



Ministry of Earth Sciences Organizes Special Health Awareness Event to Mark International Women's Day

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To celebrate International Women's Day, the Ministry of Earth Sciences (MoES) organized a specialized awareness session today for its officials and staff. The event focused on the dual themes of women's health empowerment and mental well-being, featuring expert presentations from the Department of Health Research (DHR), Ministry of Health and Family Welfare.

Empowerment and Preventive Healthcare

Dr. Chanchal Goyal, Scientist F at the DHR-ICMR Centre for Evidence-Based Guidelines, delivered a presentation titled *"Women Empowerment, Women in Science, and Women's Health Awareness."* She emphasized that education and financial independence are the foundations of social progress. Dr. Goyal also highlighted critical preventive health measures, particularly the importance of HPV vaccination and regular screening (Pap smears) to combat cervical cancer, noting that health awareness is a vital component of true empowerment.

Prioritizing Mental Well-being

Addressing the often-overlooked aspect of psychological health, Dr. Vikas Dhikav, from the Centre for Evidence-Based Guidelines (DHR), presented on *"Mental Health in Women."* His session detailed the unique biological and social stressors women face across different life stages. Dr. Dhikav urged the staff to break the stigma surrounding mental health and highlighted the importance of early intervention, stress management, and maintaining robust support systems to ensure a balanced and productive life.

Institutional Commitment

The event reflects the Ministry's ongoing commitment to fostering an inclusive workplace and supporting the holistic health of its workforce. By integrating scientific discourse with health advocacy, the Ministry of Earth Sciences continues to empower its women scientists and professionals to contribute effectively to national development.

The event was also attended by senior officials, including **Dr. Kamaljit Ray** (Scientist G), **Shri Vinod Kumar** (Director), **Dr. Jagvir Singh** (Scientist G), and **Dr. Preveen Kumar** (Scientist G).





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