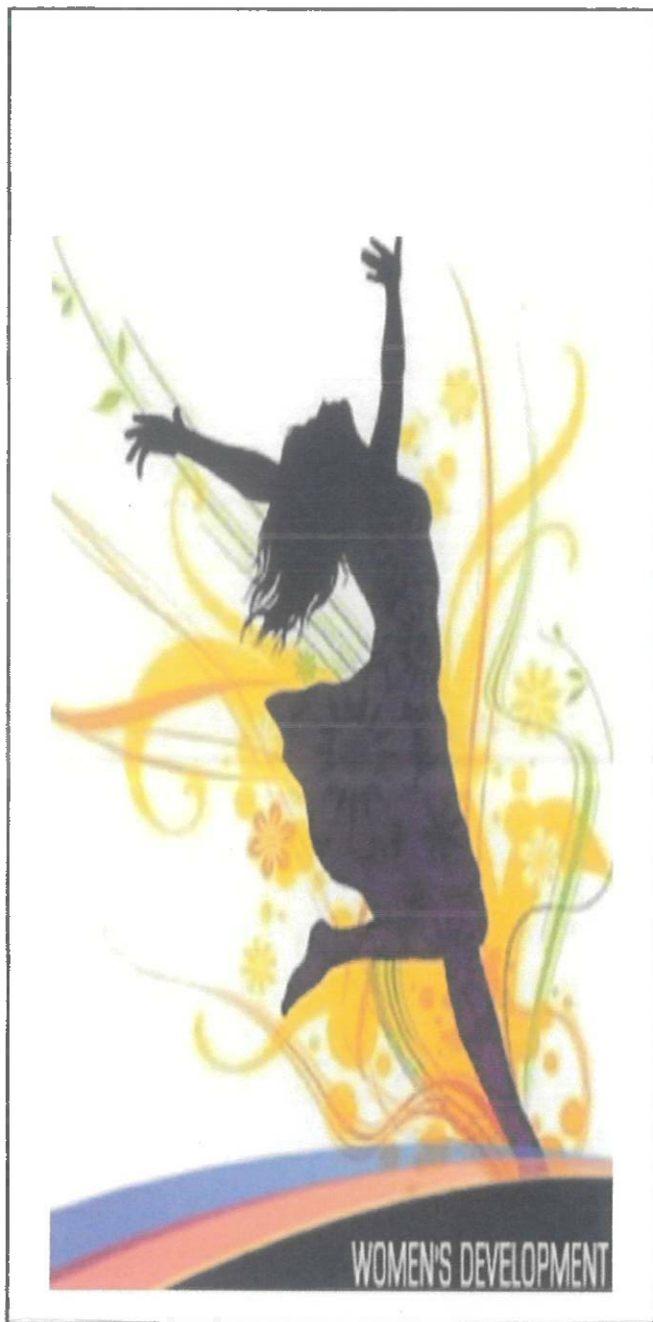


B.K.M.Science College

Valsad



Women Development Cell

Year:-2021-2022



A women Empowerment committee is constituted at the college level

At B.K.M.Science college, we believe that celebrating one women's day in the whole year is not going to make any difference. We need to sensitize students at an early age that men and women are truly equal and create awareness for women's development

The cardinal role of Women Development Cell is to promote the well being of female students, teaching and non-teaching women staff of our college. To break down barriers to learning and participation for women so that they become fully active citizens, develop skills and knowledge, engender self-confidence and equip themselves to pass on their experience to benefit their families and broader communities.

The Women's Cell works to ensure a safe work environment and to provide a mechanism for looking into situations of sexual harassment in the work place. Any issues relating to sexual harassment at the work place can be brought to any of these members in confidence.

