

PRESS RELEASE

Prioritizing Personal Health Is Not Selfish, but Essential for Family's Strength: Bageshree Manthalkar

Interactive Session on 'Women's Health and Hygiene' Organized for Female Employees at PMRDA Headquarters Under 'Sewa Sankalp Abhiyan 2026'

PUNE: Women possess an immense capacity to embrace and care for their entire family; however, in the process of caring for others, they constantly neglect their own health and diet. Prioritizing one's own health is not selfishness, but a fundamental necessity for empowering the family, stated Mrs. Bageshree Milind Manthalkar, Management Council Member of Savitribai Phule Pune University (SPPU), Independent Woman Director at MNGL, and prominent social activist.

She was speaking as the key resource person at a special interactive session on **'Women's Health and Hygiene'**, organized for female officers and employees in the Chhatrapati Shivaji Maharaj Hall at the Pune Metropolitan Region Development Authority (PMRDA) headquarters. The event was held under the Central Government's **'Sewa Sankalp Abhiyan 2026'**. PMRDA Joint Commissioner (Administration) Rupali Awale-Dambe and Deputy Chief Accounts and Finance Officer Savita Nalawade were prominently present on the occasion.

Highlighting health concerns, Mrs. Bageshree Manthalkar pointed out that nearly 75% of women and young girls currently have hemoglobin levels below 12. Deficiencies in Vitamin B12, B3, and Omega fatty acids are also widely prevalent, primarily driven by poor dietary choices and junk food consumption. She advised replacing processed foods with traditional, nutrient-dense options such as flaxseeds, sesame seeds, niger seeds (*karale*), drumstick leaves, snake gourd, bottle gourd, salads, and fresh accompaniments (*koshimbir*). She further emphasized the importance of staying adequately hydrated and ensuring 7 to 8 hours of deep sleep daily.

Warning against excessive use of mobile phones and social media, she urged women not to let screen time disrupt their sleep patterns. To combat physical stiffness, she recommended daily basic exercises and physical movement at home. "Self-love and self-care are not acts of selfishness; they are prerequisite conditions for keeping a home and family strong. Mental health is just as crucial as physical well-being. Women should express their emotions freely without bottling up stress," Manthalkar appealed. Senior officers present at the session also urged female employees to remain vigilant about their health. Emphasizing the principle 'Prevention is better than cure,' they advised women to prioritize their well-being. It was recommended that women undergo a comprehensive annual health check-up on their birthdays, enabling early detection and timely management of nutritional deficiencies or serious illnesses.

The program was anchored by Vishakha Chintal, Superintendent of the Administration Department, who also delivered the vote of thanks. A large number of female officers and employees from PMRDA attended the session.

Purushottam Sangle, Information & Public Relations Officer, PMRDA, Pune