



INTERNATIONAL WOMEN'S DAY 2025

10th March 2025

At

Art Gallery, Department of Statistic
Saurashtra University

Contents

Saurashtra University – IIC.....	3
Event Schedule	3
Event Registration Link	3
Brief about Event	4
Key Points	5
Outcome	5
About the Speaker/Chief Guest	6
Connect Us:.....	9

Saurashtra University – IIC

The university is dedicated to instruction, research, and extending knowledge to the public (public service). Ministry of Education (MoE), Govt. of India has established 'MoE's Innovation Cell (MIC)' to systematically foster the culture of Innovation among all Higher Education Institutions (HEIs). The primary mandate of MIC is to encourage, inspire and nurture young students by supporting them to work with new ideas and transform them into prototypes while they are informative years. Saurashtra University is one the Organization that have constituted the IIC to foster the vision of MoE and be a part for the promotion and development of innovation ecosystem.

Event Schedule

11:00	Registration Time
11:05	Welcome
11:10	Awareness session on Discussed stress management techniques, importance of yoga & naturopathy, work-life balance strategies by Ms. Aashka Jani
12:10	Awareness session on Insights into the media industry, skills required for RJ & anchoring, career opportunities for women by RJ Ajay Chudasama
12:55	Programme Feedback - Conclusion
1:00	Closing Ceremony

Event Registration Link

bit.ly/SUSEC-IWD25

Brief about Event

On the occasion of International Women's Day 2025, Vidushi, Saurashtra University, in collaboration with Mahila Prakalp Bhartiya Shikshan Mandal and Institution's Innovation Council (IIC), organized a special program at the Art Gallery, Statistics Bhavan, Saurashtra University. The event aimed to honour the contributions of women, promote gender equality, and provide insights into stress management and career opportunities for women.

The program featured two distinguished speakers who addressed crucial aspects of women's empowerment: mental well-being and professional growth. The event saw active participation from students, faculty members, professionals, and women from various fields.

The event commenced with a formal inaugural session, where dignitaries and organizers emphasized the importance of International Women's Day. The welcome address highlighted the role of women in various spheres and the necessity of creating opportunities for their growth and well-being.

Ms. Aashka Jani ma'am explained beyond the Balancing Act: Mastering Stress in the Modern Woman's Life The impact of stress on modern women managing work, family, and societal expectations. The role of naturopathy and yoga in stress relief and overall well-being. Practical stress management techniques, including mindfulness, breathing exercises, and lifestyle modifications. Encouraging women to prioritize self-care and mental health while balancing personal and professional responsibilities.

The audience actively engaged in the session; with many attendees sharing their personal challenges related to stress and seeking guidance on maintaining a healthy work-life balance.

Awareness session by RJ Ajay Chudasama Career Opportunity for Women as RJ and Anchoring Growing opportunities in media, radio jockeying (RJ), and anchoring as career choices for women. Essential skills required for becoming a successful RJ, including communication, confidence, and creativity. Breaking gender stereotypes in the media industry and encouraging women to pursue careers in mass communication and entertainment. Real-life experiences from his career and how women can carve a niche in this dynamic profession.

The session provided valuable career guidance, particularly for students and aspiring media professionals. It encouraged young women to explore unconventional career paths and break barriers in male-dominated industries.

And last the organizers, including Vidushi, Saurashtra University, Mahila Prakalp Bhartiya Shikshan Mandal, and IIC, played a crucial role in making this event informative and impactful. The celebration not only honoured women but also empowered them to embrace challenges, explore new career paths, and prioritize their well-being.

Key Points

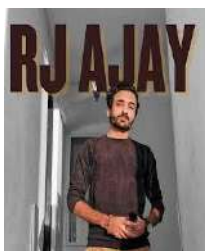
During the session, below mentioned points were discussed:

- Understanding stress in the modern lifestyle
- Role of naturopathy and yoga in stress management
- Practical tips for work-life balance
- Mental and physical well-being strategies iterate quickly
- Skills required for a career in radio jockeying and anchoring
- Opportunities for women in media and broadcasting
- Overcoming challenges in the entertainment industry
- Insights into the radio industry and public speaking

Outcome

The International Women's Day 2025 program organized by Vidushi, Saurashtra University, in collaboration with Mahila Prakalp Bhartiya Shikshan Mandal and IIC, successfully honoured women's contributions while empowering them with insights on stress management and career opportunities. Through engaging sessions by Ms. Aashka Jani on stress relief techniques and RJ Ajay Chudasama on career prospects in media, the event fostered awareness, encouraged self-care, and inspired women to break stereotypes. The active participation of students, faculty, and professionals highlighted the significance of gender equality, making the event both informative and impactful in promoting women's growth and well-being.

About the Speaker/Chief Guest



RJ Ajay Chudasama

MY FM, Rajkot



Ms. Aashka Jani

M. Pharm (Q.A.),
Diploma in Naturopathy & Yog



INTERNATIONAL
Women's Day

MARCH 10, 2025

Vidushi, Saurashtra University, Mahila Prakash Bhartiya Shikshan Mandal and IIC organizes the program in connection with the
"International Women's Day"
at the Art Gallery, Statistics Bhavan, Saurashtra University

Esteemed Speakers:

Beyond the Balancing Act: Mastering Stress in the Modern Woman's Life
Ms. Aashka Jani
M. Pharm (Q.A.),
Diploma in Naturopathy & Yog

Career Opportunity for Women as RJ and Anchoring
RJ Ajay Chudasama
MY FM, Rajkot

 bit.ly/SUSEC-IWD25

 **11:00 am to 1:00 pm**







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iic@sauuni.ac.in



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