Faculty Member	Role	Contact Number
Dr. Madhavi J. Desai	President	9998226229
Dr. Kiran D. Desai	Member	9543567323
Prof. Sandhya L Vani	Member	8866304909
Dr. Smruti N. Lad	Member	9824343726
Smt. Ekta N. Desai	Member	9712227407
Smt. Jahanvi A. Desai	Member	8141610077
Miss Srushti U. Patel	Member	8160544838
Miss Ayushi P. Lad	Member	9328266032

Activity Of Women Development Cell

Women Cell aims at empowering and orienting women to recognize their true potential and to help them attain their own stand in a competing world. Empowering women is essential to the health and social development of families, communities and countries. When women are living safe, fulfilled and productive lives, they can reach their full potential. Aiming at intellectual and social upliftment of the female students the cell stands for facilitating women's empowerment through guest lectures.

Activity				
No.	Seminar	Date	Speaker	Number of Student
1	Seminar on "PCOS : Poly Cystic Ovary Syndrome"	23/9/2021	Dr. Madhavi Naik Mistry	50
2	Seminar on "Pimple to Dimple" Acne awareness	23/9/2021	Dr. Pinesh Modi	50


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B.K.M. Science College,
Valsad, Gujarat, India.




Signature
President of Women Cell

B.K.M.Science College, Valsad

Women's Cell

Seminar on

PCOS: Poly Cystic Ovary Syndrom

Name of Speaker: Dr. Madhavi Naik Mistry

Date : 23/9/2021

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Health is important to live life to the fullest. When a person leads a healthy lifestyle, the body remains healthy and the mind is active and fresh. Living a healthy life would extend longevity and also regenerate the body and mind. Having good health is of core importance to human happiness. On the above matter an awareness lecture on PCOS: Poly Cystic Ovary Syndrome was held by the cell and conducted on 23rd September, at Room No : 1 between 11:00 to 1:00 Pm by Dr. Madhavi Naik Mistry. In this seminar Dr. Madhavi Desai, convener of women cell warmly welcomed Dr. Madhavi Naik Mistry by bouquet. In her speech she briefly explained about PCOS or polycystic ovarian syndrome. She said that around 2-26 % of women in the reproductive age group are affected by PCOS. She informed that most women find out they have PCOS in their 20s and 30s when they are having a difficult time getting pregnant. PCOS can happen at any age after puberty and symptoms can occur as soon as your menstrual cycle begins. It affects your hormone level.

She explained to female students that PCOS is a condition with a wide spectrum of clinical features including irregular menstrual cycles, the tendency of weight gain, hyperandrogenism which causes acne and hirsutism. She mentioned PCOS presents itself with various symptoms like irregular periods, heavy bleeding, facial hair growth, acne, weight gain, darkening skin, obesity and infertility. She told PCOS is very common in recent days and affects many women. While these symptoms can be treated, some women do not even face any of the symptoms, thus it may go undiagnosed. The main cause of PCOS is excessive male hormone or androgen which can also be triggered by excess insulin production. It can also be hereditary and aggravates with increased weight gain.



Then after she talked about how to manage pcos. She said, while pcos cannot be fully cured, the symptoms can be treated to make them more manageable. She informed the students some ways to manage pcos as below :


- Eating healthy and balanced diet
- Losing weight
- Hormonal medications that help regulate hormone levels
- CAproscopic ovarian drilling
- Addition of exercise in daily routine

