



SSMRV College®
#17, 26th Main, 36th Cross, 4th T Block, Jayanagar,
Bengaluru - 560041, Karnataka, India

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Activity Report

Academic year 2024-25 (June 2024 - May 2025)	
Name of the Activity	"Know Your Health" Organized by the Women Empowerment Cell Investiture Ceremony of WEC office bearers for 2024-2025
Date	12 th November 2024
Time and Venue	3 Pm to 5 PM
Mode (Online/Offline)	Offline
Organized by: Name of the Hub Head Name of the Activity Centre	Centre For Sustainability Women Empowerment Cell
Hub Coordinator and Activity Centre Coordinator	Ms. Shakeela M K
Nature of activity	Extra Curricular
Topic Name	Know Your Health
Resource Person Details (Name, Designation and Organization/Institution)	Dr. Radha S Rao, MBBS, MS (Obs & Gyn), MRCOG (UK) Consultant Obstetrician and Gynaecologist Specialist in Women's Health
No. of Participants	80
Objectives of the activity	<ul style="list-style-type: none">* Raise Awareness on Women's Health Issues* Promote Sustainable Menstrual Practices* Encourage Healthy Lifestyle Choices* Create a Safe Space for Open Discussions-PCOD (Polycystic Ovary Disease), Painful Periods (Dysmenorrhea)
Methodology	Interactive engagement The "Know Your Health" seminar was designed to be an engaging, informative, and interactive event that combined expert-led presentations, practical demonstrations, and open discussions to ensure active participation and a comprehensive learning experience.



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Outcome of activity	<ul style="list-style-type: none">• Increased Awareness: Participants gained a deeper understanding of menstrual health issues like PCOD and painful periods, along with practical management strategies.• Promotion of Eco-friendly Practices: Attendees were introduced to sustainable menstrual products (e.g., menstrual cups, cloth pads) and their environmental and health benefits.• Improved Knowledge of STIs: The seminar provided clear information on STI prevention, symptoms, and treatment, empowering participants to make informed sexual health choices.• Adoption of Healthy Lifestyle Habits: Teenagers received practical advice on nutrition, exercise, stress management, and sleep hygiene for overall well-being.• Engagement and Interaction: The seminar encouraged open discussions, allowing participants to ask questions, share experiences, and gain clarity on sensitive health topics.• Empowerment and Confidence: Attendees felt empowered to take charge of their health with the knowledge and confidence gained from the seminar. <p>The use of Kahoot, an online quiz platform, allowed real-time engagement, with participants answering questions on their phones or devices. This format kept the audience active and involved throughout the ceremony.</p>
Feedback	<p>The feedback showed that the seminar achieved its goals of educating, empowering, and engaging participants. Attendees were highly satisfied and appreciated the open space for learning about health topics related to women.</p> <p>The Investiture Ceremony was a successful and inspiring event and this event also set the stage for the new team to take charge with a renewed sense of purpose. The ceremony reflected the institution's commitment to nurturing leadership skills and creating a platform for students to grow and excel.</p>

Invitation, Google tagged photos & any other supporting documents

(Participants List, Resource Person's brief profile)



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APARAJITHA-WOMEN EMPOWERMENT CELL

In Association with

Apollo Cradle and Children's Hospital

Cordially invites you to a Seminar on



KNOW YOUR HEALTH

Full of Caring, Healthier Tomorrow



Dr. Radha S Rao
MBBS, MS, MRCOG(UK)



TOPIC::

- Menstrual Problems
- PCOD & Painful periods
- Eco- friendly menstrual management
- Sexually transmitted Infections
- Healthy Lifestyle tips for teenagers



12th November
2024,
Tuesday



3 PM



Seminar
Hall

Ms. Shakeela M K
Coordinator
Women Empowerment Cell

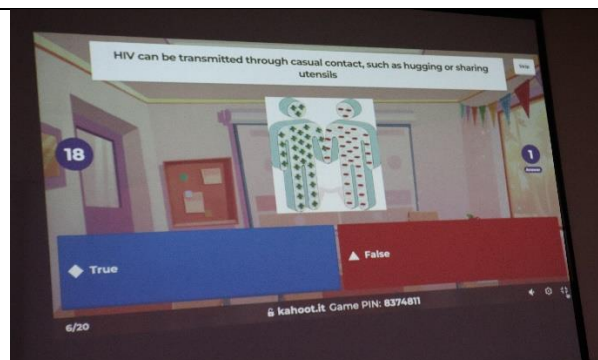
Dr. Geetha R
Principal
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Convener

Hub Coordinator

Principal