



Healthy Mind, Healthy Lives: For All Women Everywhere

Description

By Ynez

The Department of Chemistry organized an interactive seminar titled “Breaking Barriers: The Importance of Self-Care & Medical Well-Being for Women” by Dr. Praveena, medical officer of Pondicherry University, on April 11, 2025. This seminar was exclusively for female students.

The program focused on women’s empowerment and feminine hygiene. The program was quite energetic & interactive. “Feminism in Pondicherry” and “Routine and mental well-being” were the topics discussed.

“Roses are not all the way; there are thorns” – the words that captivated audiences. It conveyed the meaning that life has struggles; we have to overcome them. She shared strategies to overcome stress and anxiety. She emphasized the importance of menstrual health. It also addressed the issue of poor sanitary hygiene in the restroom at the department. The event concluded with a note of awareness.

Category

1. Campus Buzz

Date Created

April 12, 2025

Author

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