to develop skills required for preparing and writing a quantitative research proposal.



Twenty three participants including physiotherapy faculties and post graduate students had participated in the workshop. This workshop was based on problem- based learning methods which included group activity on developing a research problem and research



question, and designing a study with a given research problem. At the completion of the workshop, participants reported increased levels of knowledge about formulating hypotheses, identifying research variables, study design, developing and critiquing research questions. They expressed overall satisfaction with the learning outcomes of the workshop.



Photograph of two days workshop on developing a quantitative research proposal
Organized on 9th and 10th March 2018

List of Participants

Two Days National level Workshop on Developing a Quantitative Research Proposal on
9th and 10th March 2018

Sr No	Roll No	Student Name	Degree
1	15MPTMS201	Thakkar Mitva Arvindbhai	MPT(MS)
2	16MPTNS101	Reddy Shainy Kishorbhai	MPT(NS)
3	16MPTMS104	Shah Aneri Nitinbhai	MPT(MS)
4	16MPTRE103	Sonar Purvi Anil	MPT(RE)
5	16MPTSS101	Amin Nehali Dineshbhai	MPT(SS)
6	16MPTRE101	Patel Bhuvnesh Ajitkumar	MPT(RE)
7	16MPTRE102	Patel Chandniben Vinodchandra	MPT(RE)
8	16MPTMS103	Patel Shivani Rajeshkumar	MPT(MS)
9	16MPTSS102	Shaikh Moin Inayatulla	MPT(SS)
10	16MPTNS102	Shroff Forum Dhirenkumar	MPT(NS)
11	16MPTSS103	Solanki Dharmendrakumar Dahyabhai	MPT(SS)
12	16MPTMS102	Patel Parth Ketankumar	MPT(MS)
13	16MPTMS101	Parikh Dishita Samir	MPT(MS)
14	16MPTMS105	Soni Ektaben Atulbhai	MPT(MS)
15	16MPTNS203	Modi Vidhi Rajesh	MPT(NS)
16	16MPTMS202	Patel Dhwanika Rajeshkumar	MPT(MS)

17	16MPTNS202	Desai Asthaben Kirtikumar	MPT(NS)
18	16MPTMS201	Modi Nidhi Yogeshkumar	MPT(MS)
19	16MPTNS201	Chavda Kajalben Rameshbhai	MPT(NS)
20	16MPTNS204	Patel Divyakumari Rajendrabhai	MPT(NS)
21	16MPTWH201	Sheth Dhruvi Chetan	MPT(WH)
22	16MPTPA201	Patel Pankti Ashok	MPT(PA)
23	16MPTMS203	Ramoliya Shivanjalee Jayantibhai	MPT(MS)



M. Balaganapathy
Principal,

Dr. M. Balaganapathy



મહર્ષિ પતંજલિ યોગ મંડલ
તથા ચારુસેટ કમ્પસ ચાંગા
આયોજિત



યોગસત્ર (પુર્વાર્ધ)

"પહેલું સુખ તપ જાતે નર્થા " એ કહેવત અનુસાર દરેક માનવીના પ્રયત્નો પતાના શરીરને તંદુરસ્ત રાખવાના હોય છે, પરંતુ શરીર સાડે રાખવાથી બધું આવી જતું નથી તેણે પોતાનું મન પણ સ્વસ્થ રાખવું તેટલું જરૂરી છે. આમ તન અને મનની સ્વસ્થતા એક સાથે મેળવવા માટે યોગનો સહારો ,એવો આવશ્યક છે. આજના તાણધુક્ત જીવનમાં માત્ર યોગ જ મનુષ્યને સ્વસ્થ રાખી તણાવમુક્ત બનાવવામાં સહાયમૂત થઈ શકે છે.

