

## Awareness Programme Report

Topic: Women's Health Awareness

Organized by: KL University, Guntur

Date: [Specify date, e.g., January 5, 2024]

Venue: [Specify venue, e.g., Seminar Hall, KL University]

Target Audience: Female students, faculty members, and staff

### Objective

The Awareness Programme on Women's Health aimed to educate and empower women about health-related issues, promote healthy practices, and provide knowledge on preventive care. The initiative sought to address common challenges and encourage participants to prioritize their well-being.

### Key Highlights of the Programme

#### 1. Inaugural Session:

Welcome Address: Delivered by [Name], Head of the Organizing Committee.

Inauguration: The event was inaugurated by [Chief Guest's Name], [Designation], who emphasized the importance of health awareness among women.

#### 2. Expert Talks:

Topic: "Importance of Regular Health Check-ups"

Key points: Preventive care, importance of early detection, and maintaining a balanced lifestyle.

Topic: "Common Health Issues Faced by Women and Their Management"

Key points: Tackling hormonal imbalances, menstrual health, and mental well-being.

Topic: "Nutrition and Fitness for Women"

Key points: Dietary tips, importance of regular exercise, and stress management techniques.

#### 3. Interactive Session:

Participants engaged in a Q&A session with the experts, discussing topics such as:

Managing stress during exams and work.

Importance of self-care amidst academic and professional responsibilities.

Addressing misconceptions about women's health.

#### 4. Distribution of Health Kits:

Health kits, including sanitary napkins, hygiene products, and informational brochures, were distributed to all participants.

#### 5. Health Camp (Optional):

A free health check-up camp was conducted in collaboration with hospital/healthcare organization], offering basic medical tests and consultations.

### Outcomes of the Programme

**Increased Awareness:** Participants gained valuable insights into women's health, preventive measures, and the significance of self-care.

**Empowerment:** Encouraged attendees to prioritize their health and break societal taboos surrounding women's health issues.

**Feedback:** Overwhelmingly positive feedback from attendees, who appreciated the opportunity to interact with health professionals and learn practical tips.

### Acknowledgments

The organizing committee extends heartfelt gratitude to the speakers, healthcare professionals, and the administration of KL University for their unwavering support in making the programme a success.