



Hindu Women Forum Adelaide Women's Success Workshop 2: Health Session



On Saturday 12th May 2018 the Hindu Women Forum (HWF) successfully delivered their second Women's Success workshop to Hindu women in the Adelaide community to provide vital health information.

The Women's Success Workshops were created as a result of the Forum meeting and discussing the various needs of women in the community. This included the need for support services, providing guidance on participating in the Australian work force and fostering leadership skills. The series currently consists of three workshops for Employment Skills, Health Issues and Women's Rights.



Through word of mouth and social media advertising, the workshop attracted 28 registrants and 21 women attended.

The workshop was opened with a Welcome to Country address and Gayathri Mantra by our Master of Ceremony Mrs Geetika Verma (MC), an active member in the Hindu Women's Forum. The MC went on to provide a brief overview of HWF, our goals and mission and a short summary of the day's agenda.



The first guest speaker was Ms Marita Aldridge from Breast Screen SA who provided a brief overview of services available to women and how often they should be getting checks. This was part of a larger three essential check campaign launched by the Australian government.

Aneeta Pillay from HWF provided an overview of the remaining two checks on behalf of National Bowel Screening and Cervical Screening SA. Aneeta also provided information about women's health services and how vulnerable women can get in contact with support services for domestic violence. All attendees were provided with take-home bags full of goodies donated from these vital service groups.



Approva Mahan, a psychologist and animal rights activist and strong advocate of vegan lifestyles presented on healthy and ethical lifestyles.



After a short break, Meghan Mann from Health Direct Australia (flew in from interstate) provided a very thorough presentation of the Federal Governments Health Helpline and the services that are available to all Australian residents. It was also explained, how to access these services and the future expansions to those service offerings. Meghan remained for the full workshop session and was happy to answer questions from the attendees throughout the event.



This was followed by Vani Shukla's very interactive (and highly popular) Yoga for Health segment. Vani is a professional Yoga teacher. She briefly went through the many benefits of practising yoga regularly and how women often forget to take time out to invest in ourselves.

Vani showed all the participants a number of easy exercises that everyone could do whilst sitting in their chairs and explained the benefits of practising each of them.



Aneeta Pillay then ran through a presentation about Diabetes Type 2 on behalf of Diabetes SA. This presentation was an interactive session requiring each participant to complete a diabetes risk checklist which has been devised to determine a participant's diabetes risk. Aneeta also quickly ran through a step by step guide on how to find a Health Practitioner through the SA Health website.



Lunch was then served and allowed attendees and presenters to network. Each member of the HWF provided a dish that was served as lunch to all the attendees.

This event would not have been possible without the generous and selfless commitment from the members of the HWF and VHP of SA. Feedback received from the workshop was positive and humbling.

Please stay tuned for upcoming workshops from HWF.

Thank you and Srijan Shakti!