

**Guest Lecture on Preventive Health in Women held at Sudha Rustagi College of Dental Sciences & Research on 03/08/2023.**

Sudha Rustagi College of Dental Sciences and Research Faridabad in association with Rotary club of Faridabad Aastha organised a guest lecture on the topic "Preventive Health in Women" on 3<sup>rd</sup> August 2023. The guest speaker of the day was Dr Nisha Kapoor: Director & Head in the Department of Obstetrics, Gynaecology & Minimally Invasive Laproscopic Surgery at Marengo Asia Hospitals, Faridabad. Dr Nisha is President of Haryana Association of Gynae Laproscopists & the Vice President of Haryana Association of Obstetricians & Gynaecologists. The event was inaugurated by Dr Garima Gupta: First lady of Rotary club Aastha & MD "Shanti Devi Memorial Hospital", Rotarians: Ms Nishu Garg, Ms Neha Aggarwal, Ms Deeksha Chandra, Ms Tilkumariji, Ms Tripti Aggarwal, Ms Roma Handa, Ms Deepti Goyal, Dr Bhavna: Head Department of Pedodontics, Dr Shweta Rehani: Head Department of Oral Pathology, Dr Sheela: Head Department of Gynaecology (SDMH) from the Institute & other Heads from different Departments as well. The lecture was attended by all teaching, non-teaching staff & female students. Dr Nisha emphasized on Women health- the most neglected part in today's scenario. The lecture guided female audience on healthy life style, importance of exercising & Yoga, mental health, early detection of cervical cancer, breast cancer, preventive vaccines available, menopause & osteoporosis. The session was very informative & was a huge success. It motivated all females to be fit at 50, strong at 60 & Independent at 80.













