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Session on Woman's Health

Topic :	Session on Woman's Health
Date of event :	February 5,2011
Aim of the Event :	A session on Women's Health was organized for all the faculty members by Women Cell, RDIAS. The session was taken by Dr. SN Basu, MBBS (Gold Medalist), MS, MRCOG (UK), FRCOG (UK), Head, Department of Obstetrics, Gynecology and Infertility, Jaipur Golden Hospital. This session focused on the gross disparity in health and social equality women experience, and its consequent effects on relationships, job obtainment, and general happiness.
Event Report in brief:	<p>Women are a powerful resource for the society. A healthy and happy woman leads to a well developed family.</p> <p>The session started with the doctor explaining about the "Cycle of life ". She stated that once a baby girl is born into the family, she grows up to be a beloved daughter who then gets married off and starts with her own family. At each stage in her life she has to be given special care because of the biological and social issues faced by her.</p> <p>Doctor Basu spoke of issues like Menarche, Pregnancy, post natal and pre natal care, Menopause, Dietary Requirements of males and females, Regular Health Checkups, Sexual Harassment of girls as well as boys and the expected response from teachers, parents and society. Her talk was complemented with a presentation consisting of pictures of patients and situations which made the problems and changing pattern of woman's health look much more real and valid.</p>

The Doctor also highlighted that the change in a woman's metabolism is a reflection of the changes in our style of living. The factors which contribute in this area are increase in level of stress, hectic jobs, imbalanced work life and late night studies by students which increase the exposure to light and thus cause harm to the natural metabolism.

Blame it on changing lifestyle or lesser body resistance; women's growing health issues are catching everyone's eyes. And while there's little that's being done to avoid them, sessions like these would help in contributing towards creating awareness and cajole young girls and women in taking responsibility towards themselves.

An extremely interesting session which would prove useful if we implement even one third of what we all learnt. Dr. Basu's session was indeed a wake up call for one and many!