INTERNATIONAL WOMEN'S DAY-2018

International E-Seminar on Women's Education and Empowerment

MARCH-2018

Organized By
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Poster Presentation Part-1

Research Review
International Journal of Multidisciplinary
eISSN: 2455-3085 | www.rrjournals.com
International E-Seminar on Women’s Education and Empowerment

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International E-Seminar on Women’s Education and Empowerment
April 2018

Exude Confidence and Shower Self-Love

Be honest, don’t you agree that as women we sometimes get excessively harsh on ourselves? While we think that this will do us much good and help us perform better, image consultant Rebecca Sudan Gonsalves who
"Train and motivate many for a profession tells us why it actually works to the contrary and the importance of self-love.

"We are but a manifestation of our thoughts and perceptions of ourselves. We are bombarded daily with so many images of perfection, beauty, success that we often feel lost in the ocean, but that's where self-love and confidence come in. It's a miracle antidote to insecurities and negativity. I begin my day waking up, looking at the mirror and telling myself, 'Rebecca you are beautiful, you are a star,' and this little assertion does so much for my self-confidence and my day. I don't feel the need for validation from anybody else and that itself is so empowering. Be positive, appreciate and love yourself, exude confidence and believe that you can conquer the world when you want to."

"Self-love and confidence are a miracle antidote to insecurities and negativity."
College Name: Shree P.K Chaudhary Mahila Arts College

Sector: 7, Gandhinagar

Name: Chaudhary Kiranben Hemjibhai

Class: F.Y.B.A [Gujarati]

Roll No: 183, Sem: II

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Always focus on the big picture

A dedicated educationist and philanthropist, Manjula Pooja Shroff helms a chain of schools and figures prominently in
Multitudinous lists of most inspirational women. Here’s what she reveals.

“A habit that I swear by is to always look at the big picture. It’s easy to get bogged down by all the negativity, but that never gets one anywhere. The only option is to keep visualising the big picture, the growth curve, how to overcome the challenge. It’s very important to pick one’s battles wisely and not sweat the small stuff or the negativity around. No problem is insurmountable.”
college Name :- Shri P.K. Chaudhary Mahila Arts College
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Take care of and invest in yourself.

Women are naturally inclined to put everyone and everything above themselves. But, ironically that is what works against us the most. Ruksha Bharadia, author, columnist and editor of the chicken soup for the soul series in India tells us about the importance of taking care of
oneself. “Ever since I have started working out regularly and eating right, there is a world of difference in my energy levels. I have a higher degree of clarity throughout the day. On the contrary, the days I don’t work out are the days when I am irritable and anxious for some or the other throughout the day. The formula is honestly pretty simple. Success begins the moment you decide to take care of yourself because only when you are happy and healthy can you think clearly, constructively and create something that beautiful, unique and successful.”

Taking care of one’s mental and physical health is one of those habits that resonate with most
successful women. Understand that you are the main protagonist of the book of your life, the only agency that can make all your dreams come true. So it's not just wise but also pretty common sense to invest in and take care of yourself.
As she commands the stage with her elegant dance moves and statuesque steps you can't help but notice a dreamlike almost surreal quality about Bina Parikh Mehta.

The Divine Danseuse:

Bina Parikh Mehta
Dance is not a profession, performance or even a passion for her, it is a part of her soul she says and the way she connects with the divine. No wonder then that the divinity and beauty reflects in her performances too.
Easily one of the most accomplished dancers of Gujarat, she is trained in Bharat Natyam and Kuchipudi. But it's not just her mastery over classical dances that has garnered her the immense adulation and innumerable awards. It's her unbridled love for dance and her penchant to keep innovating and penchant to keep love for dance and her penchant to keep innovating and demystifying the sublime classical dances into forms that establish a connect with the audience, hold their attention and make them feel a great sense of joy and wonder as they witness the performance on stage that made her break the mould and
develop a dance from of her own.

