



Shankersinh Vaghela Bapu Institute of Technology

(Affiliated to Gujarat Technological University, Approved
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A Report on Expert Session on “Effectiveness of Yoga on PCOS and Hormonal Imbalance”

21st June, 2021

Organized By



Women Development Cell

S. No.	Content	Description
1.	Title	Effectiveness of Yoga on PCOS and Hormonal Imbalance
2.	Category	Online Expert Session
3.	Date/s and Duration	21 st June, 2021
4.	Place/ Venue	Online Mode (ZOOM)
5.	Invited speaker / Expert	Dr. Kavita Bavri(Naturopath) Yoga & Zumba Instructor Reiki Grand Master
6.	No. of Students & Faculty Members	Total 113 participants, including girl students and female staff, from BGKV Campus. (Participant list is attached Annexure-I)
7.	Introduction & Objective	The event began with a inaugural ceremony anchored by Prof. Kinal Patel, Electrical Department. Then the expert Dr. Kavita Bavri (Diploma in Naturopathy and Yoga) has started session .The aim of this session was to evaluate the effect of yoga on PCOS specific quality of life in adolescent girls with PCOS. She explained Yoga program for 12 weeks is significantly better than physical exercise in improving PCOS. Yoga expert recommends the following yoga poses for PCOS: Butterfly Pose Supta Badhakonasana Bharadvajasana Chakki Chalanasana Shavasana. Finally session was ended by vote of thanks by WDC Chairman, Prof. Kinal Patel. Feedback from the students were collected at the end of session(attached in Annexure- II)
8.	Photograph	Annexure- III
9.	Press Release Note	Annexure- IV (Divya Bhaskar-02/07/2021)

Participants List (Annexure-I)

Sr. No	Participant Name	Institute Name	Enrollment number	Contact Number	Email id
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Feedback Report (Annexure- II)

Candidate Name	How would you rate the overall event experience?	Would you like to attend such events in future ?	Will you do yoga regularly ?	How would you rate the content of the Event?	Any comment regarding event?
Patel Mahi Sugambhai	5	Yes	Yes	5	Nothing
Raval shreyanshi bharatkumar	4	Yes	No	5	No
Prajapati shivani shaileshbhai	5	Yes	Yes	5	It's very useful to us
SNEHA KHENGAR	4	Yes	May be	4	Awesome event for yoga and health
Vaghela Harshna karansinh	1	Yes	May be	1	Good
Khushi Tarikbhai Dave	5	Yes	Yes	5	
Patel Parth Jagdishbhai	5	Yes	Yes	5	Nothing
Patel bhoomi jagdishbhai	3	Yes	Yes	5	
Singh Swati Prasanna Kumar Singh	5	Yes	May be	5	Please want webinar on how to lose weight in effective way.
Khushbuben Bipinkumar Patel	4	Yes	May be	4	
Kori Roshani Vinodkumar	5	Yes	May be	5	Na
Tithi Bharatbhai Mevada	5	Yes	No	4	
HIREN PATEL	5	Yes	Yes	5	superb
Dwivedi Adarsh Vinod Kumar	5	Yes	Yes	5	Excellent event
Archana	5	Yes	Yes	5	No
Bhavsar diya jigarkumar	5	Yes	Yes	5	No
Pipaliya janviben ketanbhai	4	Yes	Yes	4	No
Honey Prajapati	4	Yes	May be	4	Nice event
PUROHIT DIPIKABEN HARISINH	5	Yes	May be	5	nothing
PATEL AESHABEN MUKESHBHAI	5	Yes	Yes	5	No
SNEHA KHENGAR	5	Yes	May be	4	Good event
chetsi darji	5	Yes	Yes, May be	4	no
Manisha Rampukar singh	4	Yes	May be	4	No
BARAIYA NEHA JAGDISHBHAI	5	Yes	Yes	5	Excellent webinar.

