

NSS unit organised a health awareness workshop for women with collaboration with Gracias Raina Foundation

The NSS unit organised a workshop for the benefit of young women and faculties of the college in collaboration with Gracias Raina Foundation on 7 March 2019 as part of women's day celebration. The workshop was conducted by the founder of Gracia Raina Foundation Ms. Priyanka Chaudhary Raina and her on board team of doctors. The workshop had physical health expert and a psychologist who spoke to the students about the ongoing changes in a young body. The entire workshop was divided into two sections, one that focussed on reproductive and contraceptive measures that women must pay attention to while the other section was centered around the techniques to deal with psychological issues like decision making, peer pressure and biopsychosocial responses of the body during adolescence and post delivery periods.

Young girls were made aware of the dangers of unprotected and irresponsible sexual intimacy and over the counter emergency contraceptive along with the methods and importance of maintaining basic physical hygiene. The young working women on the other hand were educated on pre, during post pregnancy and work related stress that can have far reaching effect on the body. The workshop was extensive in its content and covered lifestyle advices alongside precautionary measures to be undertaken to avoid serious illnesses like cervical cancer and STDs. The workshop saw a large attendance of young men along with women, therefore it also sensitised young male adults towards teenage sexual behaviour and precautions along with sensitising them towards the needs and problems of their female peers.

The programme was inaugurated by our principal Dr. Manoj Sinha who highlighted the importance of taking note of persistent confusion and misinformation over the above matters amongst young adults. He thanked Gracias Raina Foundation for conducting a workshop on such a sensitive topic and congratulated them for the wholesome coverage of all aspects of the problem faced by students in their late teens and early 20s.