



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

## 7.1.1 – Report of the program

Year	Title of the Gender sensitization programme	Date	Number of participants
2020	Webinar on Women & Health	06.12.2020	35
2021	Yoga for students and working women	08.03.2021	25
2021	Seminar on mental health and wellbeing of women at workplace	02.06.2021	35

Director  
Institute of Health Sciences  
Bhubaneswar



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

---

## Notice

Ref no: IHS/WS/109/2020

Date: 04/12/2020

This is to inform that Institute of Health Sciences is organizing Webinar on Women & Health for all the students of BASLP and BPT and Faculties, on 06/12/2020 by Dr Kajal Rakshit at Smart classroom, Chandaka campus at 10.30 am to 11.30 am

Note:

WEC faculty In-charge of concerned department will be responsible for registration of participants and overall co ordination of the webinar.

Kindly cooperate in this regard.

Principal  
Institute of Health Sciences  
Bhubaneswar

Principal

Head

Women Empowerment Cell

Director  
Institute of Health Sciences  
Bhubaneswar



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

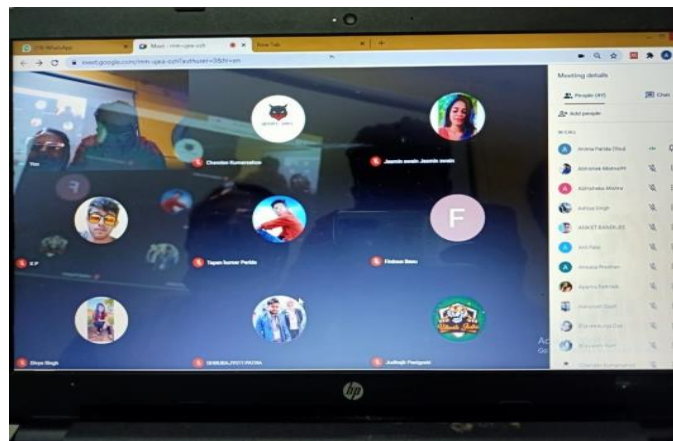
Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

## Women empowerment cell

### Report of the event

<b>Date</b>	<b>06/12/2020</b>
<b>Time</b>	<b>10.30am – 11.30am</b>
<b>Venue</b>	<b>Smart classroom</b>
<b>Resource person</b>	<b>Dr Kajal Rakshit,</b>
<b>Title</b>	<b>Women and health</b>



Women empowerment cell of I H S conducted an E- Webinar on Women & Health; Chief spokesperson was Dr. Kajal Rakshit, Ex – Director of Nursing, Dept. of Health & Family Welfare, Govt. of Odisha. Dr. Kajal informed all the participants about the development in the field of gynaecology & Women’s health on the topic based on which mainly deals with optimal health and healthcare to adolescent girls and women, with focus on the prevention, diagnosis and management of fertility disorders and diseases of gynecological as well as related genetics, path physiology, epidemiology and modern medical practices.

Head

Women Empowerment Cell  
Principal

Principal  
Institute of Health Sciences  
Bhubaneswar

Director  
Institute of Health Sciences  
Bhubaneswar



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

---

## Notice

Ref no: IHS/WS/120/2021

Date: 06/03/2021

This is to inform that Institute of Health Sciences is organizing a training programme on “Yoga for students and working women” for all the students of BASLP and BPT and all the staff of I H S on 08/03/2021 by Mr. Ram Krishna Pattnaik , yoga trainer at Seminar Hall, Chandaka campus at 10.00 am. WEC faculty In-charge of concerned department will be responsible for registration of participants and overall co ordination of the programme

Kindly cooperate in this regard.

Head

Women Empowerment Cell  
Principal

Principal  
Institute of Health Sciences  
Bhubaneswar

Principal

Director  
Institute of Health Sciences  
Bhubaneswar



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

## Report of the event

Date	08/03/2021
Time	10.00am – 12.00pm
Venue	Seminar Hall, Chandaka campus
Resource	Dr Kajal Rakshit,
Title	Yoga for students and working women



On the occasion of International Women’s Day I H S conducted a training programme on “Yoga for students and working women” for all the girl students of BASLP and BPT and all the women staff of I H S. Mr. Ram Krishna trained all the participants about the benefits of yoga therapy and its utilization in the life of every women. He also demonstrated a variety of yoga postures and importance of yoga in everyday life.

Head

Women Empowerment Cell  
Principal

Principal  
Institute of Health Sciences  
Bhubaneswar

Director  
Institute of Health Sciences  
Bhubaneswar



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

---

## Notice

Ref no: IHS/WS/126/2021

Date: 01/06/2021

This is to inform that Institute of Health Sciences, Mental Health Dept. is organizing a Seminar on mental health and wellbeing of women at workplace for all the students of BASLP and BPT and all the staff of I H S on 02/06/2021 by Dr. Pranab Mohapatra, Psychiatrist, KIMS at Seminar Hall, Chandaka campus at 3.00 pm. WEC faculty In-charge of concerned department will be responsible for registration of participants and overall co ordination of the programme

Kindly cooperate in this regard.

Head WEC

Principal  
Institute of Health Sciences  
Bhubaneswar

Principal

Director  
Institute of Health Sciences  
Bhubaneswar



# INSTITUTE OF HEALTH SCIENCES

(A Unit of Margdarsi)

Office: N-2/41, I.R.C Village, Nayapalli, Bhubaneswar – 751015, Ph.:0674-2553640, 2550054

Campus: Chandaka, Bhubaneswar, Khordha, Odisha, pin: 754005, E-mail: ihsbbsr@margdarsi.org, web: www.ihsindia.org

Date	02.06.2021
Time	3.00 pm to 5 pm
Venue	Seminar Hall, Chandaka campus
Title	mental health and wellbeing of women at workplace
Resource person	Dr. Pranab Mohapatra, Psychiatrist, KIMS



Pressures created by multiple roles, gender discrimination and associated factors of poverty, hunger, malnutrition, overwork, domestic violence and sexual abuse, combine to account for women's poor mental health. In this Seminar Dr. Pranab focuses on different aspects of women's mental health specifically women at workplace.

Head  
Women Empowerment cell

Principal  
Institute of Health Sciences  
Bhubaneswar  
Principal

Director  
Institute of Health Sciences  
Bhubaneswar