

Aurora's Degree & PG College

(ACCREDITED BY NAAC WITH 'B++' GRADE)

Chikkadpally, Hyderabad 500020

EVENT / ACTIVITY DETAILED REPORT

Talk

On

Challenges of Middle aged Women in Balancing Healthy Life Style

NAME OF THE EVENT / ACTIVITY	Talk On "Challenges of Middle aged Women in Balancing Healthy Life Style"
TYPE OR TITLE OF EVENT / ACTIVITY	Seminar
FACULTY INCHARGE	Dr Surkyakanthi N
DEPARTMENT/CELL/COMMITTEE/CLUB	Women Empowerment Cell
DATE	22-12-2018
VENUE	Aurora's Degree & PG College
TARGET AUDIENCE	Faculty Members
GUEST SPEAKER	Dr. N Rashmi, Gynecologist & Obstetrician, Hegde Hospitals, Hyderabad

Introduction:

The menopausal transition affects each woman uniquely and in various ways. The body begins to use energy differently, fat cells change, and women may gain weight more easily. They may experience changes in their bone or heart health, their body shape and composition, or in their physical function. Many women experience symptoms of anxiety, loss of confidence, 'brain fog' and other symptoms relating to their mental health during menopause. To aware the female faculty about menopausal transition Women Empowerment Cell have organized a talk by Dr. N Rashmi

Brief about the Event:

The Women Empowerment Cell of Aurora's Degree & PG College Organized an Awareness Lecture on "Challenges of Middle age Women in balancing Healthy Lifestyle" by Dr. N Rashmi. She explained how to manage Menopause by following healthy life style. She gave an overview of the symptoms and an update on the therapies that should be taken during menopause stage. She raised awareness about the realities of menopause. After the talk some of the faculty members interacted personally and clarified their doubts about menopause stage.

There were about 60 faculty participated in the event, the feedback from the participants was highly positive.

Outcome:

Participants got aware about

- Common symptoms of the menopause
- Manage healthy lifestyle during Manopause
- Premature and early menopause

