

Awareness Program on
***“Health & Menopause- A
better Transition of Life***

Title of the activity:

“Health & Menopause- A better Transition of Life

2. **Date:** 14th December,2023

3. **Location of the activity:** community hall, Taj Nagar, Farrukh Nagar, Haryana .

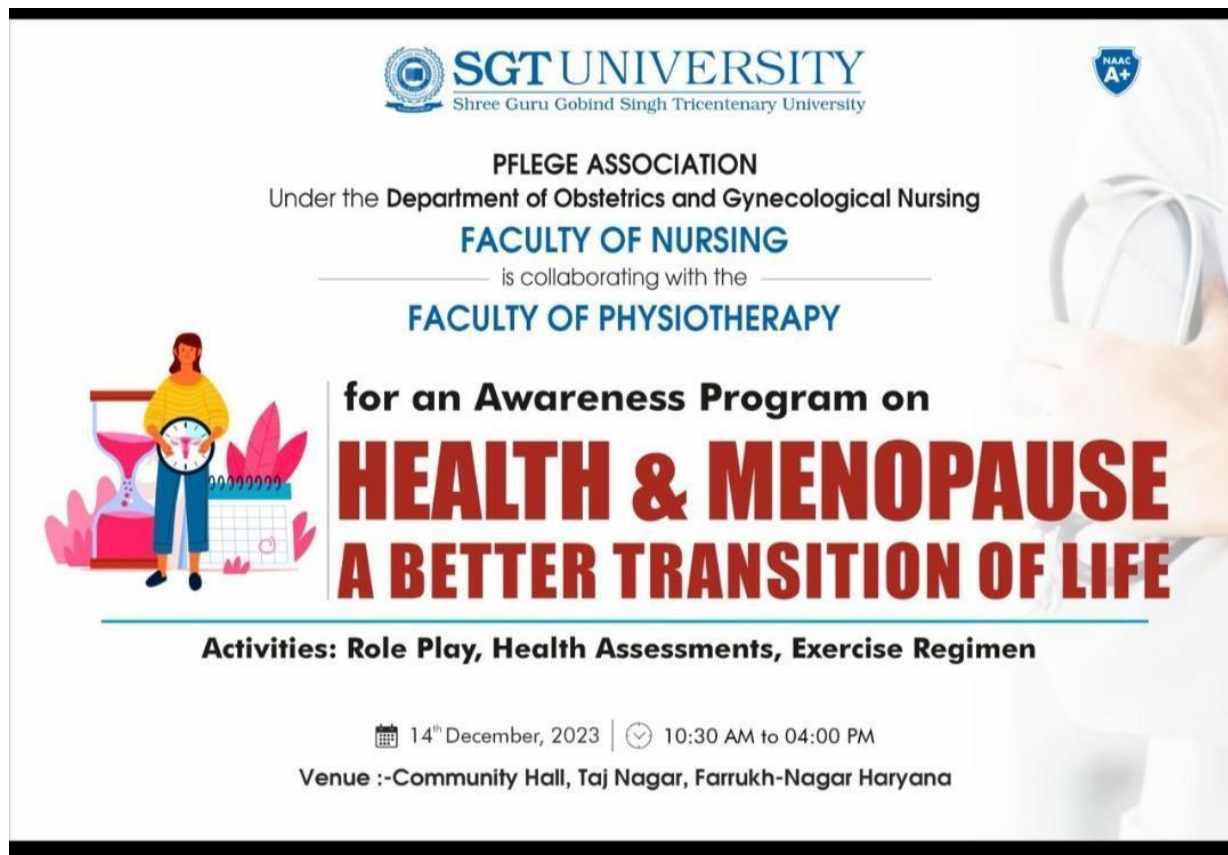
4. Organizing Faculty/Department/Association


Pflege Association under the department of Obstetrics & Gynecological Nursing, Faculty of Nursing, SGT University in collaboration with faculty of Physiotherapy


5. Participating Team Members with Designation:

1. Dr. Neeta Bhide (HOD of OBG. Faculty of Nursing)
2. Ms. Deepak, (Associate Prof.), Faculty of Nursing
3. Ms.Lisa Chadha , (Assistant professor ,Faculty of Nursing)
4. Ms. Banapriya Sahoo (PG Tutor), Faculty of Nursing
5. Ms. Sonam (PG Tutor), Faculty of Nursing


6. Banner:-



 **SGT UNIVERSITY**
Shree Guru Gobind Singh Tricentenary University





PFLEGE ASSOCIATION
Under the Department of Obstetrics and Gynecological Nursing
FACULTY OF NURSING
is collaborating with the
FACULTY OF PHYSIOTHERAPY



for an Awareness Program on
HEALTH & MENOPAUSE
A BETTER TRANSITION OF LIFE

Activities: Role Play, Health Assessments, Exercise Regimen

 14th December, 2023 |  10:30 AM to 04:00 PM
Venue :-Community Hall, Taj Nagar, Farrukh-Nagar Haryana

Approval letter from Registrar, SGT University



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved University) GURGAON, Delhi-NCR

R-625
28/11/23

FACULTY OF NURSING

Ref. No.: SGTU/FON/2023/03/056

Date: 25.11.2023

Subject: Regarding Approval of conducting Awareness Program on "An Better Transition of Life-Health & Menopause" among menopausal Women at Taj Nagar, Haryana.

