

Avinashi Road, Arasur, Coimbatore.

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NBA Accredited (CSE, ECE, EEE, MECH, CIVIL)

### WOMEN'S HEALTH AND WELLNESS

Event No	BM001				
Organizing Department	Biomedical Engineering				
Associate Dept.   NSC	Women Empowerment Cell				
Date	08/03/2024				
Time	09:30 AM to 10:30 AM				
Event Type	Guest Lecture				
Event Level	Dept. Level				
Venue	Ragam hall				
Total Participants	285				
Faculty - Internal	4				
Students - Internal	281				

### **Related SDG**



#### **Resource Persons**

SI	Туре	Name	Designation	Company	Email	Phone
1	Resource Person	Kalaivani	Consultant Obstetrician and Gynaecologist	Royal Care Super Speciality Hospital, Coimbatore	contact@royalcarehospitals.in	xxxxxxxxx

## Involved Staffs

SI	Name	Role
1	Krishna Kumar R	Coordinator
2	Umapriya R	Coordinator

#### Outcome

Students were able to gain knowledge on General Health tips for Women. Students were able to discuss with Dr. Kalaivani Logesh in person about their Gynae related health issues.

# **Event Summary**

The Department of Biomedical Engineering in association with the Women Empowerment Cell (WEC) is celebrating International Women's Day by organizing an Expert Lecture by Dr. Kalaivani Logesh, Consultant Obstetrician and Gynaecologist, Royal Care Super Speciality Hospital, Coimbatore titled 'Women's Health and Wellness' on 8th of March, 2024. Dr. Kalaivani Logesh delivered an engaging and informative guest lecture on women's health and wellness, shedding light on crucial aspects for maintaining a healthy and balanced lifestyle. The lecture aimed to empower the audience with knowledge and promote proactive healthcare practices. She emphasized the importance of a holistic approach to women's health, considering physical, mental, and emotional aspects. The lecture covered various aspects of reproductive health, addressing topics such as menstrual health, proper diet and the importance of regular Gynaecological check-ups. Dr. Kalaivani Logesh stressed the need for open communication and awareness of vaccination for cervical cancer. She began by highlighting the importance of cervical cancer awareness. The lecture covered the risk factors, symptoms, and the significance Guest of regular screenings, such as Pap smears and HPV vaccinations, in preventing cervical cancer. Attendees were educated on the early detection and treatment options available. She discussed about normal menstrual cycles, common issues, and when to seek medical advice. The importance of maintaining menstrual hygiene was emphasized, promoting overall reproductive health.





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