મહર્ષિ પતંજલિએ આ યોગમાર્ગ બતાવ્યો છે જેમા આજસુધી કોઈ ચેતના સબંધી વધારો કે ઘટાડો કરી શક્યું નથી. જે તેની પૂર્ણતાની સાબિતી છે. તો વા યોગમાં પૂર્ણતા મેળવવા જ્યાંથી શરૂઆત કરવી તે પ્રશ્ન આપડા મનમાં સહેજે ઉદભવે અને તપ વિષે જાણવાની જીજ્ઞાસા પણ થાય. આવા યોગ જિજ્ઞાસુ સાધકો માટે મહર્ષિ પતંજલિ યોગ મંડલ એક યોગ સત્ર નું આયોજન કરી રહેલ છે. જેમાં યોગ વિશેના જરૂરી પાસંઓની સૈધાંતિક તથા પ્રાયોગિક નિદર્શન દ્વારા છનાવટ કરવામાં આવશે.

આ સત્ર દરમ્યાન દરરોજ સાંજ બે કલાકના સમયગાળામાં યોગસત્રોની સમજણ, યોગમાં તેની વિશષ્ટ જરૂરીયાત, તેનું નિદર્શન અને સૈધાંતિક તથા પ્રાયોગિક પ્રશિક્ષણ આપવામાં આવશે.

નોંધ:

- 1) આ સત્રમાં ભાગ લેતી બહેનોએ આવેદન પત્ર ભરીને સંપર્કકર્તાને સત્વરે પહોંચતું કરવાનું રહેશે. અનુમતિપત્રનો ક્રમાંક નબર પ્રવેશ માટે યાદ રાખવો ફરૂરી છે.
- 2) ભાગ લેનાર દરેકે નીચે દર્શાવેલ સ્થળે નિયમિત સમય પહેલા ૧૦ મીનીટે બધા જ દિવસ અચૂક હાજર રહેવું.
- 3) દરેકે શેતરંજી તથા નેપકીન સાથે લાવવા અને આઆસનો સરળતાથી શઈ સકે તેવા ખુલતાં, સદા વચ્ચો પહેવાં.

સત્રની વિગત

તારીખ
૧૧/૦૯/૨૦૧૭ થી ૧૭/૦૯/૨૦૧૭

સમય
સાંજે ૫:૩૦ થી ૭:૩૦

સ્થળ : પી.ડી.પી.આઈ.એસ. બિલ્ડીંગ, ચારુસેટ કેમ્પસ, ચાંગા

સંપર્ક સૂત્ર
ભૂમિ ભદ્ર : ૯૪૨૭૭ ૭૬૯૬૫



Head
CSPIT - IT

A Report on Yoga Satra

Yoga Satra session was organized especially for girls hostelized in CHARUSAT University, dated on 11th-19th September'2017 from 5:30 pm to 7:30 pm. Number of registered participants were 85, out of which the qualified no .of students were 25.

Permission was granted by the following authorities:

- 1) Dr.Devang Joshi, Registrar
- 2) Dr. B.G.Patel, Provost
- 3) Dr.Amit Ganatra, Dean,FTE and Principal,DEPSTAR

Name of Coordinators:- Dr. Ritesh Patel [Dept. CE] , Mrs. Nehal Patel [Dept. IT]

Department:- U and P.U. Patel Department of Computer Engineering

Venue:- P. D. Patel Institute of Applied Sciences

Overview:

In this session detailed focus on yoga in the light of vedas, yoga in the light of science, types of yoga and also covered importance of guru.

Objectives:

