

A National and Online Seminar was organized jointly by Women Cell, Aggarwal College Ballabgarh, Shiksha Swasthya Nyas and Bhabhi Maa Trust at Aggarwal College Ballabgarh on 23rd June, 2022. The Topic of the seminar was "**Healthy Women - Strong Nation**" and its main theme was Prevention and Symptoms of Anaemia from Adolescent to Adulthood. The event began with Mrs. Anju Goyal, coordinator of the event who spoke about the purpose of Shiksha Swasthya Nyas to provide good education and health. Further, it also provides scholarships to needy meritorious students studying at various institutions. Similarly, she highlighted the aim of Bhabhi Ma Trust which is to work on health issues of women and which holds awareness programs all over India. The Chief Guest of the event was Sh. Atul Kothari, National Secretary, Shiksha Sanskriti Utthan Nyas who began his speech with chants of OM which energized the audience and helped them connect with their inner self. He also spoke about the relevance of meditation which benefits both physical and mental health. He stated that if a woman is healthy, home will be a happy place, if home is a happy place then the Nation can progress in correct direction and reach newer heights. Special Speaker, Dr Nishtha Goyal, Director and Owner of the Gynae clinic and Ultrasound Centre, sector-8 Faridabad, spoke about menstrual hygiene and precautions which should be taken to keep body healthy. She also sighted various options and strictly asked to avoid synthetic items which can be used to avoid any kind of infection like bacterial or fungal. She also made the audience aware about proper disposal of sanitary napkins in yellow garbage vans which are eventually incinerated. Other important tips for health that she gave were to have lot of water. She asked the audience to be cautious if the menstrual cycle is less than 25 days or more than 35 days. Similarly, if periods are of more than 7 days and there is immense pain then one should discuss it with doctor immediately and not hesitate. The Keynote Speaker of the event Dr. Uma Kumar, Professor & Head, Department of Rheumatology, AIIMS, New Delhi stated the need of the importance to discuss about women's health. She discussed about Oral hygiene in detail and how not maintaining healthy teeth can lead to various diseases in body. She spoke about the relevance of sleep of at least 6 to 8 hours lack of which can cause diabetes, heart diseases, UTIs, auto immune diseases. Further, she encouraged audience to avoid junk food and maintain good food habits otherwise it can lead to obesity inflammation issues, arthritis and diarrhea. She asked the audience to do physical activity of daily 150 minutes workout in a week and maintain proper ergonomics. She also spoke about the relevance of yoga

for physical, mental and spiritual growth. The Principal of the college respected Dr. Krishan Kant Gupta summed up the entire workshop in beautiful and meaningful lines by stating that the very problem is us and solution is also within us. He spoke about the need to reduce materialistic desires and focus on being more humanistic. It is important to learn from these experiences and apply it in real life. He also motivated the audience to apply these habits in daily lifestyle. He congratulated Shri Atul Kothari for organizing such workshops which are beneficial for entire mankind. Vote of Thanks was given by Dr. Rekha Sen, Coordinator of Women Cell. Dr. Geeta Gupta highlighted the theme of the workshop and is also the Coordinator along with Dr. Renu Maheshwari. Ms. Supriya Dhanda was the Stage Secretary. The event ended with the chants of Vande Mataram and an assurance by the Honorable Chairperson of the event and Principal Dr. Krishan Kant Gupta to organize a series of such workshops which focus on women health. The event saw participation of 215 attendees.