

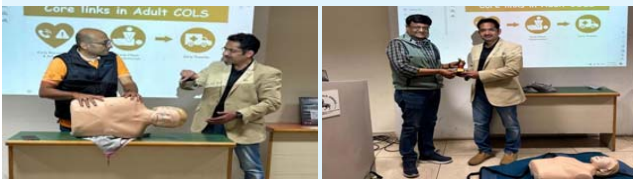
Friday Evening Talks 2.0

Health and Happiness

- Dr. Shantanu Chakravarty,
Chairman, Friday Evening Talk Sub Committee

Cols Compression

Date: January 05, 2024 | Speaker : Dr. Nilesh Shah



In Friday Evening talk on 5th of January the speaker was Dr. Nilesh Shah, a eminent Anesthesiologist of the city. Dr. Nilesh Sir explained how a non- medical person can timely save somebody's life by giving chest compression, He explained the entire concept in three simple steps which were,

- (1) Early recognition & activation
- (2) Early chest compression &
- (3) Early transfer

Dr. Shah emphasised that it's their Mission to see that there is atleast one person in every house who has the knowledge of Chest Compression so that more and more lives can be saved by timely bystander intervention.

Women and Health

Date: January 12, 2024 | Speaker : Dr. Alpa Shah



Dr. Alpa Shah, a well-known Senior Obstetrician and Gynecologist of the city, was speaker in FET wherein, Dr. Alpa explained how is the Women Life Cycle and what all types of Hormonal changes a Female experience from the time of her menarche till the time of her menopause. She also created an awareness by busting myths and offering lifestyle advice on prevalent and concerning issues like PCOS. She even revealed some significant ways on how a women can deal with the body pains and changes that occur during the reproductive years and post menopause. Later she elaborated that how in today's generation the junk food is causing health issues.

Prevention is Better than Cure-Know Your Numbers

Date: January 19, 2024 | Speaker : Dr. Sanket Saraiya



Dr. Sanket Saraiya, a well known Consultant interventional Cardiologist & Director at Nidaan Heart, in Gotri, Vadodara was the speaker. He explained that what is the reason behind the blockage that is caused in the arteries, he said that when you see nowadays



that so many people are suffering from heart attack irrespective of their age, he said that, it is all dependent on our day to day life as in, how is our life style and what all we consume and what sort of exercise we are performing that leaves a direct impact on our Health. He also revealed that natural death that are caused in the accidents are mostly due to heart attacks. Later, He said that ageing is the most common factor where a person suffers from a heart attack and that is something that is non-modifiable and he said that it is the most common reason for heart attacks. Comparing to the gender, he said that when a female is at her menopausal period, at that point there are high chances that she might suffer from a heart attack and that risk are even more when it is compared to males. He emphasized on healthy lifestyle, proper nutrition, exercise and monitoring BP for early detection of heart related ailments.

Preventive Cancer Care And Signs to Look For Early Detection

Date: January 26, 2024 | Speaker: Dr. Niraj Bhatt



In Friday Evening Talk 2.0 on 26th January 2024, the speaker was Dr. Niraj Bhatt, an eminent oncologist of Vadodara. He is known for his exceptional expertise in this field with an impressive career spanning more than 20 years. He talked on the subject "Cancer-Alert Today, Alive Tomorrow." He explained, what cancer cells are and how when they grow due to certain reasons in the Body, which causes the deadly disease, Cancer. He further explained that, cancer was recognized when tobacco was discovered and it is flourishing because of the unhealthy lifestyle. He explained that cancer is the uncontrolled cell division which grows and formulates a lump (Tumor) or say large number of abnormal white cells in the blood and it mutates the cell that is viewed by the Immune System and later spreads within the body and survives in another parts of the body. He further explained how different types of cancer in Body develops and what are the preventive measures for the same. He even said that 80% of cancers are caused due to unhealthy lifestyle. He emphasized how regular exercise helps in avoiding unnecessary invites to diseases such as hypertension, Diabetes etc. He explained the difference between Level 1, 2 and advanced level of cancer. He elaborated what are the warning signs of cancer and how they can be treated with early diagnosis by FNAC, Trucut Biopsy, Punch Biopsy, PAP Smear, Mammography Pet Scan etc. There are so many myths about this disease that Dr. Bhatt condemned and explained that they are not true. He concluded that early detection is a key to curing Cancer and following a healthy lifestyle, avoiding junk food, and after a certain age periodic scanning will definitely prevent the disease or assist in curing the disease. He emphasized that Prevention is definitely better than Cure.

MDP on HR Analytics

Date: January 20, 2024 | Speaker: Prof. Keren Millet



Baroda Management Association organised a MDP Program on HR Analytics and the Faculty that we had was Prof. Keren Millet, a seasoned professional with a decade in Teaching and Administration, specializes in HR Management at the Masters level. As the Head of the Department at Parul University – Parul Institute of Business Administration, her expertise includes recruitment, data management, and teaching. With a strong research background and excellent communication skills, Keren is dedicated to advancing HR practices.

