

Report on Workshop on Women's Health and Wellness conducted by Dr. Navdeep Kaur

A comprehensive workshop on women's health and wellness was conducted by Dr. Navdeep Kaur, renowned Gynaecologist from Motherhood Hospital, Mohali on 22nd August 2024

Dr. Navdeep Kaur, MBBS, MD (Gynae), Ex PGIMR, delivered an insightful lecture on "Empowering Women's Health: Breaking Barriers and Building Resilience." The workshop aimed to educate participants on various aspects of women's health, including reproductive health, mental well-being, and self-care.

Over 200 participants, including female faculty and girl students, female working staff attended the workshop. Dr. Navdeep Kaur engaged the audience with interactive sessions, and provided free consultation dealing with physical mental issues related to womanhood.

Key takeaways from the workshop included:

- Importance of regular health check-ups and screenings
- Managing stress and anxiety through mindfulness and self-care
- Nutrition and lifestyle choices for optimal women's health
- Breaking societal stigma around women's health issues

Participants praised Dr. Navdeep Kaur's expertise and engaging presentation style. She also shared Motherhood Hospital's initiative and commitment to promoting women's health and wellness.



Seminar ON

WOMEN
WELLNESS
AND
HEALTH CARE



AUG
22ND

ORGANISED BY:
WOMEN GRIEVANCE CELL
AND NSS UNIT

DR. NAVDEEP KAUR
OUR PROUD ALUMNI

MBBS, MD
(GYNAE, EX- SR PGIMER, CHANDIGARH)



