

MES Night College of Arts & Commerce,
Karve Road, Pune

Report on Women's Health

Date: 10/02/2021

Time: 4.00 p.m. to 5.00 p.m.

Guest Speaker: Mrunmayi Anand Bongir.

MES Night College of Arts & Commerce, under the guidance of the principal Dr. Atul Kulkarni conducted workshops on Women's Health.

The session started at 4:00 p.m. with the introduction of the guest speaker Mrs. Mrunmayi Bongri followed by the felicitation of the guest speaker.

The speaker explained all the principles of women's health as follows: Women are more prone to ovarian cancer, breast cancer, heart disease, depression, and anxiety, and are ranked as the topmost in wellness and health issues for women.

These include gynecological health, such as menstruation pregnancy, and related topics, such as prenatal care, conditions that affect fertility, such as Primary Ovarian Insufficiency, reproductive health, such as birth control and other conditions, such as Turner syndrome.

Precautions suggested by the speaker are sleeping well, exercising daily, a proper diet, and regular checkups, proper intake of fruits and vegetables, drinking lots of water and staying hydrated, meditating to reduce stress, etc.

The speaker also explained how to improve women's health. A nourishing diet is the foundation of a healthy lifestyle, eating a balanced diet is crucial to a woman's overall health. Good foods provide vitamins, minerals, and nutrients that are important for growth, well-being, and development.

The major physical changes girls can expect as they go through puberty.

The workshop session was arranged by Prof. Amardeep Gurme, Prof. Ravindra Shinde, Prof. Bhushan Biradar and the student volunteers managed the workshop session. The support and cooperation of Non-Teaching Staff also contributed to making the Workshop Session successful and noteworthy.