DEPARTMENT: PSYCHOLOGY

ACTIVITY: PANEL DISCUSSION

DATE: 12/11/2021

TITLE OF THE ACTVITY: LIFE OF A WOMAN – A PANEL DISCUSSION ON HEALTHCARE FOR WOMEN, LED BY HEALTHCARE PRACTITIONERS

INDUSTRY/ RESOURCE PERSON: Dr. Prathima Reddy, Director and Senior Consultant – Obstetrics & Gynaecology; Dr. Ashlesha Bagadia, Perinatal Psychiatrist & Head of Psychotherapy, The Green Oak Initiative, Bangalore; Ms Sheela Joseph, Consultant Nutritionist; Dr. Sathish Babu K N, Consultant in Endocrinology and Diabetes.

BRIEF REPORT: The PG girls of all streams attended the panel discussion in the main auditorium of our college. Dr. Prathima spoke to the girls regarding women’s sexual health, PCOD, maintaining hygiene and cleanliness. Moral issues regarding sexual activity was also discussed. Dr. Ashlesha spoke about the mental and emotional issues related to sexual activity and sexual health. The psychological issues related to PCOD were also discussed. Ms Sheela Joseph, spoke about the several health habits and nutritious food to be eaten as a teenager to maintain wellness. Dr. Sathish Babu spoke about the hormonal changes which an adolescent goes through, and foods good for maintain health and weight.

NUMBER OF PERTICIPANTS: 150