Nasirhusen R Mansuri	4	Yes	May be	4	
Gaurav Xavier	4	Yes	May be	4	
	5	Yes	May be	5	Very nice and informative session. Keep this type of session in future also
JAIN KOMAL VIRENDRAKUMAR					
Patel kaminee pankajbhai	2	Yes	Yes	3	Nothing
	5	Yes	May be	5	Its was nice to participate in this contest
DIKSHIT CHAUDHARY					
BARAIYA KRUTI JAGDISHBHAI	5	Yes	Yes	5	Very nicely organized
Pankaj parmar	5	Yes	Yes	4	No
Modh Darshan M	5	Yes	Yes	5	Excellent
Zala Kavita Pravin sinh	5	Yes	Yes	5	Was good
Gaurav patel	5	Yes	Yes	5	Knowledge for me
Patel Shruti Chetan Kumar	5	Yes	Yes	5	Was good
Jora parth niravbhai	5	Yes	May be	5	No
Anand Thakor	5	No	No	3	Good
Vaghela Kinal Dipansinh	4	Yes	May be	4	No
KRUPALI MOVALIYA	4	Yes	May be	4	
Dr. Anita Prahladbhai Patel	4	Yes	Yes	4	Good
Patel avani m.	4	Yes	Yes	5	It's nice
Kanzariya Drupal Ranchhdbhai	4	Yes	Yes	4	No
Patel Fenil Mukeshbhai	5	Yes	May be	5	Good event
Vinay kantibhai Patel	5	Yes	Yes, No	4	No
Rai Janvi Satishbhai	4	Yes	May be	4	
	5	Yes	May be	5	It was really informative.
Rathva Nirali Hiteshkumar	4	Yes	Yes	4	
Padheriya Dhwani Mahendrasinh	4	Yes	Yes	4	
Priya Digvijaybhai kapoor	4	Yes	Yes	4	
Prof. Krupali. Dave	5	Yes	Yes	5	NA
Patel Srushti Bhartkumar	4	Yes	Yes	4	
Nishil patel	3	Yes	May be	5	
Vasava Seema Naginbhai	4	Yes	Yes	4	No
PRAJAPATI RONA KUMAR SURESHBHAI	4	Yes	Yes	4	Good
Padheriya Dhwani Mahendrasinh	5	Yes	May be	4	Nice
BHARVAD SUNITA NAGJIBHAI	4	Yes	Yes	5	No

Nishil patel	4	Yes	Yes, May be	3	
Patel Masti Sanjaykumar	5	Yes	Yes	5	
Chaudhari Trishaben Dahyabhai	5	Yes	Yes	5	Thanks for informing more about yoga
Minaxi Godha	5	Yes	May be	4	No
Minaxi Godha	4	Yes	May be	5	No
Pooja Shah	5	Yes	No	4	
Vidhi Atulbhai patel	4	No	Yes	2	No
Dr. Mitali Shrimanker	5	Yes	May be	5	
Suthar Bhargav Sureshkumar	4	Yes	May be	5	Good
Chetana Mishra	4	Yes	Yes	4	Great session
Patel pruthvi pankajbhai	5	Yes	Yes	5	No
PATEL NEEL PARESHKUMAR	4	Yes	Yes	5	
Minaxi Godha	4	Yes	May be	5	No
Jimmy Limbachiya	5	Yes	May be	4	
Kinjal Solanki	5	Yes	May be	5	
THAKOR POONAMBEN BHIKHUSINH	3	Yes	May be	5	Very useful
Girdhar Shiyal	5	Yes, No	Yes	5	Good
Chaudhary Harshkumar A	4	Yes	Yes	5	
Shraddha patel	5	Yes	Yes	5	This is a very good for women health ☑
Ritu patel	5	Yes	May be	4	Very informative session
Darshika Sathwara	5	Yes	No	5	
PATEL SHRADDHABEN RATILAL	5	Yes	Yes	5	
Falguni raol	5	Yes	Yes	4	Good knowledge provided by faculty.
Patel kukshita ashokbhai	5	Yes	Yes	5	No
Chavra suraj nanubhai	3	Yes	No	3	No

Photo Gallery (Annexure – III)

