

Health Talk and Camp for Female Faculty, Staff and Students

Amity Business School (ABS) along with Domain of Health and Allied Sciences, AUUP organized a Health Talk & Camp for Female Faculty, Staff and Students by Indraprastha Apollo Hospital on 3rd August, 2023 from 10.30 am to 1.30 p.m. at Room No. 104 & 104 A, F-3 Block First Floor, ABS.

Dr. Pakhee Aggarwal, Sr. Consultant – Gynae Oncologist & Robotic Surgery, Apollo Hospitals, Delhi delivered a very insightful health talk on female health problems and treatment. The topic of the Session was **“Women’s Health in the 21st Century” (Talk with focus on PCOD, Menstrual Irregularity, Hygiene Measures, Prevention of Gynae Cancers)** held from 10.30 am to 11.30 am followed by Health Camp from 11.30 am to 1.30 pm.



Dr. Sanjeev Bansal, Dean FMS & Director ABS welcomed the audience by addressing **“Naari Shakti”** to the females and talked how women is very crucial for GDP and how it is very important to learn about female health problems and treatments. He welcomed Dr. Pakhee Aggarwal with a Tulsi Sapling as a token of respect.



Dr. Bhudev C Das, Dean of Health and Allied Sciences addressed the participants with his inspiring words and talked about how women health is a very broad aspect to focus on serious concern. A high percentage of women is getting affected by serious women diseases like Cervical Cancer, Endometriosis, Poly Cystic Ovarian Syndrome etc. He talked about necessity to discuss women's health issue to give knowledge to the young girls.

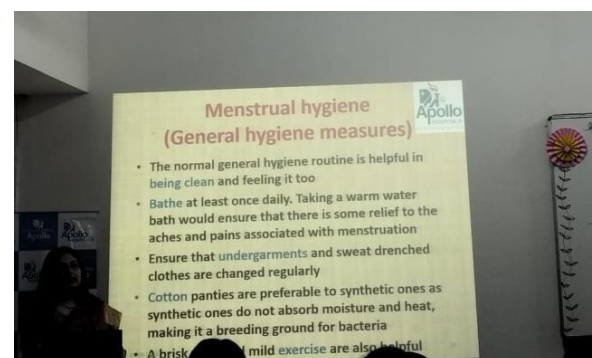
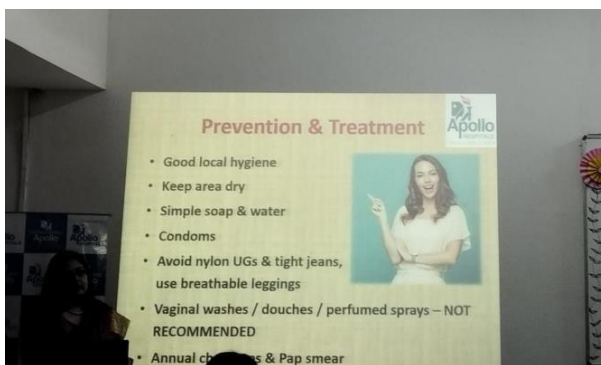


Dr. Tanveer Naved, Deputy Dean Health and Allied Sciences Domain and Dr. Sandeep Arora, Director Amity Institute of Pharmacy was also present and encouraged the participants.

With great knowledge and experience Dr. Pakhee Aggarwal came on the stage with charming Aura to discuss Health Talk on Female Health & hygiene issues . She started by discussing women life at different life stages from Childhood, Maturity, Menopause and old age. She talked about what are the common health issues of women, Irregular periods, hormonal imbalance, Infections-vaginal & urinary, Anemia, deficiency of vitamins, Infertility, Endometriosis, Ovarian cysts, Heavy periods, fibroids, Prolapse and Cancer.



She talked about normal menstrual cycle of about 28 days and normal amount of menstrual leakage. How girls can detect they are having normal menstruation or not by checking number of pads they are using in the menstrual period. If more than one packet is getting used by female they are having intense menstruation and they should consult gynaecologist. Variation in amount of bleeding can be detected by Scanty menses – weight gain, thyroid dysfunction, high prolactin levels, tuberculosis and Excessive bleeding (Menorrhagia) – female should find out the cause and treat it, as it affects the health. She explained the word Amenorrhea (No menstruation) and dysmenorrhoea (Painful Menstruation). She also discussed mid cycle pain or ovulation pain that is not necessary to occur in every women and if it happens it is normal. Leucorrhoea (White discharge) that is woman's vagina makes discharge that's usually clear or slightly cloudy. In part, it's how the vagina cleans itself.



More than average Leucorrhoea indicates various vaginal infection. Then she discussed about vaginal infection, fungal infection, bacterial vaginosis that is very common and cause discomfort in women like itching, irritation, pain in vagina etc.

Then Dr. Pakhee Aggarwal discussed about various STDs like Chlamydia, Gonorrhoea, Herpes, Human papillomavirus (HPV), and Trichomoniasis. She discussed about how to have safe sex by using safety method for female as well as partner. She discussed about other non-infections agents like soap, vaginal spray, etc. Dr. Pakhee Aggarwal told about what are the risk factor of untreated infection like abcess formation, blockage of tube, ectopic pregnancy and poor quality of life. Prevention & Treatment-Good local hygiene, Keep area dry, Simple soap & water, Condoms, Avoid nylon UGS & tight jeans, use breathable leggings and Vaginal washes/douches/perfumed sprays. She further discussed good menstrual hygiene practice like to change napkins at regular 4-5hr interval, wash the genitals ,etc. She also discussed new adaptive alternatives to pad and how to use public toilets with proper hygiene. She discussed major disease like PCOS, Breast Cancer, Cervical Cancer and Endometriosis. She told everyone about good diet and how we can avoid “CRAP” food. She discussed about Diagnosis and management of Breast Cancer, Cervical Cancer and PCOS. She told everyone about good diet and exercise practices.

At last Dr. Pakhee Aggarwal also answered the question asked by number of Students, Faculty and Coordinators. Dr. Archana Sharma, Associate Professor, Amity Institute of Pharmacy asked method of self-detection of Breast Cancer, Dr. Pakhee told response about lumps, discharge from nipple and pain in chest. She also suggested to do self-check up first then prefer to consulting Doctor.

One other Coordinator asked Dr. Pakhee Aggarwal about period pantee is safe than pad, she told her about various alternative method of using tampon, menstrual cup, pads but she personally prefer female to use period pantee instead of menstrual cup for unmarried women.

Students asked the Doctor about do girl use vaginal wash daily, Dr. Pakhee told to use washes in gap to 2-3 days as these washes kill bad as well as good bacteria of vagina.

Health talk was ended with immense knowledge and at last Apollo Hospital distributed Sanitary pads to all the female present in the event.

At the end of health talk, health camp was organized by Indraprastha Apollo Hospital, where number of Students, Faculty and Coordinators has done the regular health checkup of BMI, Sugar Level, BP Test, ECG and consulted dietician and physician.

The event was organized under the umbrella of Human Value Club.

