

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**

📅 14<sup>th</sup> 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/FO/N/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 14<sup>th</sup> 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 1<sup>st</sup> 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 Hon'ble VC for approval.*  
*Talwar*  
*28/11/23.*

Registrar, SGT University

*[Signature]*  
28/11/23

*vc*  
*Approved*  
*[Signature]*  
28/11/23

Joint Registrar  
SGT University  
Budhera, Gurugram  
*[Signature]*  
28/11/23

*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 1<sup>st</sup> year :**

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

**Msc 2<sup>nd</sup> 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 its 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**

**NA**