

SKIT WOMEN CELL

REPORT

EVENT: Five day webinar on Health and Hygiene

Date: December 27th - 31st, 2021

Venue of the event: - online through google meet

Level of the event: - District level

Notice of the event: -



Swami Keshvanand Institute of Technology, Management & Gramothan, Jaipur

SKIT WOMEN'S CELL

NOTICE

Date:24/12/21

We are pleased to inform you that **SKIT WOMEN'S CELL** is organizing a five day online talk on "Health and Hygiene" from December 27, 2021 to December 31, 2021.

Interested candidates may register through online link given below.

For registration:

<https://forms.gle/aSr1BpgaCFaLDMTWA>

We look forward to your kind presence.

You are also requested to circulate the information and encourage other students to participate.

Thanking you

With kind regards,

Faculty Coordinators:-

Dr. Sangeeta Gupta (9414455719)

Dr. Krishna Dayal Sharma (9414320800)

Dr. Anupriya Singh (9983075000)

Event poster:-



Swami Keshvanand Institute of Technology,
Management and Gramothan, Jaipur



SKIT WOMEN CELL PRESENTS

Five Day webinar series

on

HEALTH AND HYGIENE

(27/12/21-31/12/21)



Ms Gurvani Kochchar

जैसा अन्न - वैसा मन (Eating Right)

(27/12/21 ; 1:00 pm -2:00 pm)



Dr. Neerja Singh

Behind Every Smile There's Teeth

(Dental health)

(28/12/21 ; 11:00 am-12:00 pm)



Dr. Mahima Panwar

स्वस्थ दृष्टि - स्वस्थ सृष्टि (Healthy Eyes)

(29/12/21 ; 1:00 pm -2:00 pm)



Mr. Tripurari Sharma

Mental Health and Well Being

(30/12/21 ; 1:00 pm -2:00 pm)



Dr. Anjali Jasawat

Common Gynaecological Problems/Solutions

(31/12/21 ; 2:00 pm -3:00 pm)

For registration: <https://forms.gle/aSr1BpgaCFaLDMTWA>

Faculty Coordinators

Dr. Sangeeta Gupta

Dr. Krishna Dayal Sharma

Dr. Anupriya Singh

Details/List of invited guest/speakers:-



Dr Anjali Jasawat
MBBS, MS (Obstetrics and Gynaecology),
FGES, DGES, FMAS, Infertility specialist.



Dr. Mahima Panwar
Assistant Professor (Ophthalmology) SMS
Medical College, Jaipur



Dr Neerja Singh
Vice president of I.D.A. Meerut U.P



Ms Gurvani Kochchar
M.sc, B.Ed (food science and nutrition)



Tripurari Sharma
A well known inspirational speaker
senior faculty in Art Of Living.

Summary of the event:-

On **day 1**, **Dr. Sunita Jain and Dr. Gurvani Kochar** talked about **Eating Right**.

They explained how Eating a healthy diet that includes lots of fruit, vegetables, whole grains and a moderate amount of unsaturated fats, meat and dairy can help you maintain a steady weight. Having a good variety of these foods every day leaves less room for foods that are high in fat and sugar - a leading cause of weight gain.

Together with exercise, eating a healthy diet in the right proportions can also help you lose weight, lower your cholesterol levels and blood pressure and decrease your risk of type 2 diabetes.

On **day 2**, **Dr. Neerja Singh**, talked on **Oral Health**. She emphasized that Dental and oral health is an essential part of your overall health and well-being. Poor oral hygiene can lead to dental cavities and gum disease, and has also been linked to heart disease, cancer, and diabetes. She also discussed Facts about dental and oral health, Symptoms and causes of dental and oral problems, Types of dental and oral problems and their treatment.

