

The workshop for lady teachers of Bal Bharati, led by a renowned gynecologist Dr. Smita Vats, from Artemis Hospital was an enlightening and empowering event which was held on 26th March . The session provided a comprehensive understanding of women's health issues. Through an interactive session, participants gained insights into topics such as menstrual health, reproductive system awareness, menopause, and common gynecological conditions. The workshop fostered a supportive environment for questions and discussions, empowering lady teachers to address sensitive health topics confidently. Practical demonstrations, including self-breast examination techniques and hygiene practices, equipped participants with valuable skills for personal health maintenance. Overall, the workshop was a resounding success, leaving participants equipped with knowledge, confidence, and a renewed commitment to prioritize women's health in their professional and personal lives.







