



## Koneru Lakshmaiah Education Foundation

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# Report on Skin Care & Women Wellness Programme

Conducted by  
K L E F Women's forum

KLEF Women's forum conducted Seminar on "Skin Care & Women Wellness" Programme for the Girl students on 03.03.2020 at Open Auditorium.



The programme started with a welcome note by Dr M.Sreedevi, Coordinator Women's Forum K L E F she introduced the resource person Dr. Anitha, Crane Hospitals, Vijayawada. to the gathering. She told that Everyday Health saw a unique opportunity to explore how women actually define what makes them well or unwell. The picture is much more complex and more layered than we think. What we do know for sure: At the end of the day, how any woman, of any age, race, or ethnicity; single or married; with or without children; and living in a city, suburb, or rural area defines wellness

goes well beyond asking the question "Am I healthy?" or "Am I disease-free?"

She suggested for women Healthy habits are the best way to avoid disease, prolong your life, and live more happily. But in the chaos of a woman's daily life, healthy living may take back seat to chores, work, busy schedules, and more. Take these simple steps toward a longer, healthier life.

1. Menstruation, Health & Hygiene
2. Balanced diet
3. Obesity and Exercise, Pco

### **1. Menstruation, Health & Hygiene:**

52% of women worldwide are in reproductive age and most of them thus are menstruating monthly. Still, the majority of them are not in conditions to take care of their menstruation in a hygienic manner or are impaired by it. Menstruation is supposed to be invisible & silent.

### **2. Balanced diet:**

Eating a balanced diet starts with avoiding unhealthy foods. Packaged and processed foods are often full of sugar, salt, unhealthy fats, and calories. Avoid the fake stuff, and opt for the good stuff, such as:

1. Eating a variety of nutritious foods on the food plate
2. Eating well-balanced meals with healthy snacks everyday & occasional treats
3. Listening to your body- eating when you're hungry, stopping when you're full
4. A healthy diet provides the vitamins, minerals, and energy your body needs to perform its best
5. A healthy diet can help lower your risk for diseases such as cancer, diabetes, and heart disease

### **3. Obesity and Exercise, Pco:**

If you are tall and you weigh more, it doesn't mean you are obese. Obesity, diet, exercise and pco are interlinked with each other.

All of you will know the advantages of being slim.... It doesn't make you look good, it should only makes a person feel healthy.

Slim doesn't mean skinny, it mean maintaining normal bmi by eating healthy food and regular exercise. Obesity leads to Irregular cycles and pcOs. Obesity leads to hormonal imbalance, increase in sugars, increase in male hormones which ultimately leads to irregular cycles and pco. pco are not disease of the ovary, it is one of the effect of hormonal imbalance. People think, cos of irregular cycles, you tend to put on weight, development of unwanted hair growth. Its an misnomer. It's the weight gain which leads to all these problems.

It's a form of physical activity done primarily to improve one's health and fitness.

Exercise is one of the best ways to keep us strong. It's also beneficial for your mental and bone health. Aim for 30 minutes of movement at least four days per week. Aerobic, or cardio, exercise is best. This includes:

1. Walking
2. Jogging
3. Dancing
4. Swimming



A good number of girl students participated in this seminar. The programme is ended with a vote of thanks to the resource person Dr. Anitha the faculty and convener women's forum felicitated the Guest, with shall and a memento.