



Rutuja.org

Empower | Educate | Enlighten



“

Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.

Dalai Lama XIV, *The Art of Happiness*

Our Vision

Founded by Dr Nehal Shah in 2020, Rutuja is a non-governmental registered organization working towards the transformation of society through endeavours towards women's health, empowerment and education. Through monthly events, activities, causes, collaborations, we are on a mission to make our society more harmonious, conscious and compassionate.



About Rutuja

Rutuja.org is a registered non-governmental organisation founded by Dr. Nehal Shah in August 2020. Bolstered by her 20+ years of experience in the field of academics and research, Dr Shah started Rutuja to make a difference in society through educative, awareness & research oriented activities related to women empowerment, health, spirituality, gender awareness, equality, eco-friendly and sustainability for a better future. During the COVID-19 pandemic, Dr Nehal and team Rutuja walked extra miles to help people through relaxation sessions, monthly virtual programmes to understand grief and more such thoughtful activities.

About the Founder

Dr Nehal holds a PhD and M.Phil on Premenstrual Syndrome (PMS). She has worked with more than 800 women during this period from the age group 13 to 36 years. She studied around 95 physical, psychological & behavioural symptoms of PMS for these women-related subjects. During this academic journey, she saw the disparities on the ground and decided to slowly and steadily bring about a transformation in society. Rutuja was founded with an aim to educate, propagate scientific and spiritual knowledge to further empower our society by uplifting women who are at the core center of any society.

Having founded Rutuja, Dr Shah still mentors various graduates, under-graduates post graduates and continues her research in varied areas concerning women's health. Subjects like neuro-endocrinology, physiology, psychology, menstruation & menstrual disorders, the mental health of women, the role of women in a sustainable environment, metaphysical sciences, holistic health therapies, spiritual healing.

Trustees and Board Members

Dr Nehal Shah is backed by a seasoned team of trustees and board members like Dr Dilip Shah, Dr Purvi S Patel, Dr Sheetal B Gandhi and a team of brilliant interns & volunteers. Dr Dilip Shah is an experienced academician, writer, consultant, retired professor who headed the department of Mahatma Gandhi Rural Studies at Veer Narmad South Gujarat University at Surat. He is an advisory to the NGO. Dr Sheetal B Gandhi have years of experience and expertise in the field anesthesiologist & diet-nutrition. Dr Purvi Patel, Homeopath is trained in Bach flower remedy & Nutrition . Also she is NLP & Mindfulness coach. Both Dr Purvi and Dr Sheetal conduct various programmes for Rutuja on a regular basis and help Dr Nehal Shah and the Rutuja team to further fulfil its mission for a better society as trustees and board members.

Our Team



Dr Nehal Shah

Founder of Rutuja.org



Dr Purvi Patel

Trustee & Head of Social
Activities at Rutuja



Dr Sheetal Gandhi

Trustee & Treasurer ,
Head of Research Wing
of Rutuja

Interns



Jahnavi Rajput
Biotechnologist, Surat



Bhoomi Lad,
Biotechnologist, Surat




Kashyapi Joshipura,
Biomedical Sciences,
Vadodara




Research being Conducted by Interns

- Effects of COVID 19 VACCINE on the menstrual cycle of women and Covid 19 Vaccine Hesitancy - by Kashyapi Joshipura
- Pre & post effect of COVID-19 on premenstrual syndrome in women - by Bhoomi Lad
- Positive & Negative Implications of Covid 19 pandemic on health management and Effects of Guided Relaxation on Mental Health Management - by Jahnvi Rajput

Effect of Covid 19
Vaccine On Menstrual
Cycle - A Survey



A Research by Rutuja Charitable Trust
rutujatrust@gmail.com



Use the QR
code to
participate in
the survey

“

No one has ever become poor
by giving.

Anne Frank

Collaborations and Activities

- We have worked with WCB RESEARCH FOUNDATION, Patan & Surat District Branch, RED CROSS SOCIETY SURAT
- We have conducted awareness activities with International bodies like WABA (WORLD ALLIANCE FOR BREASTFEEDING ACTION) & MHD MENSTRUAL HYGIENE DAY
- We conduct awareness & Educative activities related to health and diseases, social issues & social responsibilities, soft skill development, mental health, healthy ageing
- We regularly initiate research activities in the field of science, social science, health and diseases, ageing, psychology etc with women as the main subject group.

