

Report on WEBINAR Dated 21st June, 2020

In the tenth edition of its associations with the IQACs of Anand School of Social Work, Anand, and Bhopal School of Social Sciences, Bhopal, the Internal Quality Assurance Cell (IQAC) of Sri Guru Nanak Dev Khalsa College organised a webinar on the topic “**Psycho – Physical Challenges of Girls in HEI’s**” on Google meet (<https://meet.google.com/ryf-fghr-kjw>).

Dr. Krishna Shah, Asst. Prof in Department of Gynec and Obs at Smt. Malini Kishore Sanghvi Homeopathic Medical College was the Resource person of the session. She has been practising Classical homeopathy and applied clinical hypnotherapy in various age groups since many years

The webinar focused on the upbringing of girls especially during the puberty and adolescence age. Dr. Shah beautifully spoke about the various taboos and myths that the older generations still believe in and explained the difference between adolescence and puberty.

Dr. Shah asserted that physical changes not only affect the body and appearance but also affect the child psychologically. She expressed her worry about the insecurities that young people develop for their appearance which lead to fear of rejection. The second area of her discussion was about menstruation, in which she covered the challenges that young girls face. She handled such a sensitive topic with great enthusiasm and talked freely about it without any hesitation. When her discussion ended, a question answer round was held where all the queries of the participants were taken.

The Programme concluded with the vote of thanks which was given by Dr. Sheeba Joseph IQAC Coordinator, Bhopal school of social sciences. The webinar was a huge success and enlightened a lot of people to take these psycho - physical changes in girls in a positive way.

REC D Dr. Krishna Shah is presenting N Neeta Dhingra and 59 more 65 2 3:06 PM You 1

Psychological Challenges

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Dr. Krishna Shah

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Psycho-Physical Challenges Of Girls In HEIs

DR KRISHNA SHAH M.D.(HOM), PGDCAH, YCC
CONSULTING HOMOEOPATH, HYPNOTHERAPIST & YOGA INSTRUCTOR

|| Holistic Care presents

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Sheeba Jose

Rahul Kumar

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