

SHANTILAL SHAH ENGINEERING COLLEGE, BHAVNAGAR

WOMEN DEVELOPMENT CELL (WDC)

EVENT REPORT

An Expert Talk on Women's Health, Hygiene & Well-Being

"Her Health, Her Strength"

Date & Time	29 September 2026, Tuesday 3:00 PM onwards
Venue	203 – IT Department, SSEC, Bhavnagar
Organizer	Women Development Cell (WDC), SSEC, Bhavnagar
Guest Speaker	Dr. Nidhi Patel, M.S., FMAS, Consultant Gynaecologist
Target Participants	Girl Students
Total Participants	80
Theme	Her Health, Her Strength

1. Introduction

The Women Development Cell (WDC) of Shantilal Shah Engineering College, Bhavnagar organized an expert talk on "Women's Health, Hygiene & Well-Being" with the theme "Her Health, Her Strength" on 29 September 2026 at the 203 – IT Department. The programme was specially organized for girl students to create awareness about women's health, personal hygiene and overall well-being. A total of 80 students participated in the programme.

2. Objectives of the Event

- To create awareness about women's health and hygiene.
- To promote awareness regarding personal and menstrual hygiene.
- To encourage students to understand the importance of good health and well-being.
- To provide reliable information and practical guidance regarding common health concerns.
- To provide an open environment for students to discuss concerns and clarify doubts with a medical expert.

3. Proceedings of the Event

The programme commenced with a warm welcome to the Principal, faculty members, guest speaker and students, followed by an introduction to the purpose of the programme. Dr. Nidhi Patel, M.S., FMAS, Consultant Gynaecologist, was welcomed and introduced to the gathering. Principal Dr. G. P. Vadodaria honoured the guest speaker, and Dr. Mital Panchal honoured the Principal with a token of appreciation. The Principal then addressed the gathering and shared valuable guidance with the students.

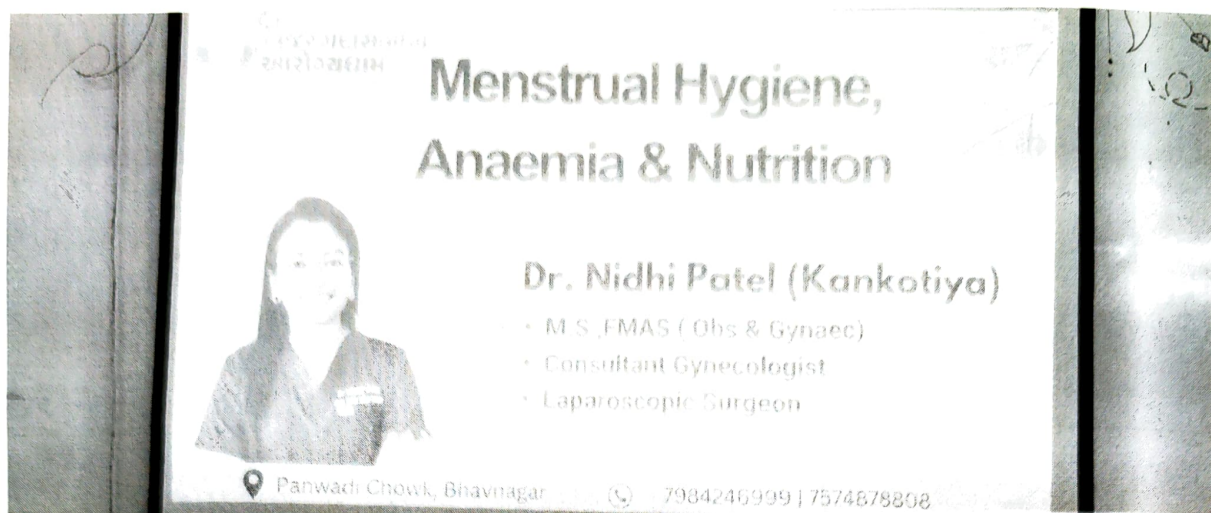
4. Expert Session

Dr. Nidhi Patel conducted an informative and interactive session on women's health, hygiene and well-being. She discussed the importance of understanding one's body, maintaining proper personal hygiene, being aware of health-related changes, menstrual hygiene and general health awareness. Students actively participated, asked questions and clarified their doubts, creating a comfortable environment for discussion.

5. Key Takeaways & Outcome

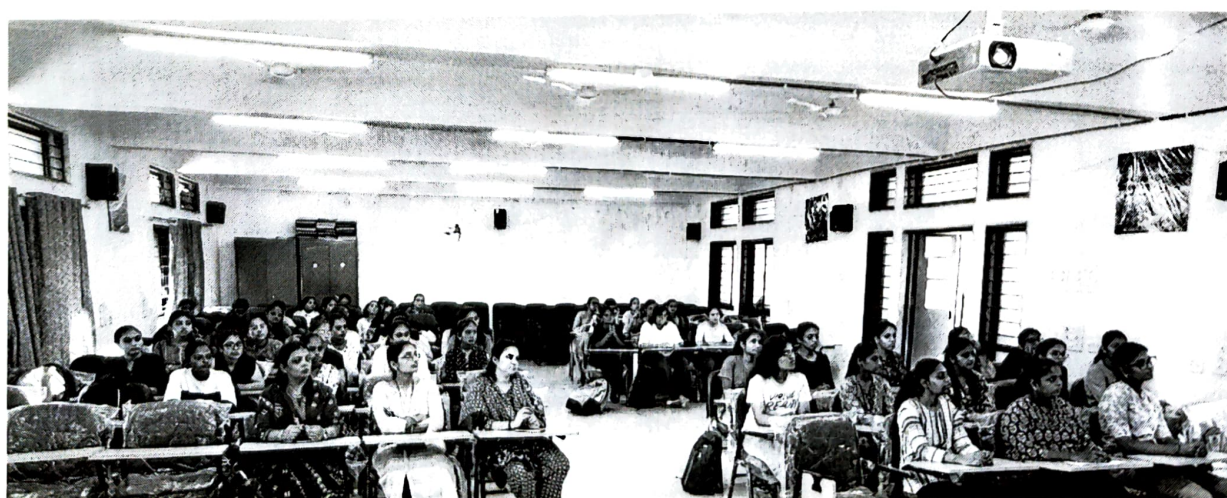
The session helped students gain greater awareness of personal and menstrual hygiene, responsible self-care and the importance of paying attention to changes in their health. Students were encouraged to seek reliable information and appropriate medical guidance whenever required. The interactive format resulted in active participation and a positive response from the 80 participating students.

6. Photographs



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7. Conclusion

The expert talk served as a meaningful platform for creating awareness among girl students about women's health, hygiene and overall well-being. The professional guidance of Dr. Nidhi Patel, combined with active student participation, made the programme informative and beneficial. The memento presentation and vote of thanks marked a gracious conclusion to the programme.

Event Coordinator
Dr. Mital Panchal
Women Development Cell (WDC)
SSEC, Bhavnagar