



**A Report on
Workshop conducted by
APARAJITHA- WOMEN EMPOWERMENT CELL,
SSMRV COLLEGE**



1. A Health Talk on “Adolescent girls and about menstrual pads” by Dr.Radha Rao

2.Clinical psychologist session on “Anxiety & Depression amongst teenager(girls)” by Dr.Vijaya Geetha”

The APARAJITHA - Women Empowerment Cell, SSMRV College organized a Workshop on

1. “A Health Talk on “Adolescent girls and about menstrual pads” by Dr.Radha Rao

2.Clinical psychologist session on “Anxiety & Depression amongst teenager(girls)” by Dr.Vijaya Geetha”

” on 7th December 2022 in SSMRV college Auditorium - Marking the Occasion of Universal Health Coverage Day = Build the world want : A healthy future for all.

The Speakers for the day were **Dr. Radha Rao**,. Senior Consultant(Obstetrics & Gynecology),Apollo cradle and children's hospital, Bengaluru And **Dr. Vijaya Geetha**. Counselling Psychologist, Apollo CM Fertiliy.

Compeering was done by Ms. Zaheera Begum, Member, Aparajitha-WEC, SSMRV College.

Welcome: The event started with a Welcome Speech by Mrs. Shakeela M K, Co-ordinator, Aparajitha-Women Empowerment Cell, SSMRV College.

Principal Address: Dr. S. Anil Kumar, Principal SSMRV College, addressed the gathering and inspired the Students with his motivational words.

About the Talk:

Dr. Radha Rao briefed the gathering on the point of Adolescence has been recognized as a special period that requires specific attention as it marks the onset of menarche, an important milestone, and hence good hygienic practices during menstruation are crucial to maintain a healthy life.

Dr. Radha Rao even stated that reusable pads experienced improvements in comfort and reliability. Puberty education sessions should increase attention to body awareness and include strategies to address a wider range of practical menstrual challenges, including pain management. Hence Dr. Radha said there has been increasing emphasis on the potential for interventions addressing this issue to improve girls’ health, education and psychosocial wellbeing.

She stressed that anxiety was reflected in girls’ recollections of menarche. Reproductive tract infections, which has become a silent epidemic that devastates women's life is closely interrelated with poor menstrual hygiene. Therefore, proper menstrual hygiene and correct perceptions and beliefs can protect the womenfolk from this suffering.

Later in her talk she emphasized that- Before bringing any change in menstrual practices, the girls should be educated about the facts of menstruation, physiological implications, about the significance of menstruation and development of secondary sexual characteristics, and above all, about proper hygienic practices with selection of disposable sanitary menstrual absorbent.

Dr. Vijaya Geetha the psychologist spoke on both anxiety and depression are on the rise in teens, and anxiety is currently the top reason why a parent brings a child to a mental health professional. Because an untreated anxiety disorder is one of the top predictors of developing depression as an adolescent or young adult, the need for prevention.

Dr. Vijaya Geetha stressed on working together: essential collaboration with parents, schools, and outside providers.she even stressed not to use of electronic devices and social networks.

The session was followed by an interactive question and answer session with the Participants. And distribution of Free Reusable cloth pads to all female student participants.

Time Duration: The Programme lasted from 2:45 PM to 5:20 PM. Venue: Auditorium

Attendees/ Presence:

Around 80 Students who are pursuing their Bachelor’s Degree from this Institution, attended and benefited from the programme.



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Sivananda Sarma Memorial R.V. College

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APARAJITHA
Women Empowerment Cell

INVITES ALL



HealthTalk on Adolescent girls and about Menstrual Pad



Dr. Radha Rao

Clinical Psychologist Session on
Anxiety & Depression amongst teenagers (girls)