Events Organized by Us

RUTUJA NGO BRINGS WEBINAR ON:

GOING THROUGH
PAIN &
SUFFERING



Dr. Monica Gulati
Co-founder livinglights.in



WEBINAR WITH DR. FALGUNI JANI, EXPERT IN
INTEGRAL PSYCHOLOGY & INTEGRAL
COUNSELING

**RelationS:
Bonding or
Bondage ?!**

ON SUNDAY, 4TH JULY 2021,
4-5 PM, GOOGLE MEET PLATFORM


REGISTRATION IS FREE BUT MANDATORY




Events Organized by Us

**He4She
Men4Women**
EDUCATIVE SESSION FOR
MEN ON PERIODS OF
WOMEN


Menstrual Hygiene Day 2021



DR NEHAL SHAH
Menstrual Educator



DR USHA VALADRA
Gynecologist



Rutuja.org
Dedicated to Women Welfare

Webinar on
"FOOD & PCOD"



Dietitian Rachana Dalal
15th May, 2021 from 4PM - 5PM

Session is Free but REGISTRATION IS MANDATORY

Events Organized by Us



WEBINAR ON
MENSTRUAL CYCLE &
MENSTRUAL DISORDER

Join with us on Google Meet




16th April, 2021 | 4 PM-5PM

No Registration fees but Registration is Essential

Dr. Usha Valadra (Experienced Gynecologist)
- Ushakiran Nursing Home, Surat

30.11.2021

TALK BY
SMT.
YAMINI
VYAS ON
THE BOOK
DESERT
FLOWER
WRITTEN
BY WARIS
DIRIE



6.30 pm to 7.30 pm
On googel meet
platform

free but registration mandatory
whats app on 7862819380


AT PUSTAK MIMANSA BOOK LOVERS' CLUB SESSION 2
RUTUJA CHARITABLE TRUST, SURAT

Weekly Guided Relaxation Sessions

RUTUJA NGO PRESENTS

CLOSING CEREMONY OF RELAX@RUTUJA



WITH DR. MINAL SHAH, HOMEOPATHIC CONSULTANT & CLINICAL HYPNOTHERAPIST



LEARN PMR TECHNIQUE & KNOW ITS BENEFITS FROM OUR EXPERT DR. MINAL

Celebrating the 6 months journey of guided relaxation on 20th March 2021 for mental health benefits of people....

August 20, 2021
9:00 p.m.



