



**RV Institute of
Technology and
Management®**

Affiliated to Visveswara
Technological
University, Belagavi

Approved by
AICTE,
New Delhi.

**Chaithanya Layout, 8th Phase,
JP Nagar, Bangalore,
Karnataka - 560076**

Date: 09/12/2022

Report of a Talk on “Women WellBeing”

Date: 09-12-2022

Time: 2:00pm to 3:30pm

Platform: Offline Mode

Venue: Seminar Hall

Number of participants:120

The Anti Sexual Harassment Committee (ASHC) organized a workshop on “**Women Wellbeing**” for RVITM Students. The event began with the host, Ms. Mohini Saha, Third Semester ISE Student, introducing us to the Resource Person of the day, Dr. Monika Pansari, a senior consultant surgical oncologist, a breast and gynecology onco surgeon, and a HIPEC specialist in BGS Gleneagles Global Hospital. Fourteen years into the industry, she is awarded with the prestigious FIAGES and the IACA fellowship in breast and gynecology oncology from Roswell Park Comprehensive Cancer Centre, NY, USA.

The event started off with her esteemed presence and expertise on the subject, which was also witnessed by the ASHC Chairman Dr. Latha CA and the ASHC members.

The following topics were covered:

- 1) Dr. Monika Pansari started the session by addressing the leading health concerns of women, like heart diseases, breast cancer, stroke, osteoporosis and menopause. Among these, the topic which was most prominently discussed was, cancer in women.
- 2) We were meticulously told about four factors most important to physical wellbeing. Them being, termination of smoking, limiting alcohol consumption, following a workout routine and maintaining a healthy diet and body weight.
- 3) Dr. Monika Pansari persuaded us into exercising regularly and emphasized on the importance of cyclothons and walkathons that she has been conducting so as to raise awareness among girls and the general youth.
- 4) We were made aware of the growing dangers of breast cancer among women, the risk factors associated with it, significance of mammogram especially for women aged more than forty, breast cancer diagnosis, prevention and treatment.
- 5) Light was shed on yet another crucial disease, the cervical cancer, it’s causes, diagnosis, and treatment. An emphasis was laid on it being the only form of cancer with availability of vaccination.
- 6) During the audience’s questioning session, we were illuminated on immediate concerns we

all had such as PCOD/PCOS, menopause, essential diet food etc.

To sum it all up, it was a very concise and an impactful session. An absolute necessity for all us girls and proved to be one of the most interactive and helpful sessions we have had.

The conclusion of Dr. Monika Pansari's talk was followed by vote of thanks along with a token of appreciation. The workshop was well received by both faculty and students.

Event Coordinator
Dr. Nibedita Panigrahi

Chairman, ASHC
Dr. Latha C A

Beginning of the session



Resource Person, Dr. Monika Pansari addressing the audience





ASHC Chairman, Dr.Latha CA presenting token of appreciation to our Resource person