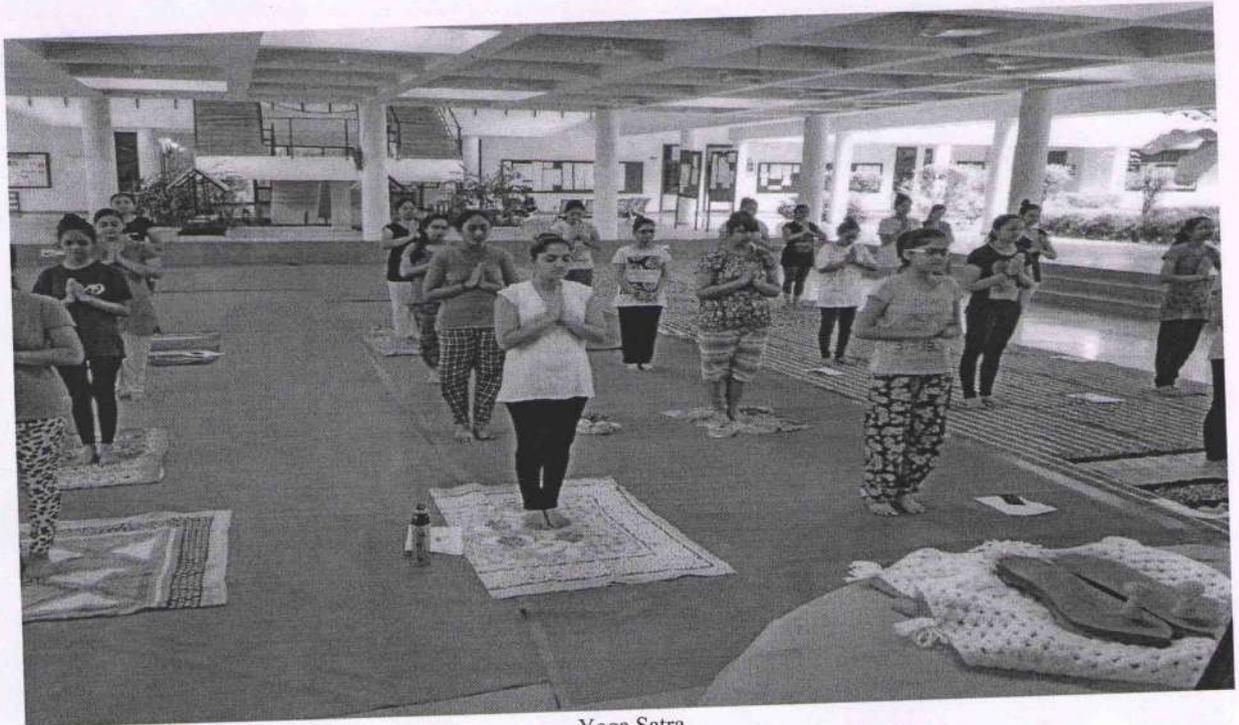
The primary objectives of the session are:

- I. To enable the student to have good health.
- II. To practice mental hygiene.
- III. To possess emotional stability.
- IV. To integrate moral values.
- V. To attain higher level of consciousness.

