



NIRMALA COLLEGE OF PHARMACY, MUVAATTUPUZHA

**Affiliated to Kerala university of Health sciences Thrissur
Approved by Government of Kerala, AICTE and PCI, New
Delhi**

**Managed by: Nirmala Education Society (Reg .no.ER.928/2001). Under Catholic Diocese of
Kothamangalam.**

Women cell

Seminar Report

TOPIC: Gynecological diseases and menstrual hygiene.

Date and time	15/09/2018, 10 am
Venue	College auditorium, Nirmala College of Pharmacy
Resource Person	Dr. Sr. Theres, Gynaecologist
No. of students participated	120

An interactive discussion was organized by She space, Women Cell at Nirmala college of Pharmacy for the female students. The program commenced with prayer following the welcome speech by Dr. Manju Maria Mathews ,Principal, NCP. A full day talk (10.00 am-4:00pm) was given by Dr. Sr. Theres, Gynaecologist, Nirmala Medical centre. The topic of discussion was “Gynaecological diseases and menstrual hygiene”.

The expertise talk highlighted various key points providing an insight into female body hygiene. The points covered included pubarche and menarche. The anatomical aspects of female reproductive system and its clinical connections and manifestations. The cause of Acne, the hyperactivity and hypoactivity of oestrogen, progesterone and androgens. The Indian scenario of menopause, precocious puberty and premature menopause. The cause of various diseases spanning cystic fibrosis, endometrial carcinoma, Endometriosis, Fibroid uterus, ectopic pregnancies and Polycystic ovarian syndrome. The activity of hypothalamus and pituitary was also mentioned. The forum also covered the infections caused due to bacteria (Candidiasis) and Fungus (*Acanthosis nigricans*). Finally, a note was also given regarding the precautionary



measures to be employed including diet changes, proper disposal of used sanitary napkins, personal hygiene and lifestyle modifications. A doubt session was also scheduled after the talk.

Rev. Fr. Jos Mathai Mailadiath finally presented the Memento to Rev. Dr.Sr.Therse, as a token of gratitude. Later the program concluded with the vote of thanks proposed by Ms. Junia George, Women Cell Representative





Pic 01: Dr. Sr. Theres, Gynaecologist, Nirmala Medical centre





Pic 02: Rev. Fr. Jos Mathai Mailadiath presenting the Memento to Rev. Dr.Sr.Therese



