



# **Gandhinagar Institute of Technology**

A Report on

“Health Awareness for females”

23<sup>rd</sup> January 2019, Wednesday

## **Objective:**

Gandhinagar Institute of Technology emphasis on overall development of the students. It also looks after the welfare of the female students under the platform of Women Development Cell (WDC). It works with an objective to prevent sexual harassment and to promote general well-being of female students, teaching and non-teaching women staff of GIT. With this motive, GIT arranged an expert talk on “Health Awareness for females” on 23<sup>rd</sup> January, 2019 under the banner of Women Development Cell (WDC). The seminar was organized for all the female students. Women experience unique health care challenges and are more likely to be diagnosed with certain diseases than men. The main objective of this program was to inform and empower girls to take responsibility for their health and to encourage them to understand their health options. It also focussed to identify services, resources, and products that best help them prevent poor health, which reduces the number of health issues and creates healthy routine.

## **Program Overview:**

The event was organized for the female students of GIT at Seminar Hall. The session was organized in order to spread the awareness of personal hygiene, breast cancer and many other topics which an individual feels hesitant talking about. It started with the welcoming of expert and Dr H N Shah, Principal of GIT to the seminar hall. The seminar was initiated with a welcome speech. Further, the event was carried with an introductory speech on importance of health by the Principal of the institute. The expert of the day was Dr Shraddha Shah who is a very well-known obstetrician and gynaecologist. She enlightened this event by giving an insight into the topics concerned with women's health. This was important because after career and family, the last area that women pay attention to is their own health. There was a brief and healthy discussion on 'what to do' and 'what not to do' to maintain a healthy routine. She covered the tabooed and lesser discussed topics about women's health like menstruation, vaginal and urinary tract infection. She also covered breast and cervical cancer to spread awareness of the concerns related to it. It was an interactive as well as informative session where students unhesitatingly asked questions regarding the same. The motto of this session was to optimize women's health. The female students' were rejuvenated to get knowledge regarding various health issues which are emerging day by day. At the end, the female students were given tablets by the principal of the institute, Dr H N Shah under the scheme of **Tablet Yojana** by GTU, Govt. of Gujarat. It ended with a vote of thanks. The event was successfully completed with the coordination of all the female faculty coordinators and student volunteers of GIT.

## Photo Gallery:



Welcome of the expert and Principal Sir



Introductory Speech by Dr H N Shah, Principal of the institute



Dr Shraddha Shah addressing the students regarding female related issues



A group of students and faculty members listening to the lecture



Tablet distribution by Dr H N Shah, Principal of the institute



A group picture symbolizing the event