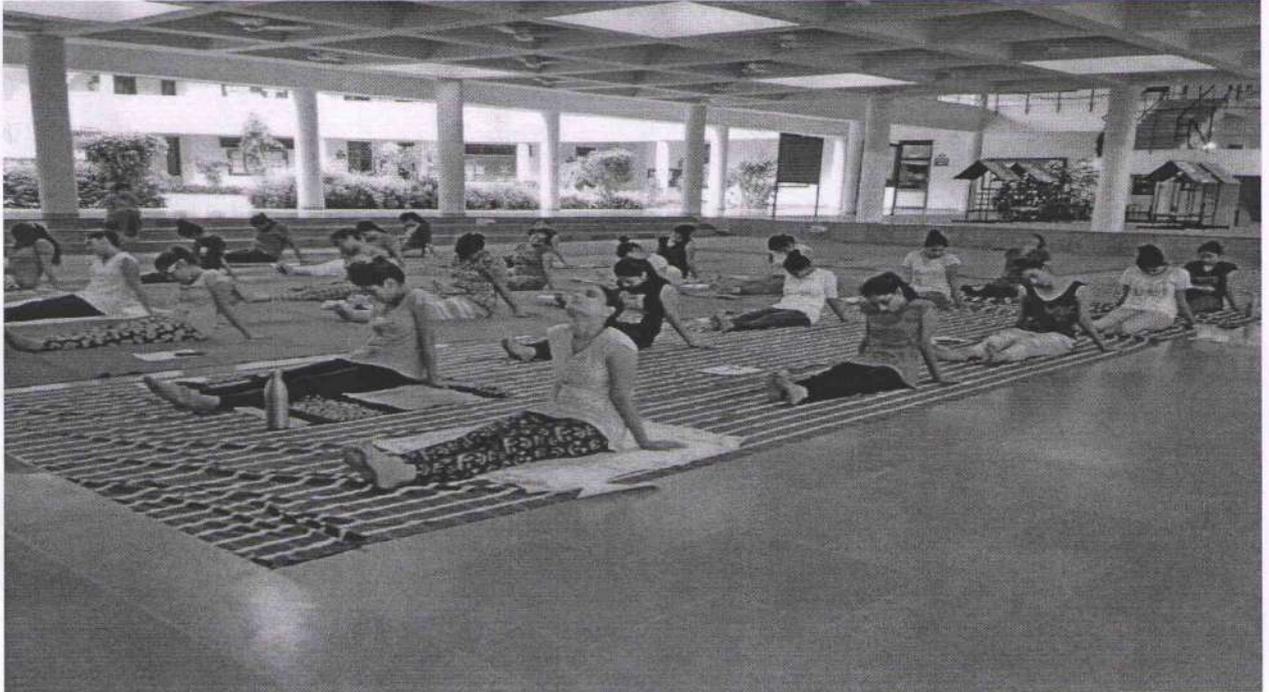
Event Photos



Yoga Satra



Yoga Satra



Yoga Satra



Yoga Satra

EVENT REPORT

Expert talk on "Adolescent Health and Hygiene" at CHARUSAT on October 02, 2017

Women Development Cell (WDC) and Cell For Prevention of Sexual Harassment (CPSH)- CHARUSAT combine organized an expert talk on "Adolescent Health and Hygiene" at Ramanbhai Patel College of Pharmacy Auditorium on October 02, 2017.

The purpose was to bring the awareness amongst girls' students and female staff members of CHARUSAT regarding Adolescent health problems. The 217 participants including staff members and students represented across all institution of CHARUSAT.

The first talk was delivered by Ms. Sejal Sevak, Founder Suchita Foundation. She presented various cases for Menstrual Hygiene. She majorly covered on healthy disposal of sanitary pads. She came with her own design Inclinator for Sanitary Pads. During this session participants shared their actual problems for disposal of sanitary pads in their own communities.

This talk followed another session by Dr. Molina Patel, Gynecologist, Akansha Hospital, Anand with her topic "Obesity and Infertility". She had covered latest facts of impact of obesity on infertility in women with special focus on PCOS and menstrual pain. During this session participants shared their actual problems and she advised and guided them very well.



Photograph 1: Ms. Sejal Sevak, speaker for First talk (Date: 02/10/2017)



Photograph 2 : Ms. Molina Patel speaker for Second talk (Date: 02/10/2017)



Photograph 3: Students and Faculty attending the session (Date: 02/10/2017)

CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY

ACTIVITY REPORT

Name of an Event: Awareness on “Menstrual health and hygiene

Date of an event: 8th March, 2018

Date of Submission: 26th March, 2018

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

Venue: MKG High School, Khandhali

Coordinator Details:

Name: Ms. Rameshwari Zala

Designation: Asst. Professor

Department: Nursing

Email: rameshwarisolanki.nur@charusat.ac.in

Introduction: Women Development Cell of Manikaka Topawala Institute of Nursing and Ashok and Rita Patel Institute of Physiotherapy, a constituent of CHARUSAT had jointly organized international Women’s Day Celebration on awareness on “Menstrual health and hygiene” at MKG high school, Khandhali on 8th March 2018 during 10:00 am to 11:30 am.

Objective/s:

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

1. Understand the concepts of menstruation.
2. Promote hygienic practices of menstruation.
3. Gain awareness regarding menstrual health and hygiene.

Members involved and their roles:

Ms. Rameshwari Zala Institute level coordinator (Assistant Professor)

Proposed budget and actual expenditures:

Beneficiaries: Total 50 female students of MKG high school Khandhali, 4 teachers.

Activities carried out:

1. The awareness program included evaluation of knowledge, attitude and practice towards menstruation among the pubertal age school children of MKG High School, Khandhali by the students and faculty under women development cell.
2. A documentary movie from mensrupedia regarding “Menstrual physiology and hygiene” was showed to students.
3. A skit was also demonstrated on the theme of the “Taboos surrounding periods/menstruation among conservative Indian families” highlighting the need to change the conservative mind set, by the students. Awareness and educational posters on menstruation, dos and don’ts during menstruation, and healthy habits on menstruation were also displayed.
4. Sanitary pads were distributed among girls.

Outcome of the activities: It served a platform for the female students to share their views and clarify the concept of menstruation in depth under the guidance of Women Development Cell faculty.

