

ICAR-NRCG Celebrates International Women's Day

As a part of the International Women's Day celebrations, the ICAR-National Research Centre for Grapes, Pune organized a special lecture on "What Women's Health Means in 2025!" by Dr. Yogini Soregaonkar Patil, an esteemed Obstetrician and Gynaecologist, on 7th March 2025.

The event commenced with a warm welcome to the guest speaker and participants by Dr. Sharmistha Naik, Chairperson, Women Cell. Dr. Kaushik Banerjee, Director extended his best wishes and delivered an inspiring address. He highlighted the invaluable contributions of German women to nation-building after World War II and emphasized the power of women in shaping a nation. Encouraging all women to stay positive, he urged them to cherish every moment of life.

Dr. Yogini Soregaonkar Patil delivered an insightful talk on women's health and well-being. She emphasized the importance of:

- Reducing screen time to maintain overall well-being.
- Eating a balanced diet for better health.
- Regular exercise to stay fit and active.
- Managing stress effectively for mental and emotional well-being.

She also educated the audience about various cancers affecting women and stressed the importance of early detection through recommended medical tests. Additionally, she highlighted the need for regular health check-ups after a certain age to ensure overall well-being.

The session was highly interactive, with women staff, students, and farm workers engaging in discussions with the doctor. Their queries and concerns were addressed, making the session both informative and engaging.

The event successfully promoted awareness about women's health and encouraged a proactive approach to well-being among all participants.



