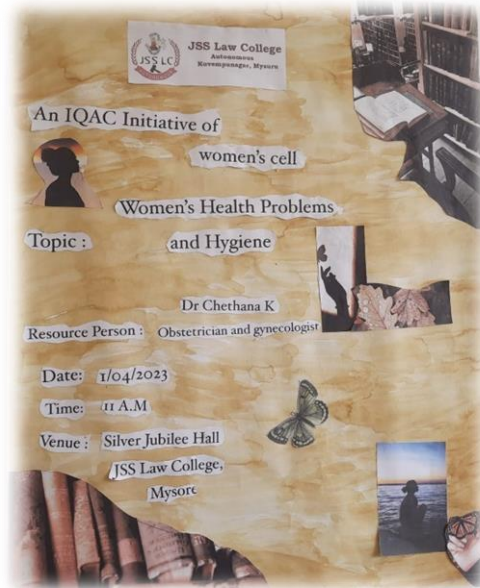


REPORT ON THE SESSION CONDUCTED ON WOMEN'S HEALTH PROBLEMS AND HYGIENE AT JSS LAW COLLEGE (AUTONOMOUS), MYSURU.



On April 1, 2023, JSS Law College through its IQAC initiative of women's cell conducted session on women's health problems and hygiene at the silver jubilee hall in JSS Law College. The resource person for the session addressed the same. The welcome address was offered by Ms. Nikita Suzen student of 3rd year B.A LL.B JSS Law College in the presence of principal and other faculties of our college. The programme was finely coordinated by Mrs. Priya Jagadish, Asst. Professor at JSS Law College.



The resource person, Dr. Chethana K was an accomplished obstetrician and gynaecologist with extensive experience in her field. She has an FMAS in laparoscopy and advanced training infertility, therefore, widely regarded as an expert in the diagnosis and treatment of a wide range of reproductive health issues. She is the Director of Mathruchaya Hospital, where she has been providing exceptional healthcare services to her patients for many years and was also awarded by The Times of India for her

expertise. The resource person dealt with the issues regarding irregular periods, miscarriage, infertility and consequences of polycystic ovarian syndrome. She also gave out her suggestions with regard to healthy diet, lifestyle modifications and management of PCOS.



The session was interactive and both students and the faculties posed their questions about issues like freezing of eggs being a popular trend, menopause, period cramps, endometriosis, breast and cervical cancer and various others.



. On the whole, this session was educative and helped to understand the importance of health management in women.