

**Website Report**  
**on**  
**“Women Health Wellness: awareness on preventing female disorders”**

<b>Title</b>	Special talk on “Women Health Wellness: awareness on preventing female disorders” Organized by Women’s Cell @ RDIAS
<b>Date</b>	March 28, 2018
<b>Resource Person/Facilitator</b>	Dr. Nupur Gupta, Gynaecologist surgeon, from Well Women Clinic
<b>Summary</b>	<p>In an ongoing effort to emphasize health education among the female members of RDIAS, Women cell organized a Health Awareness Lecture specifically for women on March 28, 2018 wherein Dr. Nupur Gupta, Gynaecologist surgeon, from Well Women Clinic shared her valuable insights about set of biological health issues and female disorders common in women. Women’s health has multi-faceted issue, and the department of ageing is one of the facets with which every women deal every day. There are certain health issues that are unique to women and hence those are needed to be explored with a reason behind them.</p> <p>The lecture basically focused on educating women on how to incorporate healthy habits into their lives on a daily basis and showed them how they can impact the health of their entire families by making small changes. Dr. Nupur also discussed about common reproductive health concerns of women like Endometriosis, Uterine fibroids, Gynecologic cancer (cervix cancer), HIV, Interstitial cystitis, Polycystic ovary syndrome and STDs. Further elaborating about the issues she made the audience aware about the preventive measures that can be taken care of and help them to prevent from such diseases and disorders. The session was attended by 40 female students and faculty members. After the lecture, audience had the opportunity to ask questions related to the topic discussed. Overall the session was valuable and fruitful to all the attendees.</p>