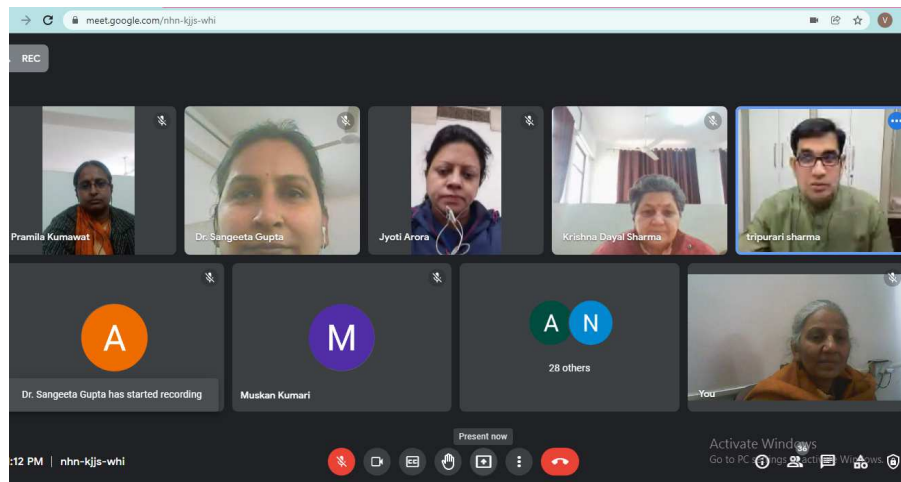
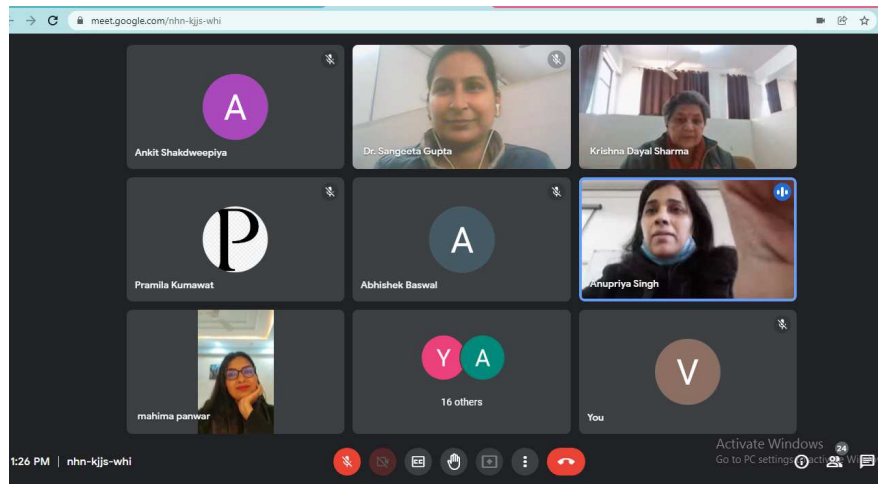
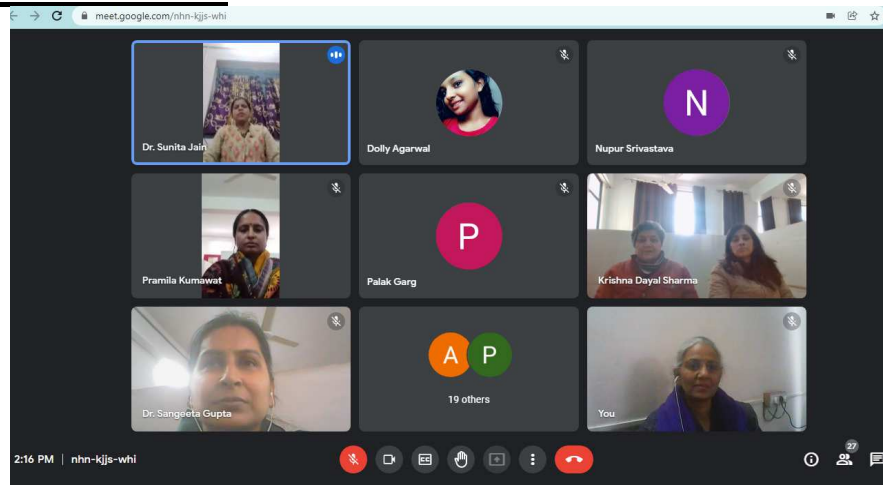
On **day 3**, **Dr. Mahima Panwar** took the session on **Healthy Eyes**. She gave five important points to take care of:

- **Eat right.** Eating a balanced diet full of fresh fruits and vegetables (especially green leafies such as kale, spinach and broccoli) as well as omega-3s
- **Wear Shades.** Protect your eyes from the sun by wearing 100% UV blocking sunglasses and a hat with a brim when you go outside.
- **Be Aware:** If you notice any changes in your vision, always get it checked out.
- **Give Your Eyes a Break.** follow the 20-20-20 rule; take a break every 20 minutes, for 20 seconds, by looking at something 20 feet away.
- **Keep Them Clean.** Always wash your hands before you touch your eyes

On **day 4**, **Mr. Tripurari Sharma** Talked about **Mental Health**. He said Everyone talks about meditation, but why to do it? What are the benefits? Through regular practice of meditation, healing can happen. When the mind is calm, alert, and totally contented, it works like an efficient tool that helps our bodies perform better, which allows us to heal faster. We must nurture our minds to have healthy bodies.

On **day 5**, **Dr. Anjali Jasawat** took the session on **Gynaecological problems and their solutions**. She discussed Some common issues including Period problems, Endocrine disorders, Polycystic Ovarian Syndrome (PCOS), Acne, Pelvic pain. She suggested how to manage menstrual disorders, including irregular or painful menstrual cycles. She also discussed Eating disorders and weight management resources.

Pictures of the event:-



Participants

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