Dr. Vijaya Geetha



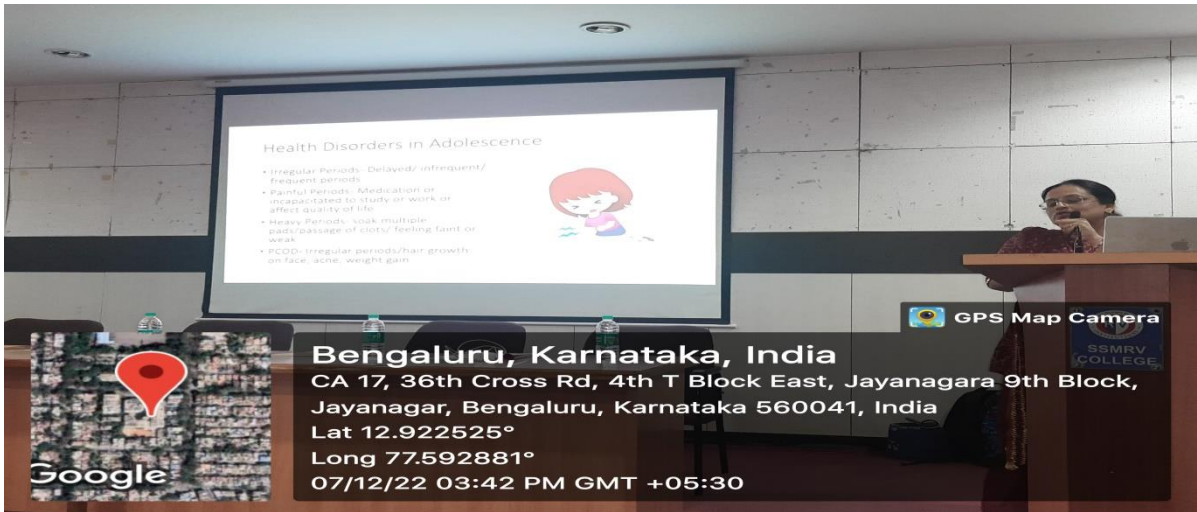
Wednesday 7th December 2022 | 3 PM

SSMRV College Auditorium

Mrs. Shakeela M K
Convenor
APARAJITHA
Women Empowerment Cell

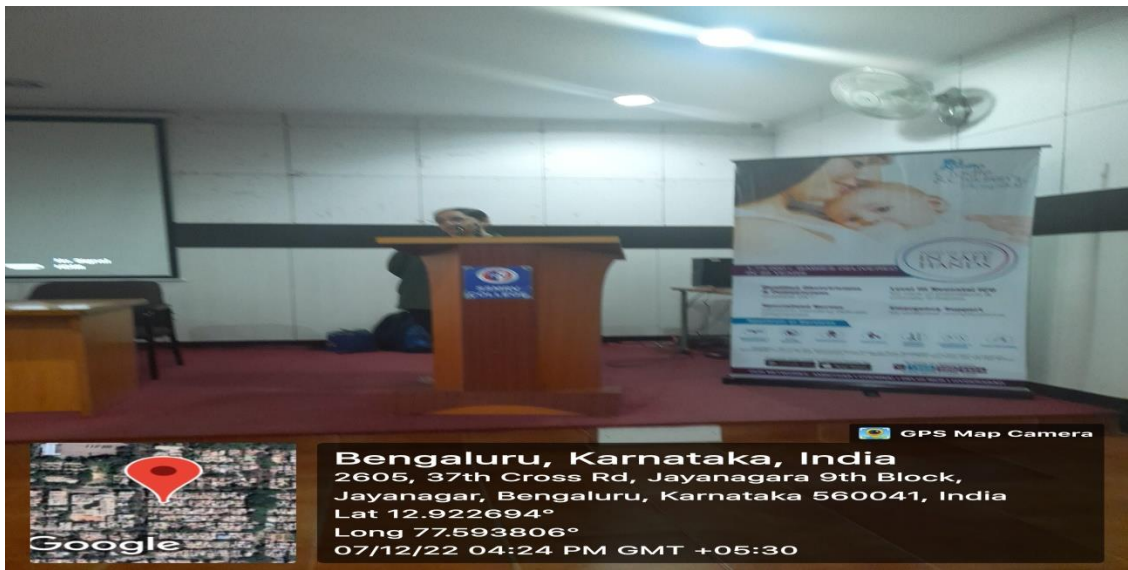
Presided by
Dr. S. Anil Kumar
Principal, SSMRV College

Go, change the world





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