



# TECNIA INSTITUTE OF ADVANCED STUDIES

Approved by AICTE, Ministry of HRD, Govt. of India Affiliated To GGSIP University, Recognized under Sec 2(f) of UGC ACT 1956  
INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI- 110085  
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<b>Event</b>	: Workshop
<b>Topic</b>	: Wellness of the Society begins with Family Health
<b>Resource Person</b>	: Dr. Shilpi Khare, MBBS, MS (Gynae and Obs)
<b>Schedule</b>	: 12:30 PM to 2:00 PM
<b>Date</b>	: September 24th, 2014
<b>Day</b>	: Wednesday
<b>Faculty Incharge</b>	: Dr. Ajay Pratap Singh (CPC), TIAS
<b>Faculty Coordinator</b>	: Dr. Gurvinder Kaur, TIAS
<b>No of Students</b>	: MBA, MCA, BBA, BJMC (All Semesters)

## Objectives

1. To provide knowledge on female reproductive system.
2. To provide valuable information and guidance on PCOS, PMS, Contraception, Anaemia, Dysmenorrhoea and Menstruation basics.
3. To provide a platform to the female students and staff members to openly raise their doubts, discover their problems with a Gynaecologist and provide right solutions to them.

## Report

A workshop was organized by Tecnia Institute of Advanced Studies in collaboration with Cipla on the topic “Wellness of the Society begins with Family Health” on 24<sup>th</sup> September 2014 in the institute premises for the female students and staff members. The speaker of the workshop Dr. Shilpi Khare, a renowned gynaecologist and obstetrician, highlighted various aspects of female health wrt Puberty, Menarche, Pre and Post menstrual cycle and various problems related to menstruation. She started with elementary knowledge of female reproductive system, puberty and menstruation basics. In females, it also marks the start of their menstrual cycle. She explained the students various technical terms related to it. She also made the audience acquainted with the process that leads to pregnancy and the role of contraception. She told the students about various common problems associated with menstrual cycle and how to maintain hygiene during such conditions. She also explained in detail various such problems like Dysmenorrhoea, its occurrence, features, diagnosis and treatment. She also discussed about the other problems that commonly occurs in females like PCOS i.e. Polycystic Ovarian Syndrome. There could be various reasons for this syndrome like menstrual irregularity, infertility or adverse case of acne. Dr. Shilpi told students about various symptoms to diagnose it, complications that it could create and its treatment. She also highlighted the importance of a well balanced lifestyle, well balanced diet and exercise. A very common problem with females is that of PMS- Pre Menstrual Syndrome that occurs before the onset of menses. She told about its symptoms and its consequences as well as treatment. The information provided by Dr. Shilpi was not only educative but also enduring. She explained that the basics of a healthy family are a family woman as it directly affects her children, siblings and spouse.

## Learning Outcome

Female students and the staff members were able to learn the following:

1. Knowledge about female reproductive system.
2. The familiarity with PCOS, PMS, Contraception, Anaemia, Dysmenorrhoea and Menstruation basics and the associated problems and solutions thereof.



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Dr. Shilpi Khare giving deliberations on female reproductive system



Faculty & Students attending the workshop



Dr. Shilpi Khare handling the queries



Students of TIAS interacting with Dr. Shilpi Khare