



**THE HEALTH AWARENESS PROGRAMME “WOMEN HEALTH AND WELL  
BEING”**

**23<sup>rd</sup> January, 2016**

The programme started with the welcome note given by one of the RAGA Cell student members. The principal of RISE Krishna Sai Prakasam Group of Institution started the programme with his wishes.

**The Chairman, Sri. I.C. Rangamannar** garu gave his valuable message to the students and explained why it is so important to have a complete understanding of the women and girl health disorders prevention as well as cure methods.

**The resource person Dr. Bhargava Lakshmi** started her delivery emphasizing the importance of women health and gynec problems. She spoke on “Adolescent Reproductive health”. This was expanded to capture the essence of this growing phase. She also touched upon signs and prevention of Adolescent Nutrition issues which she said was an investment for future health. A very important message was, adolescent period though it is an exciting phases it should be enjoyed responsibly.

The session came to an end with the felicitation of the resource person Dr. Bhargava Lakshmi and a thank you note by the RAGA CELL STUDENTS members.





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