



Women's Forum

NARAYANA ENGINEERING COLLEGE :: NELLORE

A Report on "TEENAGE HEALTH ISSUES IN WOMEN"

1	Name of the Activity/Event	TEENAGE HEALTH ISSUES IN WOMEN		
2	Date of Activity/Event	30-01-2021		
3	Organized by/Name of the committee	Department of ECE under Women's Forum		
4	Place of Activity/event	Vishweshwaraya Auditorium, B-Block, NEC Nellore		
5	Resource person/guest/organization	Dr.M.PRATHYUSHA, B.D.S, Dental Surgeon & Smt.METHUKU RAJESWARI, Ramisetty venkata subbarao charitable trust		
6	Timings of Event	11.00 AM TO 12.30 AM		
7	Type of activity/Event	Seminar		
8	Theme	To create Awareness among young Girls		
9	Activity/Event objectives	1.To impart Better Health to Girl Child especially 2. To have an awareness on various health issues which are still unknown to young Girls		
9	Participation	Students	Faculty	Total Participation
		Girls	05	50
		45		
10	General remarks	<ul style="list-style-type: none">The Resource person were enthusiastic to share their viewsThere was a good response to this programme		
11	Enclosures	1. Circular 2. Report with photos 3. Attendance Sheet		
12	Signature of Incharge/Convener			



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REPORT

The Narayana engineering college, Nellore Department of ECE conducted a seminar on “TEENAGE HEALTH ISSUES IN WOMEN” which was organized by women’s forum of the ECE department on 30-01-21 at Vishweshwaraya Auditorium, B-Block, NEC Nellore.

The objectives of this program is to Young people have to work through a broad range of issues as they move from childhood to adulthood. They may have to deal with changes to their bodies and their feelings and they may be thinking about having their first relationship or having sex.

Young people may also be exploring their identities in terms of their sexuality or gender identity. They may want more independence from their families, and their friends may play a more important part in their lives. Some may also want to experiment with alcohol and other drugs.

Although growing up can be an exciting time, it can also be confusing and challenging. Research shows confident young people who feel supported by their families and friends are more likely to safely negotiate issues like these. However, it is important to remember adolescence is generally a time for experimenting with risky behaviours, even with good parenting and role modelling.

The main **health issues** faced by the **adolescents** include: Mental **health problems**, early pregnancy and childbirth, human immunodeficiency virus/sexually transmitted infection (HIV/STI) and other infectious diseases, violence, unintentional injuries, malnutrition and substance abuse.

There are 10 top health concerns for Girl child. They are Obesity, Alcohol and Drug Abuse, Injuries, Depression and Anxiety, Eating Disorders, Dating violence, Teen pregnancy, Internet and Smart phone risk, Teen tanning, Tattoos and Piercing

We could easily become overwhelmed worrying about your teenage daughter’s health and well-being. Instead of worrying, talk to your daughter and be an active listener when she responds. Teens often lack the maturity and judgment skills needed to navigate many of these concerns. Make sure there are other trustworthy adults—relatives, teachers, youth leaders, coaches, doctors—she can turn to if she’s hesitant to talk to you.



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In this session **Dr.K.MURALI, HOD** of ECE addressed the gathering and introduced the resource persons, to the gathering. Later the resource persons discussed with the students about the importance of TEENAGE HEALTH ISSUES IN WOMEN

In this session the resource persons, **Dr.M.PRATHYUSHA, B.D.S, Dental Surgeon & Smt.METHUKU RAJESWARI, Ramisetty Venkata Subbarao charitable trust** shared their ideas with the students and discussed with the students

Dr.M.PRATHYUSHA garu insisted her speech that all should have good and better health because health is wealth

Smt.METHUKU RAJESWARI garu in her speech Overall, women are much more likely to see a doctor than men are, in part because women tend to seek medical advice more readily, but also, women are more prone to certain health problems. Regular doctor's visits are a great habit for women to have, considering the number of health issues life can bring. Here are eight of the most common health issues women face throughout their lives.

She revealed in her speech that Young women are often busy having fun living life, but certain conditions like menstrual irregularities and migraines can easily slow them down.

She concluded her speech that By mid-adolescence, girls are twice as likely to develop mood disorders as boys. This disparity could stem from the idea that girls develop faster in terms of emotional regulation than boys, and this sensitivity to emotional stimuli can make them vulnerable to anxiety disorders. Teens who have been anxious since childhood may have created a lifestyle built around her anxieties, which is why it's important to diagnose and treat anxiety early on as it's more challenging to treat the longer a child has lived with it¹

Symptoms of anxiety include:

- restlessness or feeling keyed up or on edge
- being easily fatigued
- difficulty concentrating or mind going blank
- irritability
- muscle tension
- sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep)

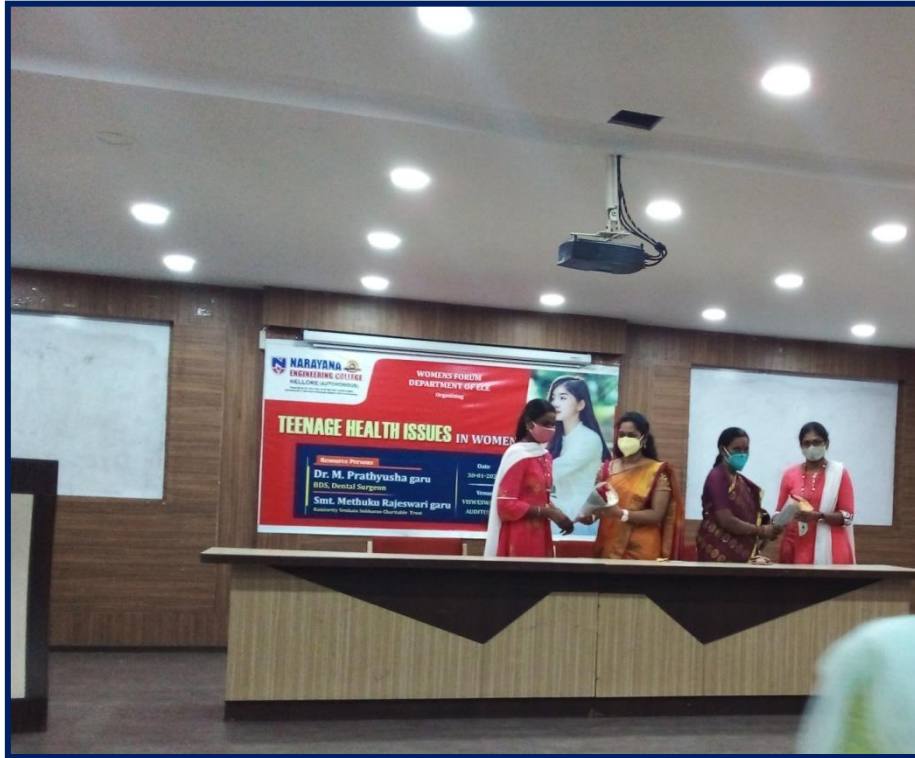


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PHOTOS

Banner of the program "TEENAGE HEALTH ISSUES IN WOMEN"



Dr.M.Prathyusha, B.D.S,Dental Surgeon & Smt.Methuku Rajeswari, Ramisetty Venkata Subbarao charitable trust are invited by the students by presenting bouquets



Students listening to the speech of Smt. Methuku Rajeswari, Ramisetty venkata Subbarao charitable trust



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Staff along with students listening very eagerly



Smt. METHUKU RAJESWARI, Ramisetty Venkata Subbarao charitable trust sharing her ideas with the students