

Women's Health Awareness



ICG Institute of Educational Research and Development, Jaipur organised a panel discussion on Women's Health on 17th February 2025. The discussion was organised in collaboration with Mahatma Gandhi Medical College and Hospital (MGMCH) and the Mahatma Gandhi University of Medical Sciences & Technology (MGUMST) under the JAIPUR SWASTHYA CHARCHA (JSC) - an initiative that conducts public lectures and interactions on health-related topics for the public at large.

The six member team from MGMCH for the panel discussion were:

Moderator:

- Dr VK Kapoor, Professor & HoD - HPB Surgery

Panelists:

- Dr Shrishti Jain, Professor & Additional Director ECMO Critical Care
- Dr Anchin Kalia, Professor, Gen Medicine
- Dr Sneha Nathawat, Asst. Prof. Clinical Psychologist
- Dr Priyanka Goel, Associate Professor, OBG
- Dt Priyanshi Garg, Clinical Dietitian

The panel discussion provided valuable insights into maintaining good women's health. The doctors emphasized the importance of a balanced lifestyle, including a healthy diet, regular exercise, and limited mobile phone use. They also highlighted the risks associated with alcohol consumption and the importance of maintaining good menstrual health. The discussion was informative, engaging, and empowering, providing the students and staff of IIERD with practical tips for improving their overall well-being.

The discussion concluded with an interactive session with the B.Ed.& M.Ed. students.

All the guests were then presented mementoes on behalf of IIERD as a token of gratitude and appreciation. The vote of thanks was delivered by Dr. Archana Jain, Principal IIERD, who applauded and thanked all the panelist members for such an informative and engaging session.

The programme was compered by Ms Khyati Jaim, M.Ed. student and the Programme Coordinator was Dr. Shashi Yadav, Associate Professor, IIERD.