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AHMEDABAD

Hip and Happening

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WOMEN POWER

Day 1 of Ahmedabad Mirror-SAL Hospital Women's Health Workshop was all about clearing myths and learning basics normally ignored

JIGNESH VORA



Ahmedabad Mirror and SAL Hospital's Women's Health workshop began on Monday with a responsive panel of doctors and an inquisitive set of audience. The doctors addressed problems ranging from human anatomy and menstruation to the importance of emotional well being. Dr Kaushal Agarwal explained the menstruation cycle in great detail including the Dos and Don'ts about contraception. She elaborated on reasons behind heavy bleeding. Dr Nita Thakre added to what Dr Agarwal said and explained newer solutions to tackle the problem of heavy menstruation. She explained by showing a film of TCRE procedure in progress. Dr Nimrat Singh pepped up the audience with an interactive session on achieving emotional health. She elucidated on the funda of living each day to the fullest. The audience asked various questions on diet, medicine usage and physical exertion during menstruation. The doctors gave comprehensive responses to these queries, thus paving way to learn more on Day 2 of the workshop.



(Top left) Participants on Day 1 of the workshop conducted by Dr Kaushal Agarwal (top right), Dr Nita Thakre (above left) and Dr Nimrat Singh

TODAY'S SCHEDULE

- Current trends in approach to infertility
Dr Nita Thakre
- Test tube baby - when, how and why?
Dr Naina Patel
- Is global eradication of cervical cancer possible?
Dr Meeta Mankad
- Breast problems - How do I handle them?
Dr Shefali Desai



“ Health mustn't be ignored and women should especially make an effort to attend workshops like these.

—Rashmi, 27, businesswoman



“ I did not know about a lot of women's health issues. Today has been a great learning day for me.

—Reema Bhatt, 24, homemaker



“ Listening to experts on health today proved to be quite enriching and informative.

— Hema Gidwani, 23, fitness expert