

# चेतना

स्वस्थ नारी, स्वस्थ परिवार

(A Rotary Club - District 3055 Initiative)

**Hello Everyone,**

RCA Solitaire has successfully conducted a awareness seminar CHETNA on Female Health & Hygiene on 2nd February 2025, Sunday in the presence of :

**1. DG - Mohan Parashar | 2. IPDG - Mehul Rathod | 3. DGN - Naimesh N Ravani | 4. DGND - Shyam Kumar**

with the association of CoSponsor Clubs as Suryodaya, Aadarsh, Greater, Supreme, Airport, South, Divyam & Rtn Hardik Sompura.

Out of 7 Focus areas, In this seminar, we covered 5 Focus areas of Rotary as

**1. Disease Prevention & Treatments | 2. Maternal & Child Health | 3. Basic Education & Literacy | 4. Economic & Community Development | 5. Supporting the Environment**

All the Topics which discussed during the Seminar are very close to Females Segments and approx 275 attendees have appreciated the knowledge sharing on ;

**1. Women Empowerment by Dr Rajika T Kacheria  
2. Menstrual Cup uses and Advantages by Dr Archana Shah  
3. Menstrual Cup sourcing and quality parameters by Rtn Ravi Srivastava**

**4. Osteoporosis in Females by Dr Himanshu Mathur & Dr Praveen Nandwana  
5. Cervical Vaccines and Advantages by Dr Harsh Desai  
6. Breast Cancer & Cervical Cancer Awareness by Dr Pooja N Patel**

Felicitation has been done to all the District 3055 Dignitaries, to all the speakers, Advisors and also who registered first in the seminar too.

This was the great success which has been appreciated by each corner of attendees by following all the Rotary Protocols and Time Management.

We are also Thankful to our Sponsors Sterling Hospital, Akshay Swasthya Solutions LLP, Nanda Automobiles and RCA Suryodaya Interact Clubs school staff to make the deliberations a Great Success.

A Free Menstrual Cup, which is as per the EU Standards , having marketing price approx € 25 or ₹ 2500/- distributed FREE to each Registered Entries.

This was the Second District Level Event for RCA Solitaire from the date of Charter adoption on 03.06.2024, in just Nine months of span.

Thanks to Everyone who attended and benefited from this Seminar.

Yours in Rotary,



**Sandeep Mathur**  
Charter President



**Sagar Shah**  
Charter Secretary

& the team of Rotary Club of Ahmedabad Solitaire.

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## स्वस्थ नारी, स्वस्थ परिवार

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Dear President Sandeep Mathur, Secretary Sagar Shah & Team Solitaire,

Heartiest congratulations on the flawless execution of the event! Your dedication and meticulous planning truly reflected in its success. The insightful speakers added great value, making the initiative even more impactful.

Women's healthcare is a crucial cause, and your efforts towards creating awareness and fostering meaningful discussions are commendable. Such initiatives not only make a difference but also inspire others to contribute.

Wishing you continued success in all your future endeavors. Keep up the great work.

Warm regards,  
**Rtn. Puneet Mehra**  
Assistant Governor 2024-25

Thanks so much dear Nupur to Sandeep Bhaiya, Sagar and all the team of Solitaire for organising such an insightful and well-organized session.

The day I got a glimpse of the flyer you shared I told Shyam ji that I wanted to attend it. I had lost two of my first cousins to cervical cancer ...one of them left on 10th of last month. My younger sister too is a breast cancer survivor. Seeing all the pain over the years I needed to keep myself more informed.... Although Google has never ending data on all these topics I found most of them are scary and misleading.

Most of the Doctors who were at the seminar yesterday made the topics easy to understand. I felt so glad to have attended it. And most importantly I look forward to promote the use of Menstrual cups with my school students and friends.

Since I had to leave for Pune soon after the event I looked forward to send this message to you today...and was so overwhelmed to see the pics and your thoughtful message..... lots of thanks to you for all your love.

I truly loved your humble nature and genuine concern ..and am glad the club MOC also acknowledged your efforts for the event. Great going dear. See you soon and more frequently at the other events .

Do share our thanks to Sandeep Bhaiya ,Sagar and Team Solitaire. Glad to have an awesome friend like you

**Rtn Uma Shyam Kumar**

**The Chetana Seminar** on women's health was truly commendable, addressing crucial yet sensitive topics with expertise and care. District Leadership and RCA Solitaire deserve high appreciation for organizing such a meaningful event. The insights shared by esteemed doctors provided valuable guidance on prevention, making the seminar not just informative but an eye-opener. Kudos to Team Solitaire for bringing together such stalwart experts and delivering an impactful program.

**Rtn Harish Tekchandani**

"ચેતના" ખરેખર એક સુંદર સેમિનાર હતો. વુમન હેલ્થ ના તમામ પાસાઓ આવરી લેતા તમામ સ્પીકર દ્વારા ટેકનિકલ ઇન્ફોર્મેશન સરળ ભાષામાં રજૂ કરવામાં આવી. આજના સમયની જરૂરિયાત મુજબ મહિલાઓ માટે ના સેમિનાર તરીકે ૧૦૦ આઉટઓફ ૧૦૦ માર્ક આપવા પડે તે મુજબ ના વિષય કહી શકાય. હોસ્ટ ક્લબ નુ સુંદર આયોજન અને સંચાલન અને સાથે પાર્ટનર ક્લબો ના સહયોગથી સેમિનાર દરેક માટે માણવાલાયક બની રહ્યો ગવર્નર શ્રી ,માથુરજી, શ્રી વાસ્તવ જી, મિસીસ માથુર, મહેન્દ્રભાઈ, સોનિયાબેન, વિનોદજી , સાગરજી સહીત તમામ ને અભિનંદન. સ્પીકર ના લેક્ચર ના વિડીઓ કે પીપીટી શક્ય હોય તો શેર કરી અન્ય મિત્રોને આ સેમિનાર નો લાભ આપી શકાય તેવુ નમ્ર સંજેશન સાથે બાબુભાઈ પ્રજાપતિ રોટરી ક્લબ પાટણ



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