

Dr.Sonal Desai (Gynecologist, Teenage Girl's Health & Awareness Activist)

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In a Country where topics like sex education and menstruation are still considered tabooed discussions. Dr. Sonal Desai comes as a beacon of hope for hundreds of young girls out there, tirelessly educating them about their health and bodies, giving them a safe place to discuss their problems which otherwise they could never speak about. Through her organization, Sahaj Health care, she has enlightened and

revolutionized hygiene and health care for young girls in the State.

She says, "A woman's body is complex and needs nurturing and care. Puberty is the most delicate stage when young girls undergo physical and mental changes. You need a mentor, a confidante at that time to discuss your problems and issues so

that you grow up to be confident in your own skin, a self-assured young woman. To me, the main tenet of feminism involves women taking pride in themselves an empowered woman is someone who respects herself, and her body. Even today so many of us cringe when we talk about the female body. How one spread awareness and healthy choices does is such a scenario? That is what I hope and strive to change, women need to understand that their body is not something to be ashamed of and that their physical and mental health when there is dissemination and receiving of information

Women need to respect and prioritize themselves, their bodies, their being, the totality of it all, whether she is a home maker, an artist, author or doctor, women need to respect and love themselves, internalize that they are adept and complete, and perform a thousand tasks daily to keep things balanced and functioning. That's what feminism to me is about, enabling and empowering women to access opportunities, and help them make better choices and lead fuller lives.”