



## Gandhinagar Institute of Technology

A Report on

**“Wellness Day”**

18<sup>th</sup> August 2017, Friday

### **Objective:**

**“Life is beautifully dynamic process of creating negentropy out of entropy”**

Gandhinagar Institute of Technology emphasis on overall development of the students. It also looks after the welfare of the female students under the platform of Women Development Cell (WDC). It works with an objective to prevent sexual harassment and to promote general well-being of female students, teaching and non teaching women staff of GIT. WDC aims to create social awareness about the problems of women and in particular regarding gender discrimination. It streaks various programs concerning about the development of female students. With the same motive, GIT celebrates wellness day along with free health check up and seminar for making girls aware about their physical as well as mental wellness.

### **Seminar Details:**

The event was organized on 18<sup>th</sup> August, 2017 at seminar hall. It was held on GIT campus *to elucidate the importance of wellness and health in our life*. It started with the welcoming of expert and Dr N M Bhatt, Director, GIT to the seminar hall. The seminar was initiated with a welcome speech by Lady Representative (LR) of the institute. Further, the event was carried with an introductory speech on importance of health by the Director of the institute. The expert of the day was Mrs. Kinnari Modi who is a well known pharmacist and working with Herbalife since last 3 years. She has achieved world team level in the same. The event continued with a quite informative speech by the expert. She covered all the relevant topics regarding diet and nutrition. Girls actively listened to the speech and seemed to be concerned about their wellness.

The seminar persisted with a free health check-up after the guidance of the expert. The expert brought well advanced kit including a weighing machine which gives necessary information about Body Mass Index (BMI). The session went through examining BMI of more than 100 female students along with female faculty members.

The session ended with the vote of thanks. The expert was given a token of appreciation by coordinator of WDC, Prof. Kalpana Mudaliar. The event was a grand success with the coordination of faculty coordinators, students' volunteers and female participants of GIT.

**Photo Gallery:**



Welcome by Dr N M Bhatt, Director of the institute



Mrs.Kinnari Modi addressing the female students



The team listening to the expert



Measuring BMI of the student by the expert



Token of appreciation to the expert by Prof. Kaplana Mudaliar



Participants with Experts, Director and faculty coordinators