

Women's Day Celebration

Date: 8th March 2025

Time: 11:00 am to 1:00 pm

Venue: ASM IPS College, Pimpri

Introduction:

International Women's Day, celebrated on 8th March every year, is a global occasion that honors the social, economic, cultural, and political achievements of women. It also serves as a reminder of the ongoing efforts needed to ensure gender equality and empower women in all walks of life. The day is observed with great enthusiasm in various institutions to recognize the role of women in shaping society and to address the challenges they continue to face.

At ASM IPS College, Pimpri, this special day was commemorated with a vibrant and informative celebration. The college has always been committed to promoting the values of inclusivity, empowerment, and awareness among its students, especially young women. The Women's Day event aimed to inspire students, acknowledge the contributions of women in our community, and emphasize the importance of health awareness and preventive care, which are essential for every woman's well-being.

The presence of **Dr. Kanore Madam** as the chief guest added immense value to the program. Her expertise in healthcare and her dedication to women's wellness made her the perfect speaker for the day.

Objective:

The main objectives of the Women's Day celebration were as follows:

- To celebrate the achievements and contributions of women across various sectors.
- To educate and spread awareness about the importance of health and wellness among women.
- To encourage young women to take charge of their physical and mental health.
- To provide a platform for learning and interaction with a medical expert.

- To promote a spirit of self-care, empowerment, and equality among students and staff.

Speaker: Dr. Kanore Madam

Report:

The celebration began with a formal welcome by the college authorities. The **Principal** addressed the gathering and highlighted the importance of International Women’s Day and the college’s commitment toward creating an inclusive and empowering environment.

The Chief Guest, Dr. Kanore Madam, was then invited to address the gathering. A respected medical professional, she delivered an enlightening session on health checkups and health awareness for women. Dr. Kanore emphasized the importance of early diagnosis, preventive healthcare, mental health awareness, and maintaining a balanced lifestyle. Her talk was practical and tailored to the needs of young women.

The main segment of the event was the guest lecture by Dr. Kanore Madam. In her session, she focused on the theme of women’s health checkups and health awareness. She spoke in detail about:

- The importance of regular health screenings (like blood pressure, breast exams, and gynecological checkups).
- Awareness regarding nutrition, fitness, and mental well-being.
- Early detection and prevention of common illnesses affecting women.
- Breaking the stigma around discussing women’s health openly.

Health Awareness and the Importance of Regular Health Checkups for Women.” She began by acknowledging the often-overlooked sacrifices women make for their families, careers, and communities, sometimes at the cost of their own health.

She emphasized the importance of early detection and regular screenings, including:

- Annual health checkups
- Breast self-examination and mammography
- Gynecological visits

- Maintaining healthy blood pressure and sugar levels
- The importance of a balanced diet and physical activity
- Mental health awareness and managing stress

An interactive Q&A session followed, where many students came forward with thoughtful questions regarding nutrition, fitness routines, anxiety management, and health habits. Dr. Kanore patiently addressed each query, ensuring the information was easy to understand and applicable in daily life.

Photos:





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Outcomes: • The program successfully raised awareness about **women's health issues** and encouraged preventive healthcare practices.

- Students gained practical knowledge from Dr. Kanore's session, which they could apply in their daily lives.
- The event motivated female students and staff to prioritize their health and well-being.
- The interaction with a healthcare professional inspired confidence and promoted open dialogue about personal health.
- Overall, the celebration fostered a spirit of **empowerment, awareness, and unity** among all participants.