

STUDENTS' COUNCIL PROGRAM

NAME : HEALTH AWARENESS PROGRAM

DATE: 19th September, 2024

TIME: 2:30pm to 4:00pm

VENUE: Auditorium

CO-ORDINATOR: Students' Council; Shri Shikshayatan College

COLLABORATOR: Manipal Hospital (AMRI); Dhakuria; Kolkata

TOPIC: Gynaecological Problems & Solutions

SPEAKER: Dr. Irina Dey; Senior Consultant – Gynaecology

PARTICIPANTS: 425 students and 10 Faculty

DESCRIPTION: The program was organised to address the common gynaecological problems faced by young girls.

OUTCOME: It helped the students to understand the importance of lifestyle change incorporating healthy balanced diet and exercise to deal with not just the common gynaecological problems like PCOS, PCOD, Uterine Fibroids, UTI, gynaecological cancers and STDs but also the common issues faced by students like anxiety, stress, panic attacks, depressions caused by hormonal imbalance. The whole hearted participation of students in the interactive part of the session made the event a successful one.

