

WOMEN'S HEALTH AWARENESS PROGRAM – 2018

The Annual Women's Health Awareness Program was held on the 3rd of



March, 2018 at Ramaiah Memorial Hospital. About 150 participants from various walks of life attended the program. Consultant doctors from several departments discussed a plethora of topics including medical, surgical, endocrine, dermatological and gynecological problems,

adolescent issues, knee exercises, lifestyle modifications and diet plans with the participants. The program was mostly interactive with a "Question and Answer" session following each lecture. The program concluded with a skit on women's health staged by the students of Ramaiah Medical College. Posters crafted by the students, based on the theme "Time is Now – Rural and Urban Activists Transforming Women's Lives" were displayed at the venue. The entire event was organized and supervised by the organizing committee comprising of Dr. Medha Y. Rao (Principal and Dean, RMCH), Dr. Kalaivani V (Dept. of Surgery), Dr. Anupama Pujar (Dept. of Surgery) and Dr. Ashwini Naik (Department of Obstetrics and Gynecology) with relentless help from the student volunteers. With the program having addressed multiple trending health issues and with the audience's queries having been convincingly and comprehensively clarified by physicians, surgeons and physiotherapists with several years of experience, the participants dispersed after lunch with a clearer understanding of multiple health issues and the contentment of having spent the day constructively.