Bina Parikh Mehta created a dance from of her own called Sufi classical dance which is an amalgamation of 5 Indian classical dances- kuchipudi, odissi, kathak, Bharatnatyam and Mohini Yattam. Her Sufi classical dance performances in a short spell of time have mesmerized audiences globally. She has been invited to multiple global dance festivals to showcase this poetic dance form.

But, the woman who is synonymous with dance and donned the ghungroo when she was just 7 years old, had to undergo intense medical treatment and an arthroscopy in the year 2012 after her knees gave way during a performance. She was told by
the doctors that she can’t dance again. This was one month and 20 days before her very first Sufi Classical dance performance. The doctors had given up, but not Bina. In one of her students she found a great physiotherapist who helped her get back on her feet and her dance performance was met with thunderous applause and teary-eyed audiences. She says, “Dance is my prayer. I knew I couldn’t live without dancing. Since that day, there has not been a single day, single performance where I have not felt that my knees may give up anytime. Even today while dancing I feel so, but what drives me are my students, my family, my husband.”
and son who entrust unconditionally to me. It's this faith that drives me on. The joy I bring to several lives that drives me on, the joy you bring to several lives that drives me on. I remember, once I was performing for the Paata Foundation.

After my performance those children, who can barely move their hands and feet were so touched and invigorated that they wanted to do garba and they did a beautiful garba indeed, whether in their wheelchairs or with a little support from their parents and teachers.

Bina Parmik Mehta has been bestowed with many honours like Glorious Gujarat Award, USA, Modhera Sun temple performance Award, All India.
GSRBC Award and Daughter of Gujarat Award to name a few and performed across continents and before prominent guests like Amitabh Bachchan, Prime Minister Narendra Modi, Chinese President Xing ping Ching and the likes but her most treasured award remains the 'Gujarat Gaurav' she received a few years back for her outstanding contributions to dance. Ask her what so special about this one and she quips: "While I got this award in my 40's, my son received this award when he just 11 for his exemplary work in the field of acro modelling. This makes me so happy and proud."
"A proud mother, a loving wife and an extraordinary artist. Bina Parikh Mehta is a woman who emanates strength and positivity and leaves all inspired and grateful."
College Name: Shri P.K. Chandhary
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Roll No.: 625
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Aashka Goradia :-

Early on in life Aashka Goradia experienced the trauma of being harassed from trusted quarters and positions. Today she stands tall as a successful actress and an inspiration for many young girls out there, but if she didn’t have the courage and self-affirmation in her childhood to clear her head and take some difficult decisions, maybe things would have turned out differently for her. In her own words, “As a child, my parents and family never made me feel any different than a boy. They were firm believers in equality.
she would often visit mystical religious shrines. But she recalls the horrors. “As a young girl I was jumred and repulsed by these so called godmen who could traumatize a young girl, thinking she would never speak up. I was strong. I could survive it. I had unwavering support from family. But just think how badly it could mess up a young girl who could not speak up, whose parents would refuse to believe her. These are real issues plaguing our society. Men and women in different garbs exploit young girls and women and this can only stop when we learn to speak up, when we empower our daughters, sisters, wives not make them ashamed at their bodies and instill faith, courage and
genders and a lot of what I am today is because of my father. So let me make this clear early on that I believe that there are lot of good men out there who are furthering and fighting the cause of equality for women with just as my gusto. However, I experienced some permanently scarring episodes in my childhood. I was at so called religious men not once but multiple times, and since this was not confined to one single religion.”

Aashka says that she came from a household where all religions were given equal respect and
"Confidence in them early on."

"We need to empower our daughters, sisters, wives, not make them ashamed of their bodies and instill faith, courage and confidence in them early on."
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Paying ode To Heritage:

Farruando Kadri:

Her name is Persian, means wise, intelligent. And that Farruando Kadri is as she meticulously runs and looks after Divan’s Bungalow, a stunning heritage hotel located in the heart of the old city of Ahmedabad. Ahmedabad has been declared the first world heritage city of India by the UNESCO. The 170 year old
hevelli, Dikra's bungalow owned by distinguished architect I.M. Kadiwala has been one of the finest heritage structures of Ahmedabad since time immemorial.

