



Event Report

Form A

1	Title	Guest Talk on the occasion of Menopausal Day
2	Date	03/12/25
3	Objective	<ol style="list-style-type: none"> 1. To explain the physiological changes occurring during menopause and the menopausal transition. 2. To discuss the short and long term health risks associated with menopause (osteoporosis, cardiovascular health, metabolic syndrome). 3. To highlight lifestyle modifications including diet, exercise, stress management, and sleep hygiene for menopausal well-being. 4. To introduce treatment options non-hormonal measures, hormonal therapy, and complementary approaches-based on individual needs.
4	Target Group	3 rd Year 100 Students
5	Location of the Event	3 rd Year Class Room, BAMS Ayurveda College
6	Organizing Department / College	Prasuti tantra and StreeRoga
7	Organizing Committee Members	Dr.Asha Parvathy Dr.Kavya SR Dr.Mrudula.KS Dr.Hafsa P Ahammed
8	Resource Persons with Affiliation	Dr.Rashmi KS Associate Professor Dept of Prasuti Tantra and StreeRoga KVG Ayurveda Medical College and Hospital, Sullia
9	External Organizations / Persons involved	-
10	Aligned Sustainable Development Goals	3
11	Alignment with any National or International Initiatives	-
12	Brief Report of the Event	On the occasion of Menopausal Day, a guest talk was organized by the Department of Prasuti Tantra and Stree Roga, Yenepoya Ayurveda Medical College & Hospital, aimed at creating

	<p>awareness about menopause and its physical, emotional, and social impact on women’s health. Dr Rashmi KS, Associate Professor, Dept. of Prasuti Tantra & StreeRoga, KVG Ayurveda Medical College & Hospital, Sullia, delivered an insightful and engaging session focusing on the physiological changes during menopause, common symptoms, and potential long-term implications such as osteoporosis and cardio vascular risks. The guest speaker emphasized the importance of early counseling, appropriate lifestyle modifications, and holistic Ayurvedic approaches in managing menopausal transitions. She highlighted the role of a balanced diet, regular physical activity, emotional wellbeing, and timely medical support in promoting healthy aging among women.</p>		
13	<p>Outcome of the event</p> <p>The guest talk on Menopausal Day successfully enhanced students' understanding of menopause and its multi dimensional impact on women’s health.</p> <p>Participants gained clarity on identifying menopausal symptoms, recognizing associated long-term risks, and applying holistic Ayurvedic approaches for effective management</p>		
	Gain in knowledge/skills acquired (for training programs)	Average feedback score (for scientific talks)	
	Pre-test average: Post-test average: Knowledge/Skill Gain:	-	
14	Number of YDU Participants	Students	80
		Teachers	4
15	Number of External Participants / Beneficiaries (if applicable)	-	
16	<p>Attach geo-tagged photographs of the event with appropriate captions (Max Two).</p>		
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Mudipu, Kerala, India Qw84+3hg, Sunkkadakkatte Road, Mudipu, Kerala 671323, India Lat 12.785234° Long 74.907178° Wednesday, 03/12/2025 01:54 PM GMT +05:30</p> </div> <div style="text-align: center;">  <p>Mangaluru, Karnataka, India 293051, Mangaluru, Karnataka 575018, India Lat 12.777336° Long 74.904047° Wednesday, 03/12/2025 02:30 PM GMT +05:30</p> </div> </div>		

		
17	<p>Attach the brochure as an annexure in the final PDF; do not embed a scaled-down image in the Word document.</p>	
18	<p>Seal and signature of the organizer</p>	