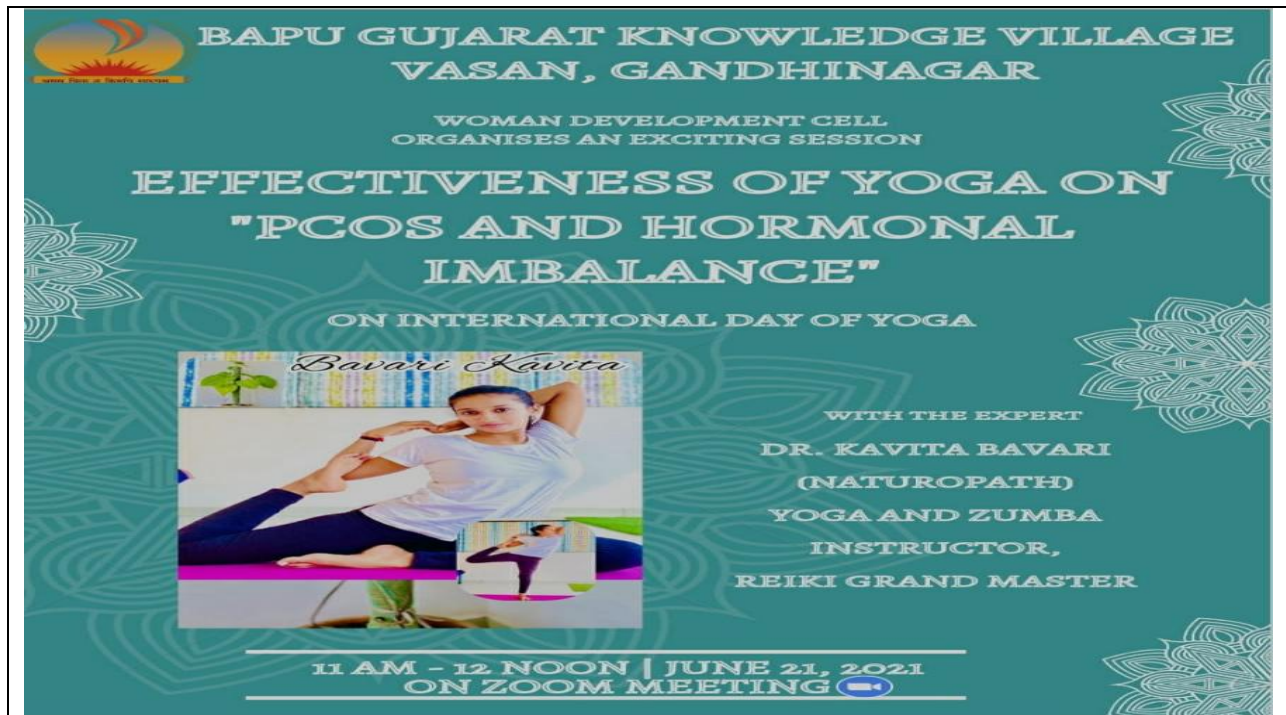
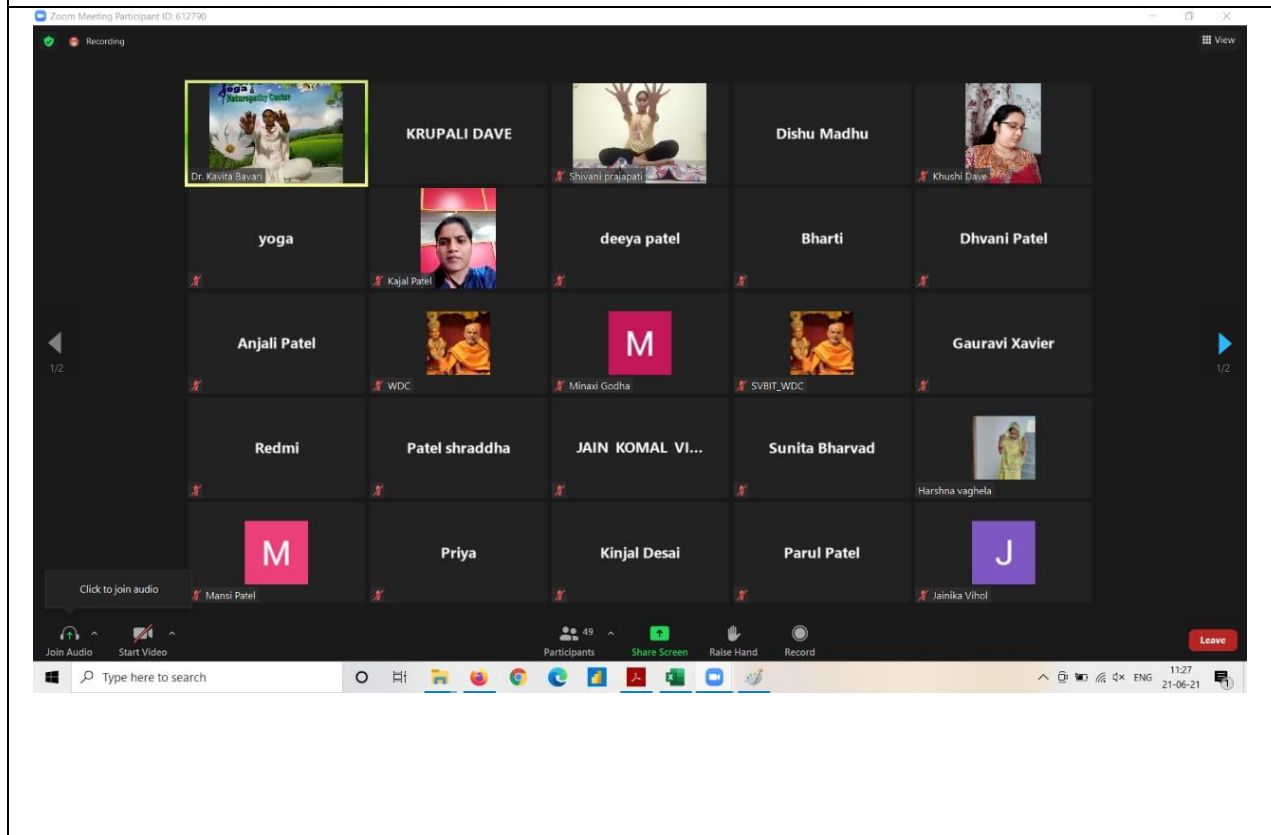
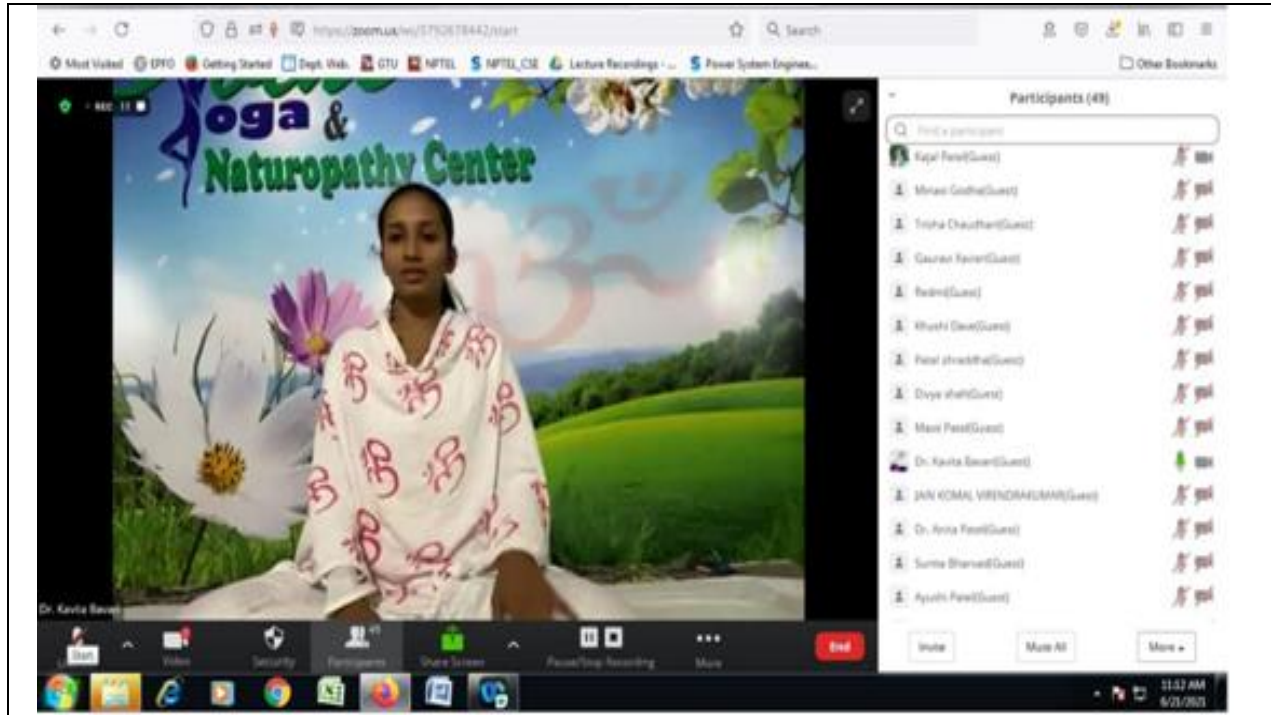


