

**REPORT ON SKINCARE AWARENESS TALK**  
**Organized by Women Cell, GC Sanjauli**  
**6th of March 2025**

The Women Cell of GC Sanjauli organized an informative talk by **Dr. Shikha Sharma**, a senior dermatologist with extensive experience at IGMC Shimla, who currently runs her own clinic, **SKINVENT** in Sanjauli, Shimla. The session aimed to enlighten students about various skin issues, their underlying causes, and preventive measures.

Dr. Shikha Sharma emphasized that **skincare is a reflection of overall well-being**, as many skin conditions indicate underlying health issues. She highlighted common skin disorders such as **acne, hair fall, PCOD-related skin issues, hirsutism, and seborrheic dermatitis**. She elaborated on how **melasma** can be aggravated due to stress, obesity, and excessive sun exposure. She also discussed factors contributing to acne, including **increased sebum production, the use of over-the-counter creams, high glycemic index diets, and prolonged exposure to blue light from mobile screens at night**.

The talk also covered **post-acne scars, their treatments, and the impact of photoaging**. One of the key issues discussed was **PCOD**, which affects a significant percentage of young women today and manifests in symptoms like acne, hair fall, weight gain, and hirsutism.

Dr. Sharma advised the audience on the importance of leading a **healthy lifestyle** to maintain good skin health. She recommended:

- Exercising **at least four to five times a week**
- Choosing **healthy, home-cooked meals** over packaged foods
- Consuming **local, seasonal fruits and vegetables**
- Including **traditional food cuisines** in their diet

She also introduced the audience to **advanced dermatological treatments available at her clinic**, such as **Diode Laser, Q-Switch ND YAG, Hydrafacial, Peels, and Hair Treatments**.

A crucial takeaway from the session was the emphasis on **avoiding unhealthy habits**, such as **staying up too late and leading a sedentary lifestyle**, as these contribute to insulin resistance, which further leads to various skin disorders.

The talk was highly insightful and provided practical advice to both students and faculty on maintaining healthy skin and overall well-being. The session concluded with an interactive Q&A, where Dr. Sharma addressed students' queries and concerns regarding skincare.