



VISHWAKARMA GOVERNMENT ENGINEERING COLLEGE, CHANDKHEDA

Report on Webinar on “International Women’s Day Celebration”

Name of Department	:	Women Development Cell (VGEC-WDC)
Title of “Event”	:	“International Women’s Day Celebration”
Expert Name, Designation & Affiliation	:	Ms. Ruzan Khambhata, CEO, Wajra o’- Force and Ms Zeel Shah (VGEC Alumnus), Managing Director, Techmation Consultancy
Date & Time	:	06/03/2021, 11:00 A.M. to 12:30 P.M.
Venue	:	Microsoft Team (Online)
No of Participants	:	100

About the Event

The webinar was organized to celebrate the International Women’s Day by educating female students about their mental and physical health and defense techniques.

Objectives

- To make female students aware of the significance of meditation and yoga for the enhancement of their own mental and physical health.
- To train female students to defend themselves in any evil circumstances.

Discussion Points

- Importance of meditation & yoga
- Mental Drill-The 1st line of Defense
- Success Stories

Outcomes

- The female students were made aware about the importance of meditation and yoga in day-to-day life.
- The participants were educated about various modes of meditation and yogasans.
- They were taught how to defend in any evil circumstances.
- The program was very informative to the students as per their feedback.

Poster of the Event



**Vishwakarma Government Engineering College
Chandkheda, Ahmedabad**

Women Development Cell (WDC) Celebrates

International
Women's
day

Our Experts



Ms. Ruzan Khambhata
CEO, Wajra o'force



Alumnus Zeel Shah
Managing Director,
Techmation Consultancy

Topics : Mental Drill - The 1st line of Defense

Women Empowerment

Date: 06/03/2021

Time: 11:00 AM to 12:30 PM

Platform: Microsoft Team

Registration link - <https://forms.gle/9UykrZi6fZtaJ7B29>

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