



Swami Keshvanand Institute of Technology, Management & Gramothan

Approved by AICTE, Ministry of HRD, Government of India
Recognized by UGC under Section 2(f) of the UGC Act, 1956
Affiliated to Rajasthan Technical University, Kota

Women Cell Activities

🏠: RAMNAGARIA (JAGATPURA), JAIPUR-302017 (RAJASTHAN), INDIA
☎: +91-141-5160400, 2752165, 2759609 | 📠 : 0141-2759555
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1. Notice of the event: -

SKIT WOMEN CELL

REPORT

EVENT: Talk on Common Gynaecological problems in females

Date: August 7, 2021

Time: 2:30 pm onwards

Venue of the event: - online through google meet

Level of the event: - College level

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SWAMI KESHVANAND INSTITUTE OF TECHNOLOGY, MANAGEMENT AND GRAMOTHAN,
JAIPUR

SKIT WOMEN'S CELL

NOTICE

Date: 3/8/21

We are pleased to inform you that SKIT WOMEN'S CELL is organizing an online session on "**Common Gynecological problems in females**" on August 7, 2021 at 2:30 PM.

Interested candidates may register through online link given below.

Date: 7 August, 2021

Time: 2:30 PM - 3:30 PM

Venue: Online through Google Meet

For registration: <https://forms.gle/omsseiFmjZR8vadX8>

We look forward to your kind presence.

Participants will receive certificates.

You are also requested to circulate the information and encourage other students to participate.

Thanking you

With kind regards,

Faculty Coordinator:-

Dr. Sangeeta Gupta

+91 9414455719

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Event poster:-

www.fortishealthcare.com



In association with



Swami Keshvanand Institute of Technology,
Management & Gramothan , Jaipur
A Session On

Common Gynaecological Problems In Females

With Our Renowned Doctor



Dr. Smita Vaid
(Additional Director– Obstetrics & Gynaecology)

Connect with us on

Date: 7th August 2021, Saturday | **Time:** 2.30 PM - 3.30 PM

How to Join

- Digital Platform : Google Meet
- Sign in and join the meeting by providing the id

Coordinator:
Dr. Sangeeta Gupta
Convenor-Womens' Cell, SKIT
Contact no. 91-9414455719

For more details call Mr. Shantanu Singh -8233000001
Fortis Escorts Hospital, JLN Marg, Malviya Nagar, Jaipur – 302017



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SKIT Women's Cell In association
with Fortis Hospital presents
A Session on

Common Gynaecological Problems in Females

||"Every Problem has a Solution"||

Scan this QR code
for Registration



 Google Meet
 7th, August 2021
 2:30pm to 3:30pm

INSTRUCTOR
Dr. SMITA VAID
Additional Director-
(Obstetrics & Gynaecologist)

For more details contact:
Dr. Sangeeta Gupta- 9414455719 (Faculty Coordinator)

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Details/List of invited guest/speakers:-



Dr. Smita Vaid

ADDITIONAL DIRECTOR | Clinician

Experience: 17 years

Languages Spoken: English

Mon-Sat

Fortis Escorts Hospital, Jaipur

Speciality

Obstetrics and Gynaecology

Special Interest Areas

Obstetrics and Gynaecology

Education

MBBS, MS (Obstetrics & Gynaecology)

About

Dr Smita Vaid, Additional Director - Obstetrics & Gynaecology is the pioneer Doctor who start water-birthing (the Pro Normal Birthing Technique) in Rajasthan. Being a proponent of gentle birth principle, she introduced this natural and minimally painful method of childbirth. Further her expertise lies in managing recurrent pregnancy loss and High Risk Pregnancies such as Pregnancy induced Hypertension, Gestational Diabetes, Sickle Cell Anemia, Acute Medical Illness like Dengue, High Fever, Pneumonitis, Pancreatitis, Epilepsy etc. Over the years, she has performed advance Laparoscopic procedures for Hysterectomy (removal of Uterus), Myomectomies (removal of Uterine Fibroids), Ovarian Cysts, Tubal Recanalization and Infertility Surgeries too. She has 17 years of expertise to back her up and has also presented many medical research papers in national and international forums.

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Objective of the event:-

Diseases pertaining to the reproductive system of the women are becoming increasingly common because of modern ways of lifestyle. Modern women are forced to face higher level of stress as they are not only home makers, but are also working women. This webinar aims to discuss the common Gynaecological issues and women health disorders and their cure or precautions.

