

Workshop on Women Health and Hygiene



Women cell on 2nd august 2023 organized a workshop on Health and Hygiene in collaboration with Rotary club Shimla at college auditorium with a motto that 'empowerment begins with awareness'. The chief guest for the occasion was Dr Ram Lal, Professor Ophthalmology, IGMC and our guest of honour and key note speaker was

Dr Nishi Sood, Prof of Gynaecology Obstetrics at Kamla Nehru Hospital, Shimla. Other dignitaries Dr Bhupinder Singh, Principal COE Sanjauli, Mr Amit Pal Sood President Rotary Club and alumni of our college, Mr Ajit Butail former president Rotary Club and Mr Manchanda, Optician and media personnel were also present . The first half of the workshop began with a



welcome note to the August gathering and a special thanks to the President Rotary club for donating sanitary pads dispensing machine to our institution. While addressing the audience former President Rotary club and Mr Ajit Butail talked about the functioning of Rotary Club. He elaborated the upcoming cycle project in Shimla city which they plan to



do in collaboration with our institution. This is an environment protection project which aims to promote bicycle riding for the citizens of Shimla. Our keynote speaker Dr Nishi Soodgave her discourse on the topic Menstrual Health and Hygiene. Her informative talk was



interactive and full of everyday practical knowledge. The second half of the workshop hosted a lecture on 'sexual harassment of women at work place'. This lecture was delivered by Dr.Kamayani, Associate Professor Department of English, COE, Sanjauli. She explained in detail through PPT about meaning and definition of sexual harassment, POSH Act, 2013 and Vishakha guidelines to our student participants.