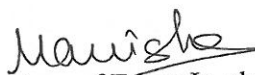


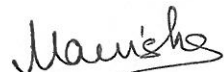


VEER NARMAD SOUTH GUJARAT UNIVERSITY, SURAT  
(Accredited with "A" grade by NAAC)

Report of Event

1.	Department Name	Women Development Cell VNSGU Surat
2.	Name of The Event	Apanu Svashthay Aapni Javabadari
3.	Date	06/01/2021
4.	Nature of the Event (e.g. Invited Talk)	Invited Talk Online Webinar
5.	Name of Speaker(s) / Expert(s) / Guest(s)	Dr. Parul Vadgama Dr. Roshni Pithavala Dr. Trupati Patel Dr. Diptiben Patel
6.	Brief detail of Speaker(s) / Expert(s) / Guest(s)	Dr. Parul Vadgama - Chest Physician Dr. Roshni Pithavala - Dietician Dr. Trupati Patel - Psychiatrist Dr. Diptiben Patel - Gynecologist
7.	Number of Participants	6000 participants registered and attended this seminar.
8.	Sponsoring Agency (If Any)	VNSGU, Surat
9.	Amount Received (if Any)	250/-
10.	Brief Summary of Event	<ul style="list-style-type: none"><li>- Women Development Cell &amp; NSS Veer Narmad South Gujarat University, Surat had organized a webinar on Our Health is Our Responsibility on 06/1/2021 at 12:00 AM onwards.</li><li>- The Speakers for the webinar were Dr. Parul Vadgama is Chest Physician, Dr. Roshni Pithavala is Dietician, Dr. Trupati Patel is Psychiatrist, Dr. Diptiben Patel is Gynaecologist.</li><li>- 6000 participants registered and attended this webinar.</li><li>- Participants got guidance about health.</li><li>- Dr. Parul Vadgama said in her speech precaution must be taken, what care should be taken if covid is not present – what should be taken care of at the time of vaccination.</li><li>- Dr. Roshni Pithavala said in her speech How to maintain a balanced diet, what diet to follow for good health what is the role of exercise, etc. And discussed.</li><li>- Dr. Trupati Patel said in her speech stress Management and positively and its impact on mental health.</li><li>- Dr. Diptiben Patel said in her speech about gynaecological problems, hormonal changes, stress during periods, use of contraception, ECT.</li></ul>

  
Signature of Event In-charge  
Date: 02/12/2021

  
Signature of Head  
Place: Surat.



## A Webinar on Our Health is our Responsibility

Jan 6 at 12:03 PM · 6K views

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### A WEBINAR ON આપણું સ્વાસ્થ્ય આપણી જવાબદારી OUR HEALTH IS OUR RESPONSIBILITY



**DR. HEMALI DESAI**  
Hon'ble I/C Vice Chancellor, Veer Narmad South Gujarat University, Surat

**DR. PARUL VADGAMA**, Chest Physician, Vice President IMA Gujarat State Branch  
Post-COVID Issues and Vaccination | 12:00 to 12:20 PM

**MISS. ROSNI PITHAWALA**, Clinical Dietician  
Balanced Diet for Females | 12:20 to 12:50 PM

**DR. TRUPTI PATEL**, Psychiatrist  
Stress Management | 12:50 to 1:30 PM

**DR. DIPTI PATEL**, Gynaecologist, Love 'N' Care Hospital, Surat  
Common Gynaec Disorders & Premarital Counseling | 1:30 to 2:00 PM

January  
**6**  
2021  
12:00 PM Onwards

#### CONTACT

Dr. Manisha Panwala  
WDC-Coordinator, VNSGU, Surat  
9427478456 | wdc@vnsгу.ac.in

Dr. Bharat Thakor,  
NSS Coordinator, VNSGU, Surat  
9974925907 | vnsгunss@gmail.com

#### INVITED BY

Shree A. V. Dhaduk,  
I/C Registrar, Veer Narmad South  
Gujarat University, Surat, Gujarat

REGISTERED TO PARTICIPATE  
<https://forms.gle/VcA9JTCsMwec94vJ9>

The online session on Cisco Webex. The live session [www.facebook.com/VNSGUNIVERSITY/](https://www.facebook.com/VNSGUNIVERSITY/)

Organized By: NSS & Women Development Cell, Veer Narmad South Gujarat University, Surat -395007, Gujarat | Visit <http://vnsгу.ac.in>