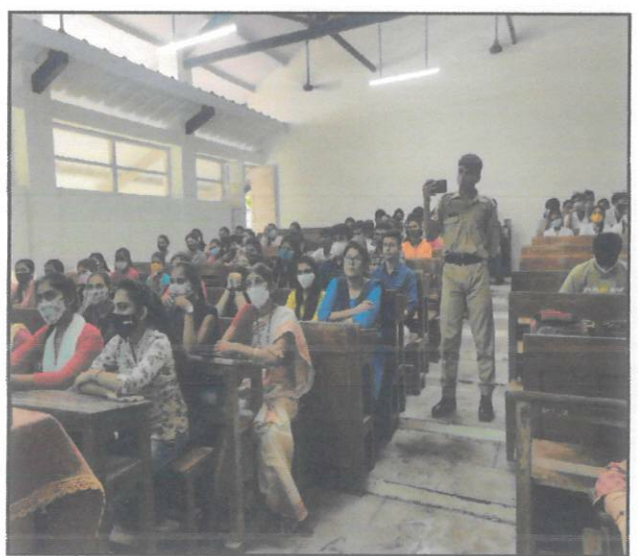
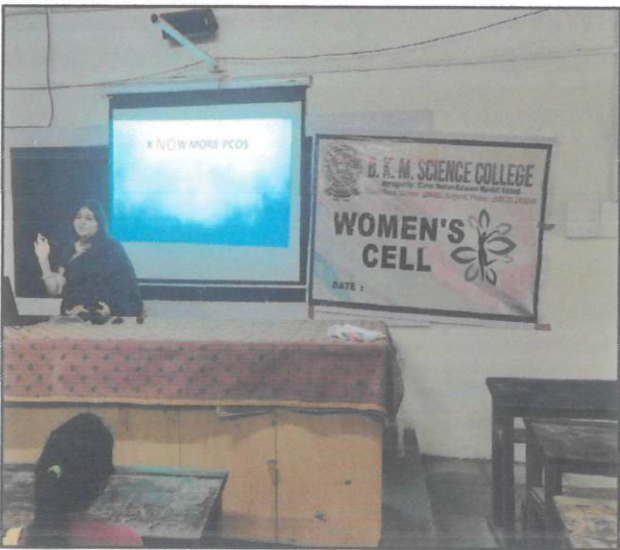
Lastly she said that pcos in women is nowadays more common than ever which in turn led to more knowledge about the same while this was relatively much less talked about in this seminar but it is now a common term and one that women are mostly aware about. She said to all girls that being healthy should be part of your overall lifestyle. Living a healthy lifestyle can help prevent chronic diseases and long term illness. Feeling good about yourself and taking care of your health are important for your self-esteem and self image.

And the final master stroke by her was : “ To be a strong woman , you must be healthy because a strong woman knows she has strength enough for the journey but a woman of strength knows it is in the journey where she will become strong “

The expert guidance enlightened every female student present with all vital information related to some of the various health issues that females tend to neglect due to lack of appropriate knowledge. The session was very interactive as all queries and doubts were answered by the respective speaker satisfactorily.




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Valsad - Gujarat - India.



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 — Principal,
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 Valsad - Gujarat - India.

B.K.M. Science College , Valsad
Women's Cell
Seminar on
“Pimple to Dimple”

Speaker :Dr.Pinesh Modi

Date: 23/9/2021

Being healthy should be a part of our overall lifestyle. Living a healthy lifestyle can help prevent chronic diseases and long term illness. Feeling good about ourselves and taking care of our health are important for our self-esteem and self image. Believing in that, the women development cell organized lecture about acne awareness on 23rd September, 2021 in Room No:1 at 1:00 to 2:00 Pm by Dr. Pinesh Modi. The WDC convener Dr. Madhavi Desai warmly welcomed Dr. Pinesh Modi by bouquet. Dr. Modi delivered his lecture with the title: “Pimple To Dimple”, which is about skin and hair care information and mainly about acne. This topic is related to boys and girls both. So many boys with girls were present in this lecture.

He started with acne is the most common in teenagers and young adults. Also he said acne or pimple is a skin condition that occurs when hair follicles plug with oil and dead skin cells. He told that teen acne or adult acne can be terrible frustrating, embarrassing and even scarring. He told that acne can appear just about anywhere on the body, but most commonly shows up on the face, back neck, chest and sometimes even the shoulders. Whether you call acne lesions pimples, zits or white heads, it's usually all referring to the same thing. He discussed about few terms which commonly used are: Acne Vulgaris, Black head, closed comedo, comedo, cyst, nodule, open comedo, p.acne, papule, pimple, rosacea, white head etc. He informed that the most common root of acne-prone skin is found in your gene pool. Another reason to have acne prone skin is due to a condition called retention hyperkeratosis. This means that the rate at which dead skin cells are being shed is four to five times faster than seen in healthy skin. This also leads to hair follicle too. Also he told acne is a common skin condition where the pores of your skin become blocked by hair, sebum, bacteria and dead skin cells. Those blockages produce blackheads, white heads, nodules and other types of pimples. He told if you have acne, know you're not alone.