The Pflge Association under the department of Obstetrics and Gynaecological Nursing, faculty of Nursing, SGT University, in collaboration with Faculty of Physiotherapy, SGT University, is planning to organize an **Awareness Program on "A Better Transition of Life-Health & Menopause"** among menopausal Women at Taj Nagar, Haryana on 14th Dec 2023 from 10:30 pm - 04:00pm.

Activities under the program are: -

- Role Play (Awareness Program).
- BP and Sugar Monitoring
- Body Mass Composition estimation
- Exercise Regimens for the menopause women.

Kindly provide the transport for 3 faculty members and 25 students for the same.

The details of the budget for approval are given below.

Budget Heads	Description	Quantity	Price	Total
Banner	3*6	1	350/-	350/-
E- Certificate	For the Organizers & Participants	30	-	--
Sapling	For the Guest	2	100/-	200/-
Refreshment (Namkeen & Fruit)	Menopausal women	70	10+10=20/-	1400/-
Total				1950/-

The total of 7 students of MSc Nursing (OBG) and 13 students GNM Nursing 1st year and 5 students of MPT (OBG) will be attend this program.

Submitted for your kind perusal and approval.

[Signature]
Dean
Faculty of Nursing
SGT University,
Budhera, Gurugram

Faculty of Nursing

Request of Dean (FON) may be considered and submitted to HOD/VC for approval.
[Signature]
28/11/23.

Registrar, SGT University

[Signature]
28/11/23

Joint Registrar
SGT University
Budhera, Gurugram

[Signature]
Dean (FON)

7. Objective of the Activity:

The education programme will to provide awareness among menopausal women regarding healthy lifestyle and an aim to spread awareness regarding the upcoming changes during menopause.

8. Brief Write-up on the event

Pflege Association under the **Department of Obstetrics and Gynecological Nursing** in collaboration with faculty of Physiotherapy, **SGT University** organized the outreach activity on “Health and Menopause – a better transition of life” at community hall Taj Nagar, Farrukh Nagar, Haryana under the guidance of Prof (Dr). Sunil Kumar Dular , Professor and Dean Faculty of Nursing & Prof. (Dr.) Neeta Bhide , HOD Obstetrics and Gynaecological Nursing.

The Programme was coordinated by Ms. Lisa Chadha , Assistant professor and Ms. Banapriya, PG Tutors Obstetrics and Gynecological Nursing. Following activities were carried out by MSc Nursing and Post Basic BSc Nursing students during the Programme.

- ❖ A role play on spreading awareness regarding menopause and Menopause associated problems among menopausal women.
- ❖ Lecture on prevention and management of menopausal early signs and symptoms .
- ❖ Demonstrated aerobic exercise , strength training, and flexibility exercise to promote overall well-being of all women .
- ❖ Health assessment of total 60menopausal women’s by considering their age hormonal changes and specific issues related to menopause; was done by the PG students of Obstetrics and Gynecological Nursing.

The Programme was highly appreciated by , Mr . Sartaj , Sarpanch of Taj Nagar .

9. Number & Description of Beneficiaries:

1. Menopausal women(38)
2. Pre menopausal (22)

11. Student's List

Post Basic Bsc nursing:

- 1) *Shivam*
- 2) *Ankit*
- 3) *Atul*
- 4) *Chandni*
- 5) *Remika*
- 6) *Pooja*
- 7) *Pankaj*
- 8) *Appana*
- 9) *Shalu*
- 10) *Sunny*
- 11) *Priya*

Msc 1st year :

- 1) *Shivani*
- 2) *Manisha*
- 3) *Jahnvi*

Msc 2nd year:

- 1) *Swati*
- 2) *Ankita*
- 3) *Ruchi*
- 4) *Shagun*
- 5) *Mahima*

11.Outcome of the Activity & its relevance to Health Sciences:

The programme achieved remarkable success in adopting healthy lifestyle, improving knowledge of menopausal women regarding prevention and management of menopausal symptoms and it's associated problems .

12. Relevant Photographs with captions

Role play by Post Basic BSc & ANM students on healthy & unhealthy lifestyle and its impact

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Role play by Post Basic BSc & BSc Nursing students on healthy & unhealthy lifestyle and its impact



Assessment of Menopausal Women by MSc Students



Group photo with Sarpanch and students with Organizing Team members



M.Sc. Nursing students demonstrating of exercises on healthy life style

12. Feedback from Beneficiaries/ Photo of Letter of Appreciation/ Testimonials

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