

B.K.M.SCIENCE COLLEGE,VALSAD

Lecture on

**“Gynecological Problems and Medical and Dental
Check of Girls”.**

2nd September 2016


A lecture on Gynecological issues in girls and medical checkup programme was organized by the women cell wing of B.K.M.Science College, Valsad. Dr.jasminben Shah noted gynecologist was invited for lecture, Dr.Hemaben maniar was invited for general medical checkup and Dr.Chetnaben Bhatt was invited for Dental checkup of the Girls. In the beginning of the programme floral well come was given to the Doctors.The introduction of the Doctors was given by Dr.Madhviben Desai.

The lecture on Gynecological issue was delivered by Dr.Jesmiben Shah. She spoke on a variety of issues like health problem of girls during menstruation and how girls can maintain hygiene, eat healthy food and go for regular checkup and blood test to avoid anaemia and teenage pregnancies etc. She gave an overview of the menstrual cycle undergone by adolescents and how to tackle various issues related to it. She also shared her knowledge about various vacancies which prevent adolescents from being subject to transmitted diseases. She explained the importance of health and hygiene in women's life and also cleared the misconceptions regarding different issues of women's. She ended her session by giving health tips about the benefits of eating healthy food and the importance of indulging into regular exercise. She also emphasized on how spirituality could help oneself stay healthy and fit. The lecture was attended by almost 125 girl students and was concluded with a loud round of applause. Some students also discussed individual problems with her. A dental check up was also a part of this program. The session was very interactive as all the students took actively part in the question- answer session.

Dr.Hemaben maniar did general medical checkup of all the girl students remain present in the lecture.The dental Check up by Dr.Chetnaben Bhatt was initiated with dental awareness interaction , educating students about common dental ailments, especially stressing on tooth decay and gum diseases and measures to prevent from them. The students were highlighted about the eating patterns and food choices which cause tooth decay. The students were told about proper brushing techniques. She told students about proper brushing techniques.

Women cell Convener Prof.Sandhya Vani Congratulate all participant for participation in the event. Dr.Kirenben Desai, Dr.Smrutiben Lad, Dr.Madhvi Desai, Dr.Nandini Bhadra, and Prof.D.D.Patel work hard to make the event successful. Under the able guidance of Principal Dr.Vikas Desai and Vice Principal Dr.T.G.Gohil a lecture on Gynaecological issues and medical checkup programme was organized.This help to make the programme a grand success.




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