



## Swasth Nari, Sashakt Parivar Abhiyaan

### IMU, Mumbai Port Campus

The *Swasth Nari, Sashakt Parivar Abhiyaan* was conducted successfully at the Indian Maritime University, Mumbai Port Campus on 1st October 2025, from 09:00 a.m. to 10:00 a.m. The initiative was coordinated by **Dr. Vinod Kumar Sharma**, Campus Medical Officer, and structured into two phases:

1. **Clinical medical examination** of girl cadets
2. **Health awareness lecture** on important medical topics

The awareness session provided a comprehensive overview of key health concerns. The lecture addressed:

- **Anaemia, Hypertension, and Diabetes** – their causes, preventive strategies, and long-term health consequences
- **Nutrition during Adolescence** – highlighting the significance of a balanced diet for growth and mental development
- **Menstrual Hygiene** – emphasizing safe practices, awareness, and the importance of breaking stigma

The program aimed to strengthen awareness among women cadets regarding preventive healthcare and healthy lifestyle choices. The participants responded positively, appreciating the relevance of the topics and the clarity of information provided.

In alignment with the theme “*Swasth Nari, Sashakt Parivar*”, the initiative underlined the critical role of women’s health in contributing to the strength and empowerment of families. The program concluded successfully, fulfilling its objectives and leaving a positive impact on the IMU Mumbai Port Campus community.



***Swasth Nari, Sashakt Parivar Abhiyaan IMU, Mumbai Port Campus was conducted successfully on 01<sup>st</sup> October 2025***  
***Left to Right Dr Vinod Kumar Sharma (Medical Officer), Ms Jaya CT (Lady Warden), Dr S Thangalakshmi (Associate Professor), Capt. Sunil Chand Panigrahy Director (i/c), IMU-Mumbai Port Campus, Mr Anil Mishra (Assistant Librarian)***



***Clinical Medical Examination of Girl Cadets at IMU Mumbai Port Campus.***



*Clinical Medical Examination of Girl Cadets at IMU Mumbai Port Campus.*



*Health awareness lecture on important medical topics*



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