

SDUAHER, Tamaka, Kolar

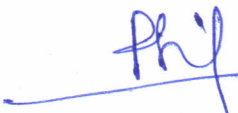
Event report

Name of the Event: Guest Lecture - Yoga for Menstrual Health

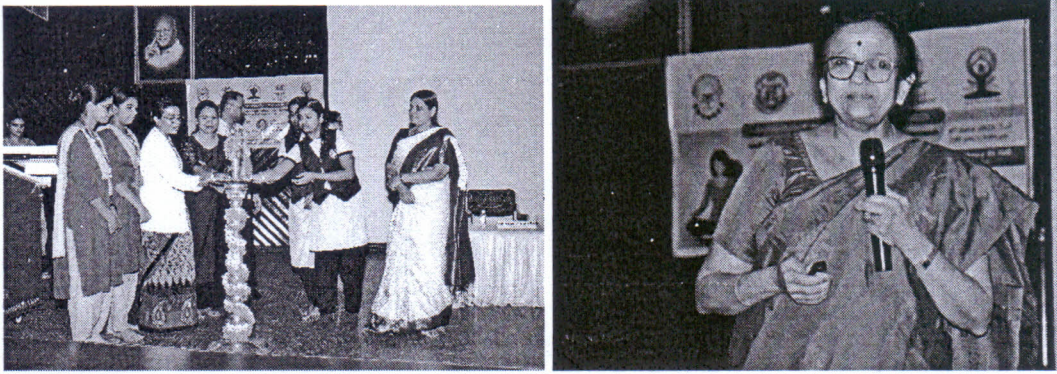
Name of the Department: Integrative Medicine

Sl.no	Event Report
1	Level of Event - Institutional
2	<p><b>Background/Introduction-</b> Menstruation is a natural biological process that affects half of the world's population at a certain point in their lives. Menstruation-related hurdles prohibit millions of women and girls from fully engaging in their everyday lives due to discriminatory menstrual practices and insufficient menstrual health and hygiene practices. A healthy reproductive system is characterized by a regular menstrual cycle. Menstrual disorders have been linked to lifestyle factors such as food habits, sleep patterns, smoking, alcohol consumption, physical activity, and undesirable behaviors. Menstrual abnormalities or disorders are a prominent problem among girls and women. According to research, 23.3 to 84.8 percent of women experience irregular menstruation, which is a significant enough amount to warrant attention and adequate treatment. Yoga, an ancient healing practice, helps to maintain health and well-being by transforming our thoughts, feelings, and attitudes to life situations. Yoga is a scientifically established therapy that has demonstrated benefits in the management of numerous chronic conditions. It is not merely Indian psychology that is disciplined by physical, mental, and spiritual practices. Department of Integrative Medicine in collaboration with College of Nursing &amp; R L Jalappa central school conducted a Guest lecture on Yoga for Menstrual Health on 6<sup>th</sup> June 2023 by 3:00 pm to 4:30 in the PG Auditorium. The program was inaugurated by all the dignitaries &amp; few students. The speaker Dr. Latha ventakaram MBBS, FRCOG(UK) MRCP (IRELAND) Senior Gynecologist South Bengaluru.</p>
3	Venue- PG Auditorium University building
4	Sponsors - IUC-YS Bengaluru

5	Inauguration- The Event Inaugrated by all the digniteries.
6	Speakers- Dr Latha Venkataram OBGYN Bengaluru.
7	Participants & Delegats - <b>Total: 220</b> Offline mode
8	Prize distribution etc_ NA
9	Validictory cermony_NA
10	Highlights of the events including photos -
11	Dates of conduct of events 6 <sup>th</sup> June 2023

  
 Phif 27/06/2023  
 Ik Head  
 Department of Integrative Medicine  
 Sri Devaraj Urs Academy of  
 Higher Education and Research  
 Tamaka, Kolar-563101, Karnataka, India

**Event Pics**



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Ik Head 07/06/2023  
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