News:-

महिलाओं की समस्याओं पर चर्चा
डेली न्यूज, mix रिपोर्टर, जयपुर। स्वामी केशवानंद इंस्टीट्यूट आफ टेक्नोलॉजी जयपुर में कॉमन गाइनेकोलॉजिकल प्रॉब्लम्स इन फीमेल पर विमेन सेल द्वारा वेबिनार का आयोजन किया गया। कार्यक्रम में फोर्टिस हॉस्पिटल की गाइनाकोलॉजिस्ट डॉ. स्मिता वैद ने स्त्री रोगों जैसे पीसीओडी, मेनोपॉज, यूटीआई और ब्रेस्ट कैंसर जैसी समस्याओं पर चर्चा की। संचालन विमेन सेल की समन्वयक डॉ. संगीता गुप्ता ने किया।




‘कॉमन गाइनेकोलॉजिकल प्रॉब्लम्स इन फीमेल’ पर वेबिनार संपन्न

जयपुर (कासं.)। स्वामी केशवानंद इंस्टीट्यूट आफ टेक्नोलॉजी मैनेजमेंट एंड ग्रामोथान (एसकेआईटी), जयपुर में ‘कॉमन गाइनेकोलॉजिकल प्रॉब्लम्स इन फीमेल’ पर विमेन सेल द्वारा वेबिनार आयोजित किया गया। कार्यक्रम में डॉ. स्मिता वैद (अपर निदेशक, ऑब्स्टेट्रिक्स एंड गायनेकोलॉजी) फोर्टिस एस्काटर्स हॉस्पिटल ने स्त्री रोगों जैसे पीसीओडी, मेनोपॉज, यूटीआई और ब्रेस्ट कैंसर जैसी समस्याओं पर व्याख्यान दिया। संचालन एस के आई टी विमेन सेल की समन्वयक डॉ संगीता गुप्ता (सह-आचार्य, गणित विभाग) ने किया। वेबिनार के अंत में डॉ. संगीता व्यास (प्रोफेसर-रसायन शास्त्र) ने अतिथियों एवं प्रतिभागियों का धन्यवाद ज्ञापित किया।

Gynaecological Problems

Swami Keshvanand Institute of Technology, Management & Gramothan, Jaipur organised a webinar on ‘Common gynaecological problems in females’ on Monday, August 9. The webinar was conducted by SKIT Women cell in association with Fortis Es-corts Hospital, Jaipur. Dr Smita Vaid (Additional Director-Obstetrics and Gynaecology) discussed the reasons behind common female problems like PCOD, UTI, menopause and breast cancer. —CITY FIRST



महिला समस्याओं पर की चर्चा

खबरों की दुनिया

जयपुर । स्वामी केशवानंद इंस्टीट्यूट आफ टेक्नोलॉजी (एस के आई टी), जयपुर में कॉमन गाइनेकोलॉजिकल प्रॉब्लम्स इन फीमेल पर विमेन सेल द्वारा वेबिनार का आयोजन किया गया। कार्यक्रम में फोर्टिस हॉस्पिटल की गाइनाकोलॉजिस्ट डॉ. स्मिता वैद ने स्त्री रोगों जैसे पीसीओडी, मेनोपॉज, यूटीआई और ब्रेस्ट कैंसर जैसी समस्याओं पर चर्चा की। इस दौरान महिलाओं ने विभिन्न समस्याओं से जुड़े सवाल भी किए। जिनके जवाब उन्होंने उदाहरण के साथ दिए। कार्यक्रम का संचालन विमेन सेल की समन्वयक डॉ संगीता गुप्ता ने किया। वेबिनार के अंत में डॉ. संगीता व्यास ने अतिथियों एवं प्रतिभागियों का धन्यवाद ज्ञापित किया।



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2. Notice of the event: -

SKIT WOMEN CELL

REPORT

EVENT: STRESS MANAGEMENT WITH YOGA

Date: July 29, 2021

Time: 1:00 pm onwards

Venue of the event: - online through google meet

Level of the event: - College level

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JAIPUR

SKIT WOMEN'S CELL

NOTICE

Date:26/7/21

We are pleased to inform you that SKIT WOMEN'S CELL is organizing an online workshop on "Stress management with Yoga" on July 29, 2021 at 1:00 PM.

Interested candidates may register through online link given below.

Title: " Stress management with Yoga "

Date: 29 July, 2021

Time: 1:00 PM to 2:00 PM

Venue: Online through Google Meet

For registration: <https://forms.gle/aUqWkGw9jn8eLkXr9>

We look forward to your kind presence.

You are also requested to circulate the information and encourage other students to participate.

Thanking you

With kind regards,

Faculty Coordinator:-

Dr. Sangeeta Gupta

+91 9414455719

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Event poster:-



Swami Keshvanand Institute of technology, Management & Gramothan, Jaipur

SKIT WOMEN`s Cell presents-

STRESS MANAGEMENT WITH YOGA

*"YOGA adds Years to your life
and Life to your Years"*

 29 July  G-Meet  1pm - 2pm

Instructor



Dr. RASHMI SHARMA
(20 Years in the Field of YOGA)
NDDY, DNYS, MA(Yoga & naturopathy)
YOGA Trainer, Meiso-Shiatsu Therapist
Exp. in Pregnancy Yoga, Nutritionist
Running- "Rashmi YOGA House" Giving services
for noble cause.

