**Organized by: Cell for Women Development and Prevention of Sexual Harassment and Committee for Health and Well-Being**

**Event Name : Seminar entitled “My Health My Priority”**

**Event Date** : Sep 21, 2023

Cell for Women Development and Prevention of Sexual Harassment, in collaboration with the Committee for Health and Well- Being, Doaba College Jalandhar, organized a seminar entitled "My Health My Priority" on Sep 21, 2023 with the aim of raising awareness among female students regarding their health and hygiene.

Dr. Manjula Singhal, a renowned gynecologist, was the resource person of the event. She was accorded a floral welcome and was honoured with a memento by Principal Dr. Pardeep Bhandari, Prof. Ira Sharma, Prof. Garima Chodha, Dr. Suresh Mago, Co-ordinators of the event, faculty members and students.

In his welcome address, Principal Dr. Pardeep Bhandari emphasized the importance of a sound mind in a sound body. He also highlighted the importance of women in the Vedas and the relevance of the awareness of women education through the seminar in contemporary times.

Dr. Manjula Singhal started her highly enlightening session with an informative presentation. She discussed various aspects and challenges of adolescence and the various physical, emotional and psychological changes involved with it. She played a video on female reproductive anatomy and shed light on the common adolescent problems as well as psychology of menstruation. She further emphasized on menstrual health and hygiene, physiology of menstruation, normal menstrual cycle and busted several myths regarding menstruation. She enlightened the students about menstrual hygiene and the common menstrual disorders namely, menorrhagea, dysmenorrhea, premenstrual syndrome alongwith their treatment. She concluded her talk with advice to the gathering to be careful about taking nutritious diet and remain alert about their health using the power of education.

The talk was followed by a doubt clearing session in which the students of various departments actively participated. The event culminated with a vote of thanks by Prof. Ira Sharma. Prof. Priya Chopra conducted the stage. Around 120 students participated in the event.

**Prepared by : Dr. Ambika Bhalla**