

Free session on women's health

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SAS NAGAR: Fortis Hospital organised a session on women's health on its premises on Saturday. Over 30 pairs of mothers and daughters participated in the session titled 'Weekend Conversation'.

Dr Simmi Waraich, psychiatrist, Fortis Hospital, SAS Nagar, delivered a talk on 'Emotional Health' and how mothers and daughters were each other's emotional anchor and best friends. The hospital also honoured Kanwaljeet, Dr Shashi Prabha for setting up an NGO that helps cancer patients both financially and emotionally and Mannat for surviving, with a very positive attitude, 9 surgeries on her lower back.

Dr Waraich said women were more empathetic and social than men, which had helped in strengthening the mother-daughter bond.

She added that mothers nowadays had been investing quality time and energy to bring up their

PSYCHIATRIST FROM FORTIS HOSPITAL SAYS WOMEN ARE MORE EMPATHETIC AND SOCIAL THAN MEN, WHICH HAD HELPED IN STRENGTHENING THE MOTHER-DAUGHTER BOND

daughters as confident and independent human beings.

Dr Ritambhara Bhalla, consultant, obstetrics and gynaecology, Fortis Hospital, talked about Nulife Clinic. She added that daughters could be strong influence in ensuring mothers go for regular checkups.

The mother-daughter teams enjoyed one-minute games specially organised for them. Quiz was another fun-filled event wherein, the daughters who knew the most about their mothers, won prizes. The questions ranged from the mother's favourite colour to what is her haemoglobin.