She, in her session, discussed about the difference between Excel and Power Bi, stating that using Power Bi is easy to get started and it produce and distributes reports fast, further stating that it has got real time insights, it also helps in connecting and combining multitude of Data Sources.

She explained how does analytics help in recruiting and what does the recruitment criteria means, like whenever you have vacancies in the organization while listing down the criteria of the employ that you need, you should first specifically mention that what are the expectations of the organization from the employ that you looking for and what exact work they have to perform in your organization should listed concretely. She even said how are Hr Metrics are used to determine the value and effectiveness of Hr initiatives by typically including areas like turnover, training, return on human capital, expenses per employee by further stating types of metrics.



Friday Evening Talks 2.0

Technology

- **Dr. Shantanu Chakravarty,**
Chairman, Friday Evening Talk Sub Committee

Chat GPT

Date: February 02, 2024

Speaker: Mr. Yogesh Parmar & Mr. Salman Sir

Baroda Management Association, organized its revamped Friday Evening Talk, In the evening talk on 2nd February 2024, the speakers that gave the talk were Mr. Yogesh and Mr. Salman, they are the Tech Experts, they explained all about Chat GPT. Mr. Yogesh explained that it is developed by Open AI and it is based on the GPT-3 architecture which is designed for text based conversations and software is capable of understanding natural language. It is used in applications like, Chatbots and virtual assistants. As every thing has its own pros and cons, so does this software has which was explained by Mr. Yogesh. Later, Mr. Salman took over and showed practically, that how this software can be used.



productivity and ROI if implemented properly. An example was given of improving average employee productivity by 50%. However, there are challenges with widespread AI adoption. Many big tech companies are slowing hiring which could indicate AI/automation replacing human jobs. People need to skill up to stay relevant.

High Impact Marketing Through AI

Date: February 16, 2024 | **Speaker:** Mr. Harshal Shah

Baroda Management Association, organized its revamped Friday Evening Talk, In the evening talk on 16th February 2024, the speaker that gave the talk was, Dr. Harshal Shah, he is an Associate Professor in Computer Sciences & Engineering at Parul University. He in his talk, explained topics like how AI can optimize marketing costs and personalize experiences. At the end there was a poll for attendees to share feedback on the most valuable applications of AI in marketing. Enhancing personalization and reducing costs received the most votes.

Brain-Fluence through AI

Date: February 09, 2024 | **Speaker:** Mr. Aditya Kumar Singh

As Baroda Management Association is under renovation after 2nd February onwards, all the FETs were supposed to be conducted Online, where in the evening talk on 9th February 2024, the speaker that gave the talk was Mr. Aditya Kumar Singh, Founder of Dark-fractal ecommerce & digital Solution, The conversation was about several topics including AI, marketing, challenges with AI adoption, and examples of companies using AI. Some key points, AI is a big buzzword right now, similar to the dotcom boom. There is a lot of hype and promise, but it requires diligent training and implementation. AI can help significantly improve business metrics like employee

Cyber Security

Date: February 23, 2024

Speaker: Mr. Mayur Bhusavalkar

Baroda Management Association, organized its revamped Friday Evening Talk, In the evening talk on 23rd February 2024, the speaker that gave the talk was, Mr Mayur Bhusavalkar, he is a cyber & Forensic Expert, an internet Crime Investigator and a columnist at Sandesh News. He in his talk, explained, what measures the government is taking to create awareness of the need for cybersecurity products in India, the difficulty any government faces in this area, the need for individuals to educate themselves, and the importance of building awareness among the general public.

She Executive Conference

Date: February 10, 2024



Baroda Management Association Organized a Women Conference and the Theme for the same was Shaping Tomorrow's Women Leaders. We had NINE Amazing Speakers who had wonderfully explained ways of exceling in Leadership Journey and how can a Women Pursue her career by giving inspirational examples from their own respective Life Journeys. Below are the name of the speakers and the topics that they choose to address.

Ms. Tejal Patel was the Chief Guest in the She Executive Conference that was Organised By BMA On 10th February 2024.



She is the Deputy Commissioner of Police at Vadodara City. It was a complete honour for BMA to have her as the chief guest in the Conference where she had shared her amazing inspirational life Journey and her experience so far in her field. She in the conference, mentioned that

by all the experiences she has gained in her life, she said that when one intends to do something and work hard for the same than, success is always on their way. She, being in the Police Department and, being a female had heard at some point that, Oh, she is a female so, she won't be able to crack this case, but when gradually her work started speaking, the people got quite, and than there came a day she said that once you are known by your work and have to go to the crime scene than before you reach the spot, your name reaches there. She in all the ways, concluded that a female should not think that any field is not appropriate for making a career, its all about a person's dedication and wish of exceling in any field of your interest.

