

WOMEN HEALTH AWARENESS PROGRAM

“Time and health are two precious assets that we don’t

Recognize and appreciate until they have been depleted”.

Recognizing the importance of this quote and part of international womens day celebrations,women health awareness program conducted on the first day of march at then auditorium,tagore dental college and hospital,Chennai. Two eminent speakers, **DR.premalatha and Dr.sampath kumari**, both Gynaecologists by profession and associated with Tagore medical college and hospital, Chennai were invited to address the gathering which consisted of I,II,III. Both the speakers stressed upon the importance of diet, nutrition, exercise and maintenance of hygiene especially during the menstrual periods ,the main take home message for the student was:

- Importance of balanced diet and nutrition-to take balanced and nutritious food to ensure the nutritional status of the body is maintained .the students were also advised to consume greater quantities of green leafy vegetables and other food sources rich as iron so as to avoid becoming victims of iron deficiency anaemia.
- Avoidance of junk food-to eat those food items that were advocated by grandmother and great grandmother to totally avoid those food items not approved by them.
- Essentiality of exercise-the essentiality of exercise was also stressed upon and the students were advocated to perform mild exercise (either walking or simple yoga asanas) for 30 to 40 minutes, twice a day.
- Maintenance of hygiene especially during menstrual period was emphasized upon not only prevent the onset of any infections but also overcome the minor health issues and disturbances that one comes across during menstrual cycle.
- Unity-Also the advantages of overcoming ones ego and being united and helping friends was emphasized as

“The I in Illness is Isolation&

Crucial letters of Wellness are W,E”

Believing in this principle, the Management and staff of Tagore dental college and Tagore medical college work together hand in hand for providing health care services to the students and community.