

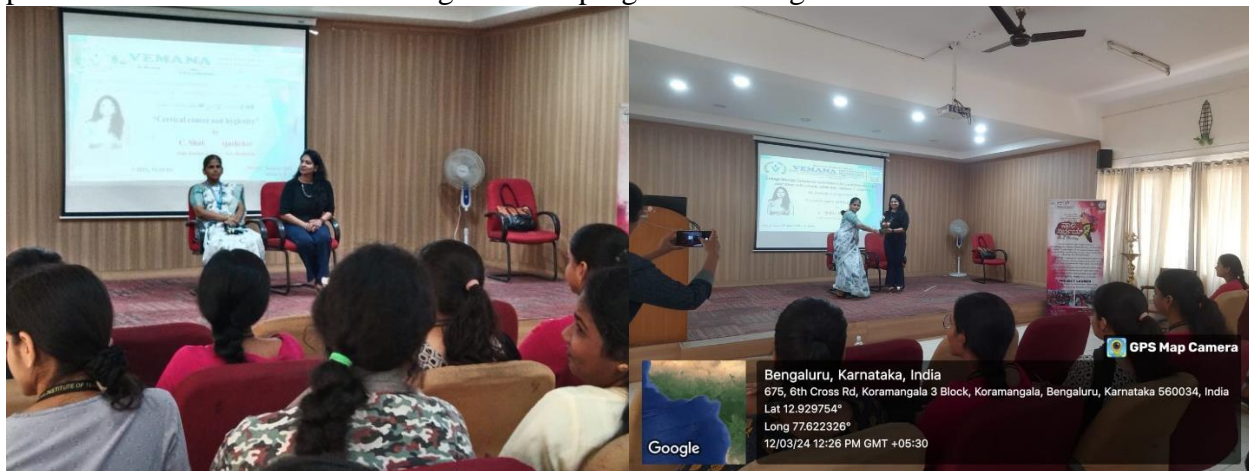


Date: 12-03-2024

A Report on an awareness programme

C. Shubha Rajashekara
Yoga Teacher & Counsellor, Bangalore
Venue: Seminar hall, Vemana IT
Time: 12-00 PM to 01-30 PM
Topic: “Cervical cancer and hygienity”
Audience: All girl students

College Internal Complaints committee w. r. t. Anti-sexual harassments and women’s cell in association with Cultural committee of Vemana IT, has organized an awareness programme on the topic “Cervical cancer and hygienity” on 12-03-2024 at 12-00 PM in Seminar hall. C. Shubha Rajashekara, Yoga Teacher & Counsellor addressed the girl students. Initially Prof. Aruna Reddy, Chairman, Cultural committee welcomed and gave the brief introduction about the guest speaker to the audience. Dr. Jayalakshamma D. V Associate professor and Chairman of CICC graced the programme along with members.



Madam started explaining with respect to adolescence which is recognized as the most turbulent phase of life in terms of health, career and one’s place in life. The concerns become more marked in case of girls as they have to cooperate with onset of menarche. Many of them are likely to harbour apprehensions about the physiological changes concomitant with menarche, besides need to take special care and attention. Although menstruation is a natural process, it is linked with several perceptions and practices within the community, which sometimes may result in adverse health outcomes.

In spite of increased attempts of awareness generation by health and related organizations, there is still significant lack of information on proper hygiene and sanitation practices during menstruation. The related physical and psychological changes associated with puberty require suitable direction for managing menstruation. Various taboos surrounding this issue in our society prevent girls and women from articulating their needs. This has led to problems of poor menstrual hygiene management which have been overlooked or largely misunderstood in our society.



In this regard Ms. Shubha stressed on the good menstrual hygiene is crucial for health, education, and dignity of girls and women. Women having improved knowledge regarding menstrual hygiene and safe menstrual practices are less vulnerable to Reproductive Tract Infections (RTIs) and its consequences. Therefore, equipping Adolescent Girls with required information on menstrual hygiene and its management will help empower them with the knowledge to augment both their self-esteem and academic performance.