"It was in 2010 my uncle Mr. Kadiwala met Mr. Francis, a partner of the Neemrana group during one of his travels. The Neemrana group of hotels have a chain of heritage hotels all over India, and in that meeting, he convinced Mr. Kadiwala to convert the property into a hotel," says Furzana. The idea of converting the 19th century mansion into an experiential boutique germinated and grew from there. Today Furzana looks after the beautiful heritage hotel and brings uniqueness and innovation in every aspect of the property, making it an iconic heritage property. But, she tells us that before
Divan's bungalow became the much loved heritage structure that it is today. It was just her home. The place she loved and grew up in. "When we were kids, we never realized the magnificence of this place. It was home. As time passed we understood its significance, all thanks to our uncle, he made sure the place never lost its glory. He took care of the building facade including the furniture and minute detailing."

Located in the walled city area of Ahmedabad, Divan's bungalow reverberates with an old world charm and seamlessly blends distinct colonial and Gujarati-Islamic architectural elements. Furzana enlightens us on the
Having grown up in an environment where beauty and grandeur was the norm, Fazana also has a keen eye for art and aesthetics which translates in the decor and interiors of Divan's bungalow. Though she is not much into brands, she...
enjoys fashion and has a refined understanding of textiles, fabrics and silhouettes. While she says she loves Sabhiyaguchi’s designs and intricate craftsmanship, it is her mother, who is her favourite designer.

When asked what plans does she have now for her labour of love she is candid in her reply, “Divan’s is very unique in its architecture. The location where it is placed allows the guests to experience an unadulterated version of old Ahmedabad. The small lanes and cuddled up neighbourhood gives a sense of togetherness. We just have 8 rooms and hence the even help out in the cooking at rare times. All this creates a very homely and comfortable atmosphere. I am quite happy and just want to make sure that everyone who comes here leaves with a smile on their face, and warm and fond memories in their heart.”
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College Name: Shri P.K. Chaudhary Mahila Arts College

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Name: Chaudhary Alka Jagnakbhai

Class: F.Y. B.A. [English]

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Aditi Parekh
FOUNDER CHAIRPERSON, YOUNG FICCI LADIES ORGANIZATION

The Royal Artist
Aditi Parekh
Men and women must have equal rights and opportunities. But, the truth is we live in a world where gender equality is far from reality. Says Aditi Parelkar, founder and chairperson of FICCI’s Ladies Youth Wing in Gujarat.

As someone who is closely associated with women entrepreneurs and young women -
Professionals from different industries, she says the biggest challenge women at work face range from gender pay gap to work-life balance.

"A perception women need to constantly battle is that they cannot devote as much time to the organization as men. Women often miss out on promotions and getting senior positions"
because of this perception, this needs to change and feminism as a movement is helping people realize and internalize this change that women should be given equal rights and opportunities. Most women workers are more dedicated, committed, honest, hard-working and sincere than their counterparts but they are plagued by unsupported managers, redundant and archaic HR practices.
that need immediate face-lift. This is not a positive state for a society to be in.

We need to understand that feminism is not just making women's position better in society but it is propelling equality over privilege and that is the kind of society that is balanced and harmonious.

I think the recent time's up movement has asked the question that
Should have been asked long back. Why do women need to prove themselves harder? It's got people to understand that women are not going to keep quiet anymore about pay discrepancies, career opportunities or harassment. Women across the world have come together to ring the alarm bells loud and clear. The reverberations now need to seep down to the real
and Semi-urbanized
Strata of Society as well to usher in an
impactful change and
create a equal society.
But the wheels have
definitely been set
into Motion."
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are the direct descendants of the brave Rajput hero Prithviraj Chauhan. While the illustrious history and family of Kunvati Padmini Kumari is widely discussed, what is little known about the poised princess is her passion for art, in particular wildlife paintings. A self-taught artist, Padmini Kumari's paintings and sketches are gradually garnering admiration and immense appreciation in the creme de la creme art circles of India.

Ask her how she developed an interest in wildlife painting and she tells us, "In my maternal home, we subscribed to magazines..."