He shared the causes of acne-pimple and hairfalling. They are :

- Hormonal imbalance
- Gut dysbiosis
- Stress
- Diet
- Pore-clogging ingredients(cosmetics, skincare products, lotions, haircare products etc)
- Medications etc.

He discussed about how acne developed. He informed that acne develops when sebum – an oily substance that lubricates from your hair and skin – and dead skin cells plug hair follicles. Bacteria can trigger inflammation and infection resulting in more severe acne.

Next he informed the students about how to prevent acne. He told there are many things a person can do to try to prevent pimples and other forms of acne, including :

- Wash the face twice daily
- Refrain from harsh scrubbing
- Keep hair clean
- Refrain from popping or picking at pimples



- Know your skin type
- Stay hydrated
- Limit sun exposure
- Use moisturizer
- Limit makeup
- Try not to touch your face
- Talk to a dermatologist about antibiotics.

Then he aware about how to treat acne . He said change your lifestyle and apply home remedies on acne .To prevent acne , one should follow :

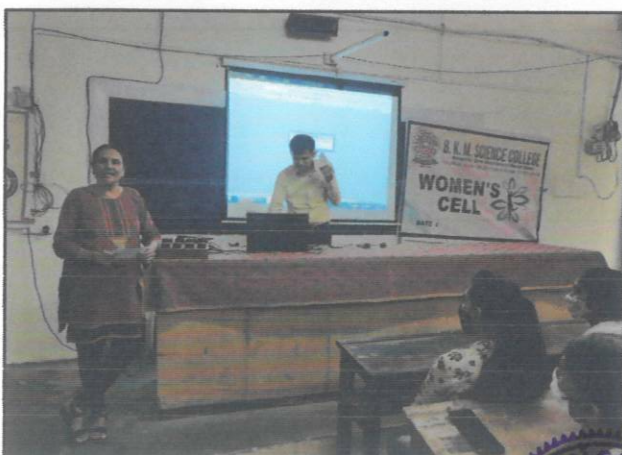
- Wash problem areas with a gentle cleanser
- Avoid irritants
- Protect your skin from the sun
- Avoid friction or pressure on your skin
- Avoid touching or picking acne – prone areas mn
- Shower after strenuous activities

He delivered such an informative lecture . Finally he said to the teenagers that , “ You must love and care for yourself because that’s when the best comes out .”

The expert guidance enhanced every student present in the lecture with all essential information related to the topic . The session was very interactive as all queries and doubts were answered by thethe respective speaker satisfactorily .



[Signature]
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B.K.M.SCIENCE COLLEGE, VALSAD**2021-2022****WOMEN DEVELOPMENT CELL**Seminar on : *Pimple to Dimple and Pros: Polycystic Ovary Syndrome*Speaker : *Dr. Madhuri Naik Mistry &
Dr. Pinesh Modi*Date : *23/09/2021*

