

Late Shri Vishnu Waman Thakur Charitable Trust's
VIVA Institute of Technology
Shirgaon, Virar (E), District-Palghar-401305.

A Report of
**WOMEN DEVELOPMENT CELL
PROGRAM**
MARCH 08, 2019



Women Development Cell
VIVA Institute of Technology

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Shirgaon, Virar (E), District-Palghar-401305.

WOMEN DEVELOPMENT CELL

DATE: 15th JANUARY, 2019

TOPIC: “*Women Health and Lifestyle Management*”

**RESOURCE PERSON: Dr. Deepak Desai, Consulting Gynecologist,
Virar**

VENUE: Seminar Hall, VIVA Institute of Technology

TIME: 2:00 P.M. Onwards

VIVA Institute of Technology

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Report on a program “*Women Health and Lifestyle Management*” organized by Women Development Cell, VIVA Institute of Technology.

The Women Development Cell of VIVA Institute of Technology, Virar organized a program on “Women Health and Lifestyle Management” for all the female staff members and girl students of the college. Dr. Deepak Desai, a renowned gynecologist of Vasai Taluka was present as a chief guest to give a valuable speech on women’s health and lifestyle management.

The program was inaugurated with the lighting of the lamp by the chief guest Dr. Deepak Desai and Dr. Arun Kumar, principal of VIVA Institute of Technology. The Principal, while introducing Dr. Deepak Desai to the audience highlighted the fact that gone are the days when *women* were simply home and kitchen bound. This scenario from yesteryears is so outdated and old-fashioned that nowadays, women not only handle home and a career but manage complete overall personal growth. Due to this role reversal, many women lately are a victim of obesity and poor fitness regime. Due to the stress of juggling a home and career, many women are facing a lot of difficulties associated with their health due to a lack of exercise and proper physical workouts. But complaining isn’t the solution as finding a balance between personal and professional life with fitness, and diet is crucial if not easy. And that’s why we are here today.

Dr. Deepak Desai brilliantly starts up with the statement that “the health status of women directly reflects the health status of the nation”. The concept of women’s health today has become a major concern among developing countries because of the deteriorating quality of life. India has made considerable progress in social and economic development in recent decades, like improvement in life expectancy, but Infant mortality and illiteracy demonstrate it lagged behind in the improvement of women’s health. Dr. Desai convinces the audience by telling a number of steps women can take to stay healthy and feel better. The doctor ended his speech by ABCs the ABCs of a Healthy lifestyle where A means avoiding smoking, caffeine, excess salt, and sugar. B means a balanced diet and C means intake of more Calcium.

The session ended with a vote of thanks to the dignitaries.

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SNAPSHOTS:

