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## MGM Healthcare Commemorates International Women's Day by embracing women's health through art

**MGM Healthcare**, a multi-specialty quaternary care hospital in the heart of Chennai, celebrated International Women's Day by hosting a variety of events as part of the women's health awareness campaign. With 'Healing to Empower' as the theme a huge colossal piece of art featuring works of 32 artists was curated and unveiled to the audience. A special health talk for women was delivered by Dr. Jaishree Gajaraj, Senior consultant Obstetrics and Gynaecology, MGM Healthcare, which highlighted the need for developing a healthy lifestyle.

Using art as a medium, MGM Healthcare invited 32 fine art students from Stella Maris College to curate and produce a magnificent work of art that speaks for itself and echoes the message that women need to put an emphasis on their health and wellness. Each painting exemplified a different quality that women possess, such as fortitude, empathy, creativity, tolerance, dignity, gentleness, kindness, and integrity.

**Dr A Jaishree Gajaraj, Senior Consultant, Obstetrics & Gynaecology, MGM VARAM, MGM Healthcare's dedicated women's super-speciality centre**, spoke about the need for women to focus on maintaining their health. Women should focus on their health as a priority, just as we do with the other aspects of our lives. In the long run, it will be beneficial to make sensible and healthy decisions. Also, educate women who have less access to information by sharing your knowledge and awareness with them. We have to empower women physically, mentally socially and the work front digitally as well".

**Mr. Harish Manian, CEO MGM Healthcare** felicitated Dr. Jaishree Gajaraj, Senior Consultant, Obstetrics & Gynaecology, Dr. Lakshmi Aswathaman, Senior Consultant, Obstetrics & Gynaecology and Dr. Niveditha Bharathy K, Senior Consultant, Obstetrics & Gynaecology for the service towards enriching women's health.

The artists from Stella Maris College were commended for making this campaign a vibrant expression of art by **Mr. Harish Manian, CEO of MGM Healthcare**. "The pieces of art beautifully capture the essence of the theme, 'Healing to Empower'. A stronger women community means a stronger world, so I encourage women everywhere to put their health first. The empowerment of women is everyone's shared responsibility".

On this occasion MGM Healthcare also launched an exclusive 'Well Women Check' One+One offer for Women on any Preventive health check package beginning from 8th March.

Extracts from: Chennai Vision (e-paper)

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Link : <https://chennaivision.com/mgm-healthcare-commemorates-international-womens-day-by-embracing-womens-health-through-art/amp/>