



College of Agricultural Engineering & Technology
Anand Agricultural University
Godhra– 389001

A seminar on
“Her Health, Her Happiness, Her Empowerment”
Was organized on **29th March, 2025**
by **Gender Champions Club & Deptt. of Basic Engineering and Applied Sciences,**
CAET, AAU, Godhra

A healthy society begins with women empowerment, which thrives on their happiness, hygiene, and health. Celebrating Women's Day through awareness sessions for B. Tech. Agricultural Engineering students highlights the importance of their priceless well-being.

The session commenced with opening remarks by Nodal Teacher Gender Champions Mrs. Shefali Modi followed by Dr. Brijesh Amin (HOD, BEAS Department) who oriented students towards the seminar's aim of better health. Our Principal and Dean Dr. R. Subbaiah threw light upon the women's health scenario in our society and guide them for their better future.

The session was then handed over to the special guests, Mrs. Rashida Petant and Mrs. Tasneem Antelawala, certified holistic health coaches, Godhra. They began session by sharing their inspiring life stories, highlighting the challenges they had overcome. They spoke about how a woman's body evolves over time and the importance of caring for these changes. Emphasis was placed on mindful eating—both what to eat and how to eat—for better health. Students later enjoyed a fun game and participated in light exercises, making the session lively.

At the end, the session was ended with the vote of thanks proposed by Mrs. Shefali Modi Asst. Professor and Nodal Teacher of Gender Champions, CAET, AAU, Godhra.

GALLERY