Scan this QR
for Registration



For more details contact :

Dr. Sangeeta Gupta- 9414455719
(Faculty Coordinator)

Deepak Kumar- 6204338698
(Student Coordinator)

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Details/List of invited guest/speakers:-

Dr. Rashmi Sharma [20 yrs in the field of YOGA]

Professional Qualifications-

N.D.D.Y, DN.Y.S., M.A(yoga and Naturopathy) Ladnun University OKI.DO. YOGA Trainer, Meiso- Shiatsu Therapist, Expertise in pregnancy yoga Nutritionist , Have done courses in Reiki , sujok, Acupressure and pranic Healing, IYENGAR YOGA TRAINER.

Educational Qualification-

Graduation - Zoology. Hons

Post Graduation- Eng literature Diploma in pharmacy (S.M.S. Medical College)

Objective of the event:-

In today's life, everybody suffers under stress in one or the other way. Yoga has always been known as a **way to calm the mind** through the **combination of movement and breath**. This, in itself, is a way to **help manage stress**. Even further benefits have been found because yoga has been proven to have a [positive effect on the parasympathetic nervous system](#). This **reduces the amount of oxygen that your body needs, resulting in the leveling out of your heartbeat and blood pressure**. In short, this system **controls the stress response systems**. One of the main principles of yoga is to **connect the body and mind**. Stress can affect both and yoga helps to balance and connect the body and mind. Considering all these benefits of yoga, this workshop was organized for students, staff and faculty members of SKIT.

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3. Zumba Practice Session:- Zumba sessions were conducted by Mr. Ajay Haldunia, Trainer, The Figure point Gym, Jaipur on 3rd and 7th August 2019.



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4. Interactive Session on "Effect of Media on Youth" by Dr. Sangeeta Pranvendra, Political Editor & Chief of Bureau-DNA & Mr. Balwan, First India.



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5. Seminar on Dynamics of Management (08.08.2019):-

IPS Officers, Ms. Ilma Afroz and Mr. Raushan Kumar had one thing in common in their address i.e. how to combat ones inner fears and discouragement. They openly discussed their weak financial background and how did they overcome these hurdles to finally embark on the journey to success.



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6. Informative Session on Menstrual hygiene (09.08.2019):-

Fitness is an integral part of human life. Considering this fact, a special session with doctors was organized for the newly inducted students. Dr. Rajiv Agarwal, Clinical Director, Rungta Hospital, Jaipur catered to the pertinent issue of sports injuries among young players. Dr. Apeksha Sharma, Obstetrician and Gynecologist, Rungta Hospital, Jaipur chose to speak on menstrual hygiene which is often brushed aside and becomes a hushed affair. She answered many questions posed by girls. This session was exclusively organized for the female students.





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*Special Session for girls by Dr. Apeksha Sharma, Obstetrician and
Gynecologist, Rungta Hospital, Jaipur*



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7. Talk on “Empowered Women-Safe Women” (29.02.2020):-

A talk was organized by the cell in association with NSS wing. Invited speaker was IPS Sunita Meena, Addl. DCP Jaipur, Nodal Officer (Nirbhaya Squad).

The program focused to ensure that women and girls are socially, economically and politically empowered.



A Felicitation of Ms. Sunita Meena (Additional DCP and Nodal Officer of Nirbhaya Squad)



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8. Zumba Practice session (07.08.2018):-



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9. Lecture on “Soft Skill” (10.08.2018):-

Guest Lecture by Dr. Teenna Sawhney on “Soft Skill”

Dr. Teenna Sawhney, a soft skill trainer by profession, enlightened the first year students on 10th August about the relevance and importance of soft skills for engineers. Drawing examples from her illustrative career Dr. Sawhney explained the nuances of professional ethics to the freshers. The session ended with a brief question and answer round.





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10. Road safety awareness campaign (13.08.2018):-

ROAD SAFETY AWARENESS CAMPAIGN

A 'ROAD SAFETY AWARENESS CAMPAIGN' was organized on 13th August 2018 to sensitize and impact youth, igniting in them a sense of responsibility to curb road accidents. The seminar was addressed by Ms. Prema Aroara Singh, Founder Centre Coordinator, Sardar Patel University at 1.30 PM in JC Bose Seminar Hall.



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11. Women's achiever awards program attended by SKIT Students. The event organized by FICCI FLO at Hotel Clark's Amer on 05 of April 2019.



Students with Miss Miss Apasera



Students motivated with the words of wisdom of Miss Jahnvi.

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Students with motivational speaker Miss Lakshmi Agarwal.

Lakshmi agarwal is the great personality in the society of India she is good speaker and good inspiration also. Sharing her life experience with students.

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12. Awareness of Health and Hygiene for Women (04.03.2019):-

Girl volunteers of NSS created awareness for Health and Hygiene of women and educated them about the proper usage of and disposal of sanitary pads.



Awareness of Health and Hygiene for Women by SKIT Girls