



## NARAYANA ENGINEERING COLLEGE::GUDUR

### Department of Electronics and Communication Engineering AWARENESS PROGRAM ON WOMEN'S HEALTH-FITNESS

Date: 05-11-2018

Awareness program on Women's Health-Fitness was organized by Department of ECE under the aegis of **women's forum on 5<sup>th</sup> November, 2018**. A Speech on health issues in women like PCOD, Thyroid problems, urinary tract infections and ovarian cysts by **Dr. M. UMA, Gynaecologist, area hospitals, Gudur**. On this occasion she has explained the girls' students of ECE department on women's fitness also.



Most of the people know that regular physical exercise, proper diet, sufficient sleep and stress management are important for looking and feeling healthy. They need help in acquiring knowledge on health in the context of their busy and stressful lives. She has given suggestions on how to maintain proper fitness.