



INSTITUTION'S  
INNOVATION  
COUNCIL  
(Ministry of Education Initiative)



## Pranveer Singh Institute Of Technology (Pharmacy), Kanpur

### Report On An Online Interactive Session

#### **The Long List Of Girl Problems!! Let's Discuss**

**By: Dr. Anu Singh  
25<sup>th</sup> February, 2025**

#### **Introduction**

**PHARMATEK Club** at **PSIT** (Pharmacy) organized an online interactive session on **The Long List Of Girl Problems!! Let's Discuss** on 25<sup>th</sup> February, 2025, the speaker was “**Dr. Anu Singh**”, a respected Obstetrics & Gynaecologist, to address the diverse health concerns faced by girls and women. This session aimed to provide a platform for open discussion, education, and clarification on various gynaecological issues, ranging from puberty and menstruation to reproductive health and general well-being. The session sought to empower attendees with knowledge, dispel common myths, and encourage proactive healthcare practices. **Dr. Singh's** expertise facilitated a comprehensive overview of prevalent concerns, with a focus on promoting understanding and fostering a sense of comfort in discussing sensitive topics. The session intended to give the attendees information that they could use to better their own health, and to know when to seek professional help.

#### **Our Vision**

- To unlock students potential through technical skills, personality development and inspiring interaction with global experts.

#### **Our Mission**

- To foster students to develop proficiency in industry-specific tools and technologies.
- To arrange seminars/webinars in collaboration with industry experts and facilitate students in networking events and build up connection in the field.
- To publish newsletter and help students gain knowledge and access to research databases and journals.
- To ensure overall development from personality to academic mission.

### **Objective Of The Event**

The session aimed to empower girls and women by fostering open dialogue, dispelling common misconceptions, and promoting proactive healthcare practices. Specifically, it sought to educate attendees on topics like menstrual health, reproductive health, and general well-being, encouraging them to prioritize their health and seek timely medical advice when needed. The session aimed to bridge the gap between medical expertise and public understanding, creating a safe space for questions and fostering a culture of informed self-care.

### **Significance Of The Event**

This online interactive session held significant value by addressing the often-stigmatized and under-discussed aspects of girls' and women's health. By providing a platform for direct interaction with a qualified expert, **Dr. Anu Singh**, the session facilitated access to accurate medical information, empowering attendees to make informed decisions about their well-being. It served to break down barriers surrounding sensitive topics, fostering a sense of community and reducing the isolation many experience when facing gynaecological concerns. The session's emphasis on preventative care and early intervention likely contributed to improved health outcomes, promoting a proactive approach to women's healthcare.

### **Program Overview**

- **PHARMATEk Club** of PSIT (Pharmacy) was successfully organised an online interactive session on **The Long List Of Girl Problems** the guest speaker for the session was **Dr Anu Singh**.
- The session revolved around the discussions on prevalent gynaecological issues affecting young women **Dr Anu Singh** guided the attendees and provided practical advice for maintaining good health.
- In this Online Interactive Session for attendees to ask questions and receive personalized advice.
- The session was well organised by Faculty Coordinator **Mrs Preeti Sharma** and Student Coordinator **Prabal Tiwari** and **Puneet Dwivedi**.
- At the end of session an E-Certificate of Appreciation was presented to **Dr Anu Singh** by **Mrs Preeti Sharma**.

### **Number Of Participants**

The total number of participants were 65.

### **Outcome Of The Event**

The session successfully provided accessible expert information on girls' and women's health, fostering open dialogue and empowering attendees with knowledge for proactive healthcare

## Photo Gallery



**PRANVEER SINGH INSTITUTE OF TECHNOLOGY (PHARMACY)**  
(Formerly Pranveer Singh Institute of Technology)  
College Code: 1210

Online Interactive Session  
On  
**The long list of Girl problems!!  
Let's discuss**

**Tuesday, 25<sup>th</sup> February 2025**  
Time: 10:00 – 11:00 AM

**Guest Speaker**  
**Dr. Anu Singh**  
MBBS | MD | DNB  
Gold Medalist  
Obstetrics & Gynaecology  
Consultant at SKD Hospital, Lucknow

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**Dr. Anu Singh Delivering Her Valuable Insights In Online Session**



### Honouring Excellence: Token Of Appreciation