The **2nd** Speaker in the Conference was **Ms. Sonal Vasoya**. She is a an 85% specially abled Para Athlete from Rajkot and is currently practising for para Olympic in Kayaking sports at Bhopal. She has won many medals as a sports Personality. She through her Inspirational life journey has clearly proved that no matter how many obstacles come your way but if you have a strong will power and a focused mind than the word impossible itself says I M Possible. She said that



if a person who's 85% body is disabled and still can achieve this success than what else cannot be possible for a female to do. She is really a living example for all the people out there who are complaining for the smallest of obstacles coming in their lives that once you are working hard, success is definitely the destination.

The **3rd** Speaker was **Ms. Geetika Patel**, she is a Vice President at Parul University, Vadodara. The Topic that she Spoke about was Leadership. She, through her presentation explained that how can the Leadership qualities be adopted and improved, she even said that every leader has got different leadership styles and their own way of dealing with the things that come their way. She had specified all the styles of the leadership and further elaborated the same. She very explained everything about the ways of Leading a team and what are the qualities of a Good Leader.



The **4th** Speaker was **Ms. Renu Bhatt**, she is a Joint CEO at GSFC Agrotech. The topic that she spoke about was; "Women in Agriculture: Sowing concept at Grassroots". She explained through her own life journey that how she made a career in agriculture and what all were the challenges she had faced and how despite of all that, how she exceled in her field.



She said that she entered in agri sales in the year 2004, her first posting was done at a city in Maharashtra, where the distributors/ dealers used to demotivate her because they thought that, a female won't be able to make the sale of the product. Her work place was said to be a male dominated industry and despite of all these facts, she did the highest sale and today is a day where she has gained so much of good knowledge that she is known as the Joint CEO of an organization.



The **5th** speaker was **Ms. Shital Shah**, who is a Sportswoman who plays Table- Tennis. She in her

speech said after playing TT, she left the game at some point due to some reasons but after twenty two long years, at the age of Forty with the same dedication, support of the family and with double the power she made her comeback in Table-Tennis. This again proves that, for achieving anything, the essentials are, intention, dedication and hard-work.

The **6th** speaker was **Ms. Ayushi Dholakia**, she is a Model and a social media influencer, who was crowned as Miss Teen Intertional in 2019. She is the first Indian to win the title of Miss Teen International. She in the conference, spoke about her life journey and how she decided to get into modeling and what all were the challenges she had faced. She is known by the entire nation and has become very successful at a very young age.



The **7th** speaker was **Ms. Krishna Dave**, she is a Dietician, the topic she spoke about was Women's Health, specifically about PCOD & PCOS elaborating the difference between the two. Further she explained about its symptoms. Apart from that, she defined ways by what PCOS/PCOD can be cured and what are the Nutritional Care for the same.

The **8th** speaker was **Ms. Purvi Bhimani**, she is a Psychologist, the topic she spoke about was Emotional Intelligence, wherein, she spoke about, the emotions of a person and how does that makes a direct impact on an individual's Life. She explained, that how to know whether the time spent on anything in Life is something you are investing or wasting. She said, how people usually misinterpret that Money and Luxury can lead to a happy Life. She even specified, how can Self Awareness be the key to a Happy Life.



The **9th** speaker was **Ms. Kinnari Hariyani**, she is an Entrepreneur, She shared her own Entrepreneurship journey, wherein she spoke about her experiences, and how she thought that, she can become an entrepreneur and what all were the struggles and challenges that came her way, and how after all that struggling times, today, she is running her own business.



The presence of Women Executives in the corporate world embodies a transformative paradigm shift in corporate leadership. By championing women's empowerment in the executive sphere, it catalyses a seismic change towards gender equality and inclusive workplaces. Women bring diverse talents and perspectives; it fosters innovation and resilience within organizations. As we navigate complex global challenges, harnessing the full potential of female leadership isn't just a moral imperative; it's a strategic advantage.

In February 2024 BMA hosted The She Executives Conference. It wasn't just an event; it was a beacon guiding us towards a more equitable and prosperous future. In the ever-evolving landscape of corporate dynamics, the spotlight on women's roles is both timely and imperative. She Executives Conference amplifies the voices of trailblazing women leaders, celebrating their achievements and navigating the barriers they face. By fostering dialogue and promoting inclusivity, She Executive Conference served as a catalyst for change, driving towards a future where gender parity isn't just an aspiration but a fundamental reality.

- **Devendra Dube** - CEO

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Phone - 0265-2774294

rucha.enterprise.ho@gmail.com

Editorial Team: Himanshu Sura Hon. Secretary | Fatima Patel Program Officer
Parul Trivedi F&A



Baroda Management Association

Anmol Plaza, 2nd Floor, Old Padra Road, Vadodara - 390 015. GUJARAT.

Phone : +91 94273 01773 | Whatts App No. : +91 706 906 9681 | E-mail : info@bmabaroda.com



www.bmabaroda.com



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