



# SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY  
(UGC & AICTE Approved) Gurugram, Delhi-NCR

**“Menopause  
Wellness Initiative  
Awareness  
Programme” on 29  
July, 2024**



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1. **Title of the Activity:**

“Menopause Wellness Initiative Awareness Programme”

2. **Date:** 29 July, 2024

3. **Location of the Activity:**

Samalkha, New Delhi

4. **Organizing Faculty/Department/Association**

Pflege Club under the Department of Obstetrics & Gynecological Nursing, Faculty of Nursing  
SGT University.

5. **Participating Team Members with Designation:**

1. Ms. Deepak (Associate Prof.), Faculty of Nursing
2. Ms. Pooja, (Assistant Prof.), Faculty of Nursing
3. Ms. Banapriya (PG Tutor), Faculty of Nursing
4. Ms. Sonam(PG Tutor), Faculty of Nursing
5. Ms. Preeti Jaiswal (PG Tutor), Faculty of Nursing



6. **Objective of the Activity:** The objective of this programme to the spreading awareness about the changes that occur during menopause. Encourage healthy behaviors such as balanced nutrition, regular physical activity, and stress management to alleviate menopausal symptoms and improve overall well-being.

8. **Brief Write-up on the event(s)**

The Pflege Club Obstetrics and Gynecological Nursing, Faculty of Nursing organized a one-day Menopause Wellness Initiative Awareness Programme at Samalkha, New Delhi. The programme was organized under the guidance of Prof (Dr.) Sunil Kumar Dular, Dean, Faculty of Nursing and Ms. Deepak HOD cum Associate, Obstetrics and Gynecological Nursing, Faculty of Nursing, SGT University. The program began with a role play by nursing students aimed at spreading awareness about the changes that occur during menopause. The role play highlighted early signs and symptoms, lifestyle modifications, and the importance of maintaining a healthy lifestyle to manage symptoms and promote long-term health during this transition. Following this, nursing students demonstrated various exercise sessions, including aerobic exercises, strength training, and flexibility exercises, to promote overall well-being. The program, which was organized by Ms. Banapriya (PG Tutor) and faculty of the OBG Nursing department of SGT University. The menopausal women acknowledged and appreciated the team's efforts for the interactive role play.



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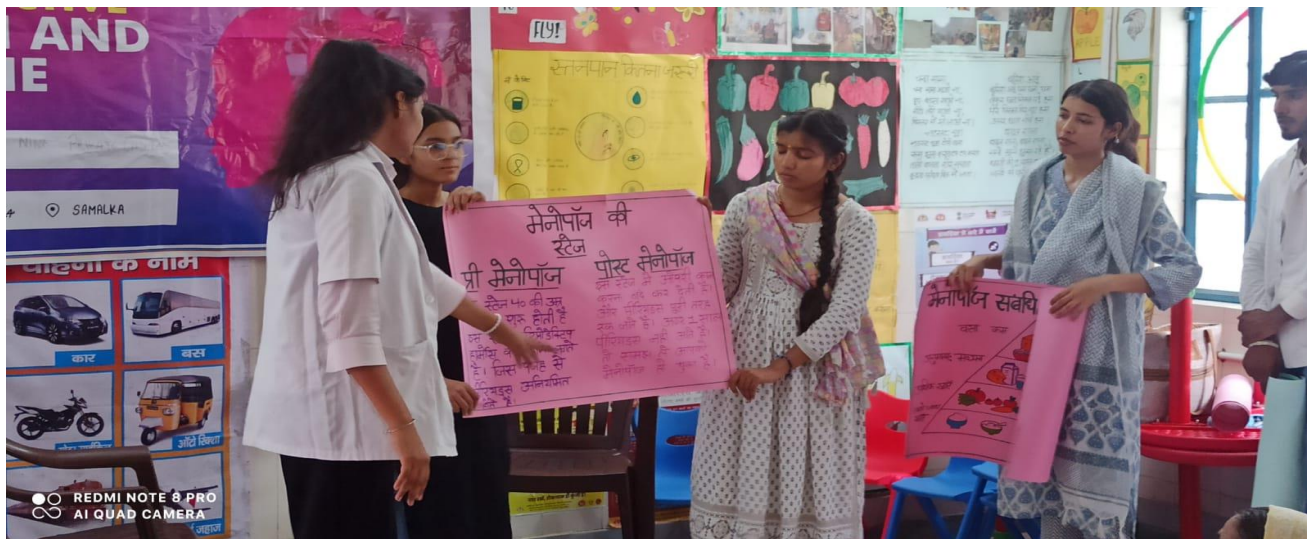
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**9. Number & Description of Beneficiaries:** 50 elderly women has attended the program.

**8 Student Attendance:** Shivani, Tanya, Aparna, Komal, Rashi.

**11. Outcome of the Activity & its Relevance to Health Sciences:** The program has achieved Provide information on available treatments and strategies, including hormone therapy, natural remedies, and lifestyle adjustments for managing menopause effectively.

**12. Relevant Photographs with captions**



Students are giving health education to the women





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Student are performing Role Play



Women is attending the session



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Organizing team members

**13. Feedback from Beneficiaries/ Photo of Letter of Appreciation/ Testimonials**

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