SR.NO	NAME	CLASS	ROLL. NO.
1	BHANDARI MITAL DASHRATHBHAI	F.Y.B.Sc	5
2	BHANDARI MITANSHI KIRANBHAI	F.Y.B.Sc	6
3	BHARTI DIVYA ANUPAM	F.Y.B.Sc	7
4	BHATI SANTOSHKUNVAR NARPATSI	F.Y.B.Sc	8
5	GHUTIYA MAITRIKUMARI MANOJBHAI	F.Y.B.Sc	18
6	GOSWAMI KRISHNA HIRENGIRI	F.Y.B.Sc	19
7	HALPATI DIYA KAMLESHBHAI	F.Y.B.Sc	20
8	PATEL DHURUVISHA KAILESHBHAI	F.Y.B.Sc	57
9	PATEL DHVANI PRAKASHBHAI	F.Y.B.Sc	58
10	PATEL DITIBEN DINESHBHAI	F.Y.B.Sc	59
11	PATEL DRASHTI DHARMESHBHAI	S.Y.B.Sc	6
12	PATEL FENSI ASHOKBHAI	S.Y.B.Sc	7
13	TANDEL FORAM HARISHBHAI	S.Y.B.Sc	8
14	TANDEL KASHISH UMESHBHAI	S.Y.B.Sc	9
15	TANDEL KHUSHI SANMUKHRAI	S.Y.B.Sc	10
16	TANDEL NANDANI KIRANBHAI	S.Y.B.Sc	11
17	TANDEL NIRALI BALVANTRAI	S.Y.B.Sc	32
18	TANDEL SHRUTI JEKISHAN	S.Y.B.Sc	33
19	BHANDARI KASAK VIPULCHANDRA	S.Y.B.Sc	34
20	BHATT KRUTARTHI MAYANK	S.Y.B.Sc	35
21	PATEL KENALIBEN JAGDISHBHAI	T.Y.B.Sc	141
22	PATEL KHUSHBU PANKAJKUMAR	T.Y.B.Sc	142
23	PATEL KHUSHI HARESHBHAI	T.Y.B.Sc	143
24	PATEL KHUSHI RAJESHBHAI	T.Y.B.Sc	144
25	PATEL KHYATI SANJAYBHAI	T.Y.B.Sc	145
26	PATEL KINJAL SATISHBHAI	T.Y.B.Sc	146
27	PATEL KRISHI RAMESHBHAI	T.Y.B.Sc	147



28	SUTHAR BHOOMI SUKHARAM	T.Y.B.Sc	261
29	TANDEL ARUNDHUTI JAYKISHAN	T.Y.B.Sc	262
30	TANDEL FEVINA DEVCHANDBHAI	T.Y.B.Sc	263
31	TANDEL FIZABEN JITENDRABHAI	T.Y.B.Sc	264
32	TANDEL GRISHMA GHANSHYAMBHAI	T.Y.B.Sc	265
33	PATEL KHUSHI NILESHBHAI	T.Y.B.Sc	323
34	PATEL KINNARIBEN AJITBHAI	T.Y.B.Sc	324
35	PATEL KREENA UMESHBHAI	T.Y.B.Sc	325
36	PATEL MAYANK SUMANBHAI	F.Y.B.Sc	87
37	PATEL MEETKUMAR HARSHADBHAI	F.Y.B.Sc	88
38	PATEL MILANKUMAR DHARMESHBHAI	F.Y.B.Sc	89
39	DALVI VISHALBHAI VINODBHAI	S.Y.B.Sc	272
40	PATEL AVI BHARATBHAI	S.Y.B.Sc	273
41	PATEL PRABHAT KANTIBHAI	S.Y.B.Sc	274
42	PATEL ABHI DILIPBHAI	S.Y.B.Sc	275
43	DESHMUKH RIGALBHAI VELJIBHAI	T.Y.B.Sc	304
44	GAVLI MITESHKUMAR TUKARAMBHAI	T.Y.B.Sc	309
45	GANVIT PUSKARBHAI RAMESHBHAI	T.Y.B.Sc	511
46	PATEL HEDAN NILESHBHAI	T.Y.B.Sc	512
47	PATEL BHUPENDRAKUMAR PRAVINBHAI	T.Y.B.Sc	513
48	THAKOR RAJ KIRANBHAI	T.Y.B.Sc	522
49	PATEL DIP AJAYBHAI	T.Y.B.Sc	523
50	PATEL JAY RAMESHBHAI	T.Y.B.Sc	526

Chocan

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Women Development
cell



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