Photo Gallery



Press Note (Annexure - IV)



गांधीनगर 02-07-2021

બાપુ ગુજરાત નોલેજ વિલેજ કેમ્પસની પુમન-સેલ દ્વારા ફિમેલ યોગનો ઓનલાઇન કાર્યક્રમ યોજાયો



ગાંધીનગર ભાસ્કર | બાપુ ગુજરાત નોલેજ વિલેજ કેમ્પસ ની વિવિધ કોલેજ માં પ્રાધ્યાપક તરીકે સેવા આપતી ફિમેલ ફેકલ્ટી અને કોલેજમાં અભ્યાસ કરતી વિદ્યાર્થીનીઓ માટે યોગની સ્ત્રીના હોર્મોન્સ અને પોલિસિસ્ટિક ઓવરીસિન્ડ્રોમ પર થતી અસર વિષય પર યોગ નો ઓનલાઇન કાર્યક્રમ યોજાયો હતો. કાર્યક્રમમાં ડો. કવિતા બાવરી, યોગા સુખ્યા ઈન્સ્ટ્રુક્ટરે સ્ત્રી સહજ સમસ્યા પીસીઓએસ અને સ્ત્રીના હોર્મોન્સ પર યોગનો અભ્યાસ નિયમિત કરવાથી થતા ફાયદા પર અસરકારક મંતવ્યો આપ્યા હતા. ડો. કવિતા મેડમે સમજાવ્યું કે દર 10 મહિલામાં 1 સ્ત્રી આ પ્રકાર ના રોગ થી પીડીત છે. જો તમે પદ્મપી.સી.ઓ.એસ.ની સમસ્યાથી પીડાતા હોવ તો હકારાત્મક પરિણામો જોવા માટે દરરોજ 10 યોગ કરો.