

Women's Day Celebration

Venue: NARI Auditorium

8th March 2017, 2 – 5pm

As per the previous years, the International Women's Day was celebrated at NARI, Bhosari, on 8th March 2017. The theme for this year was "Be Bold to Change". Going by the theme, the NARI organizing committee decided to focus on women's health issues and organized talks by two eminent speakers: Dr Aparna Shrotri, retired professor and Head of Obstetrics & Gynecology at BJMC and Dr Shona Nag, Consultant and Head of Department Medical Oncology, Jahangir Hospital, Pune; Breast Cancer Specialist, KEM Hospital, Mumbai.

Dr Sampada Dhayarkar, welcomed all NARI faculty. Dr. Seema Sahay, officiating Director-in-Charge, NARI addressed the NARI staff and conveyed her wishes on the occasion of the International Women's Day. In her speech, she expressed the importance of gender equality and supporting and respecting women. She also emphasized that scientific community can achieve bigger success when men and women work together.



Subsequently, Dr Aparna Shrotri in her enlightening talk on women's reproductive health, covered important topics such as biology and functions of male and female reproductive organs, planning of pregnancy, preconceptional care, how to avoid unwanted pregnancy, infections of reproductive tract, etc. She emphasized the importance of healthy life style and positive thoughts for a successful and a happy life. The important take home message was – "Respect your Body and Do Not Ignore Abnormal Signals that Body gives us"



This was followed by a talk on “Common cancers among women” by Dr Shona Nag. She mentioned that the cancers in women are always detected at late stage and knowledge about early symptoms can help in early diagnosis and management. She explained the symptoms and signs of common cancers like breast cancer, cervical cancer, lung and oral cancer and briefed about how cancers are diagnosed and treated. She emphasized that chemicals, pesticides, certain foods, addictions like tobacco and alcohol are the main causes for cancers in addition to genetic role and informed that cancers can be prevented by limiting the exposure to causative agents, changes in lifestyle, controlling weight and habit of eating junk foods. The important take home message was – “Prevention is better than Cure”.



On this occasion, two NARI scientists, Dr Seema Sahay, Scientist F, a social behavioral scientist who featured in the health post article called “Bridging the gap scientifically” and Dr Sheela Godbole, Scientist E, a clinical epidemiologist who was presented a “Phoenix Leading Lady” award for “Excellence in Research” were also felicitated.

The event was organized by Dr Smita Kulkarni, Scientist F and other team members: Dr Sheela Godbole, Dr Suchit Kamble, Mrs Medha Deshpande, Mr Rajendra Yelagate, Ms Priti Shirin Katapur, Ms Priyanka Khopkar, the IT team and was a great success.

