

S. L. Raheja Hospital Conducts Self-defence and Empowerment Workshop to Celebrate ‘International Women’s Day’

Mahim, Mumbai, March 8th, 2016: S.L. Raheja Hospital – A Fortis Associate, celebrated the International Women’s Day 2016 on Tuesday with women of the neighbourhood communities. Workshop hosted by **Ms Kulkarni, Inspector, Mahim Police Station** imparted Self-defence and Empowerment session to over **100 women** who gathered for the celebration. Chief consultants, nurses and staff of the hospital also arranged for interactive sessions on **Self-defence, lifestyle management and gynaecology**.

As part of the Women’s Day celebrations, the participants were given Tulsi saplings to sow in the hospital campus as a sign of bringing prosperity and better health in their lives. Joined by senior consultants at the hospital, the participants also arranged **cultural programme**. In its endeavour to drive empowerment of women, consultants at S.L. Raheja Hospital also participated in the Times Women’s Drive that covered over 2000kms across Mumbai, Bangalore, Pune and Goa. Driving message of women’s health and importance of early screening and diagnosis, this platform created for the joyful celebration of today’s woman in India. This rally concludes at Goa on International Women’s Day.

Dr Ratnadeep Chaskar, Zonal Director, S. L. Raheja Hospital, said, *“International Women’s Day is celebrated worldwide as the celebration for acts of courage and determination by ordinary women who have played an extraordinary role in the society. We have undertaken multiple initiatives such as self-defence and empowerment sessions, Physiotherapy and Dietician sessions, the Times Drive etc. to celebrate the day”.*

On the occasion of the Women’s Day, S. L. Raheja Hospital also offered a number of women-specific pathological check-ups at deeply discounted rates to its women visitors. To celebrate womanhood, the hospital invited new mothers who have recently delivered girl children and expectant mothers from the nearby areas.

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