



Institution's Innovation Council Saurashtra University

CELEBRATION OF INTERNATIONAL WOMEN'S DAY

8th March 2023

At

Seminar hall, Dr. A P J Abdul Kalam Science Laboratory

Saurashtra University Campus, Rajkot

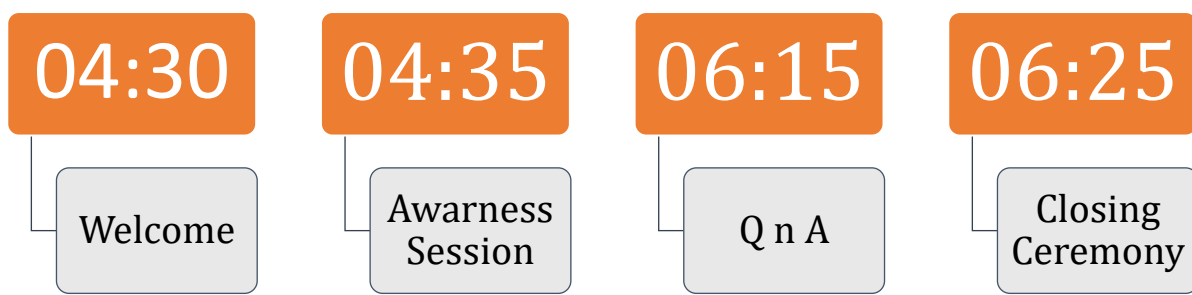
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Saurashtra University – IIC

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



Event Registration Link

bit.ly/SUSEC-IWDAY

Brief about Event

Saurashtra University and IIC have celebrated International Women's Day on 8th March 2023 with the theme of "Health Awareness" on 4:30 pm to 6:30 pm. It aims to spread awareness about women's health related topics like Menopause and other problems in the students of universities. The day was celebrated with eagerness.

This event began with the lighting of a lamp and then Dr. Ranjan Khunt, coordinator, SUSEC welcomed the guests in the event and gave a brief overview about IIC, SSIP and Incubation Centre. She encouraged students.

Dr. Rekhaba Jadeja gave us Information about women's need healthy food. We have to include healthy food in our diet like fruits, green vegetables, beans, millet, brown rice and dairy products. Multiple roles of women such as good mother, administrator and head of household, manager of family income, wife etc. explained by the speaker.

In this program also gave information about recently the United Nations (UN) declared 2023 the international year of millets. Millets contain two powerful amino acids called Methionine and Lysine, both of which help to create collagen. It helps to prevent premature aging which is a nightmare for most women consuming millet prevent digestive problems such as constipation. Millet contains plenty of fiber, both soluble and insoluble, that will help the food move through your system properly and keep you regular. Millet contains the amino acid, tryptophan, which works as a natural relaxant. After a stressful day at work consume millet porridge to help you sleep so soundly.

Objective is to create awareness of gender equality for a healthy society. The relaxing properties of millet can also help to reduce blood pressure, ward off tension headaches and reduce anxiety. Millet is a super food that aids weight management. Use of millets help to avoid diabetes developing. Millets is beneficial for girls and women.

Afterwards, played a brainstorming group game and all enjoyed.

Key Points

During the session, below mentioned points were discussed:

- Gender equality
- Women's empowerment
- Women entrepreneurship
- International year of millets
- Benefits of millets
- FAQs related to millets, how to use, etc.

Outcome

As per the event, various types of millets, importance of millets and how to use was made understood by the speaker. Also, this program instilled respect and care for women in the minds of the younger generation. It was related to women entrepreneurship and awareness creation, a basic knowledge of millets, how it works with various examples. It was very good informative session.

Furthermore, this celebration is understood to be a sign of appreciation, respect, love and care towards women in our lives and society.

About the Speaker/Chief Guest



Dr. Rekhaba
Jadeja

Head & Assistant Prof.,
Department of Home Science,
Saurashtra University



The poster features logos for Saurashtra University, BU SEC, G20 India 2023, Y20 India 2023, and the Institution's Innovation Council. The central text reads "celebrates INTERNATIONAL WOMEN'S DAY" with a portrait of Dr. Rekhaba Jadeja. Below the portrait, it lists her name and title: "DR. REKHABA JADEJA, Head & Assistant Prof., Department of Home Science, Saurashtra University". The event details are: "SU Start-up And Entrepreneurship Council & IIC Saurashtra University celebrates International Women's Day on 8th March 2023, Wednesday at Dr. APJ Abdul Kalam Science Laboratory". The time is "04:30 PM" and the date is "8TH MARCH, 2023".





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