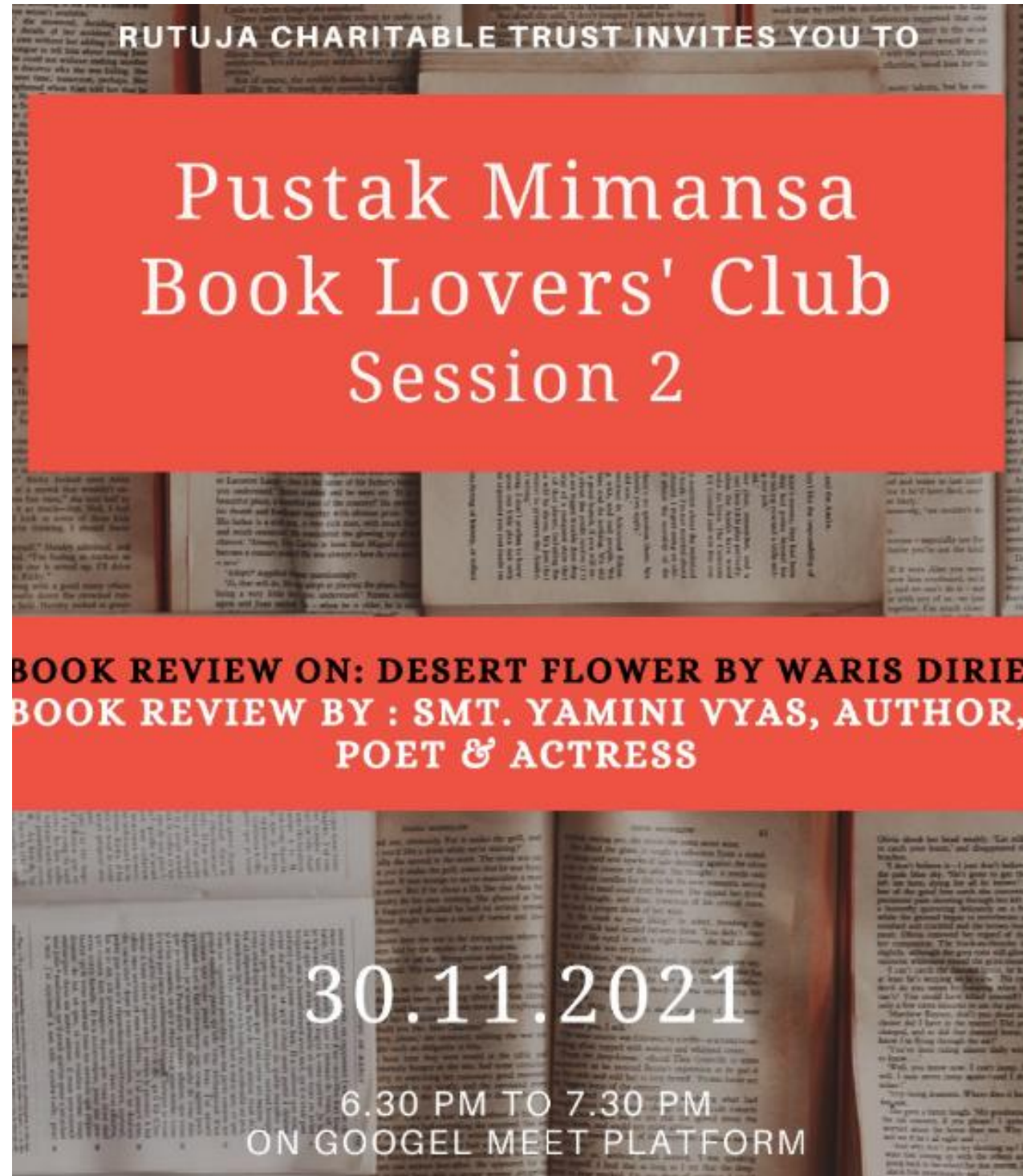
Follow us @rutuja_women on instagram or write an email at rutujatrust@gmail.com to know more

We also conducted 65 guided relaxation sessions every Monday, Wednesday and Friday from 20th March to 20th August 2021 for 6 months for mental health of people.

Reach out to us if you want us to conduct guided relaxation, shavasana, yognindra, imagery, visualization techniques in Hindi, Gujarati and English through theory and practice for small groups of 65 enthusiasts.

This program is now conducted every friday from 9.30 to 10 pm free of cost.

Pustak Mimansa Book Lovers' Club



Pustak Mimansa Book Lovers is a social outreach activity open for all where every month a life transforming book is being discussed by eminent persons.

Reach out to Us for:

- Conducting Women empowerment-related activities
- Nature conservation and Environment related activities
- Conducting e-courses for self-enhancement and self-improvement
- Creating customized tailored programs, lectures, expert talks
- We have hosted workshops, seminars for 1 hour to 3 days on any of the above interest areas for school & college students, corporates and companies and especially for different age groups of women.
- Guided relaxation sessions and more as mentioned above.
- Monthly Book Lovers Club activity where life transforming books are discussed by eminent personalities.

You can follow RUTUJA NGO at

1) Instagram

**[https://www.instagram.com/p/CUv-NvZKFdj/?
utm_medium=copy_link](https://www.instagram.com/p/CUv-NvZKFdj/?utm_medium=copy_link)**

2) Facebook Page

https://www.facebook.com/rutuja_women-126072432115986

3) Youtube channel

<https://youtube.com/channel/UC2VIjjZ2Bqh60bUcmJWM4Sg>

4) Facebook Account

<https://www.facebook.com/rutuja.shah.3576>

5) Website

www.rutuja.org

6) LinkedIn

<https://www.linkedin.com/company/rutuja-org>

Thank you!

For collaborations,
donations, sponsorships,
customized programs,
expert talks
you may reach us at:

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