

Report on Lecture on Adolescent Health and Gender Sensitization

The Women Cell of Government Degree College (GDC) Theog organized a lecture on Adolescent Health and Gender Sensitization for college students on 4th Dec 2024. The session was conducted by Dr. Sahil from Indira Gandhi Medical College (IGMC) Shimla, who provided valuable insights into the physical, emotional, and psychological changes that adolescents experience.

Dr. Sahil elaborated on the importance of maintaining good health, understanding gender roles, and promoting equality. The discussion also covered crucial aspects such as mental well-being, reproductive health, and the need for open communication regarding adolescent concerns.

Dr. Bhupinder Singh Thakur, Principal of GDC Theog, graced the occasion and emphasized the significance of such awareness programs in shaping a progressive and inclusive society. He encouraged students to adopt a positive approach towards gender sensitivity and health-related issues.

The lecture was followed by an interactive session where students actively participated by asking questions and sharing their perspectives. The event concluded with a vote of thanks by the Convener of Women Cell Dr Nidhi Dhatwalia, acknowledging the contributions of Dr. Sahil and Dr. Bhupinder Singh Thakur for their valuable guidance and support.

This session served as an important step in educating students about adolescent health and fostering a culture of gender equality, ultimately empowering them to make informed and responsible choices.





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