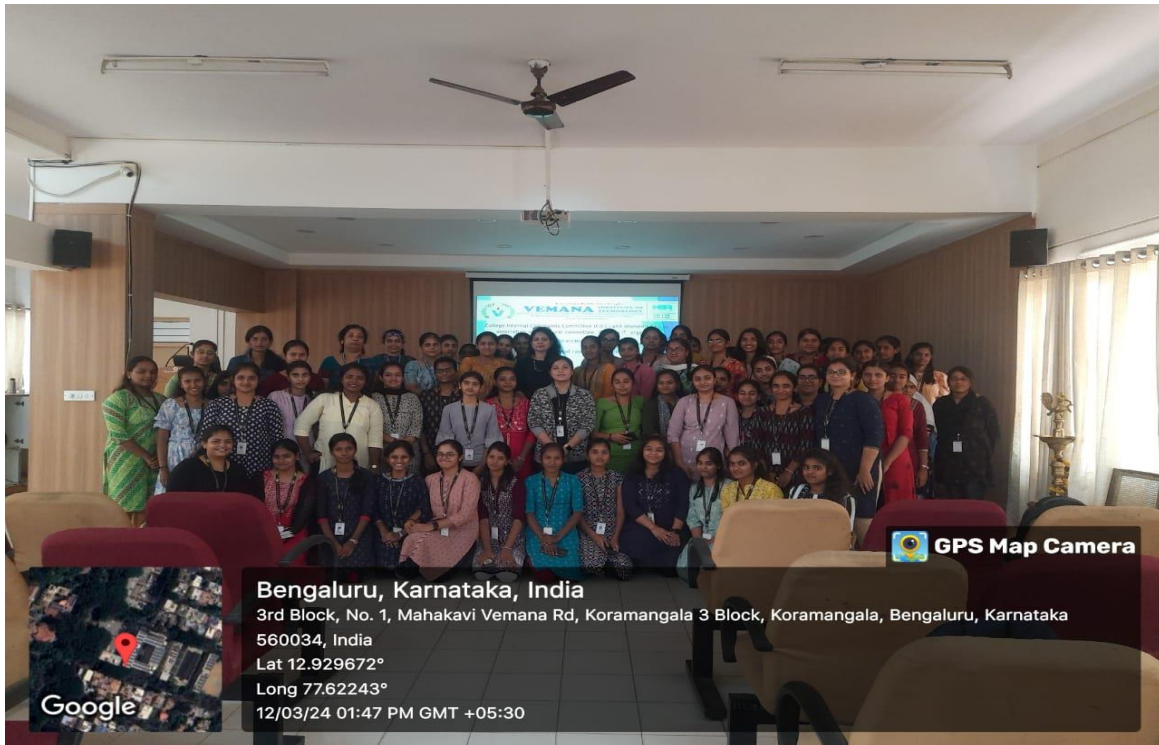
Later on, she explained about the causes of cervical cancer and what are the remedies to prevent the same. Some risk factors make it more likely for a person who has a high-risk HPV infection of the cervix to develop cervical cancer. These risk factors include:

- Having a weakened immune system.
- Smoking or breathing in secondhand smoke.
- Reproductive factors.
- Obesity.

She explained symptoms of the disease such as itching, weight loss, weakness etc., and told cervical cancer is highly preventable and highly curable if caught early. Nearly all cervical

cancers could be prevented by healthy food style which contains rich in iron, minerals, vitamins, proper exercise, Yoga, meditation, HPV vaccination, routine cervical cancer screening, and appropriate follow-up treatment when needed.

At the end of the session of the session she interacted with students and cleared all their doubts regarding personal problems. Students also expressed that they need these kinds of programmes to address their health problems.



The session was concluded with vote of thanks.

