Report on Awareness Talk and Medical Camp at Muktha Triveni Apartments

On March 9, 2025, an informative and engaging awareness talk on menstrual hygiene and women's health was conducted at Muktha Triveni Apartments Thiruverkadu, Chennai . The event commenced at 10:30 a.m. and was well-received by the residents. The awareness session was led by Dr. Swathi, Associate Professor in the Department of PTSR, SJSACH, Chennai, who provided valuable insights on menstrual hygiene practices, emphasizing the importance of maintaining cleanliness and adopting safe sanitary methods. She addressed common myths, shared practical tips for menstrual care, and highlighted preventive measures for related health concerns.

Following Dr. Swathi's session, Dr. Amrutha, Assistant Professor in the Department of PTSR, SJSACH, Chennai, conducted an informative talk on recognizing signs that require consulting a gynecologist. She elaborated on symptoms such as irregular menstrual cycles, severe pain, and unusual discharge that should prompt medical attention. Her talk aimed to empower women with the knowledge to identify potential health issues early and seek appropriate care.

The awareness talks were followed by an interactive session, where residents actively participated by raising queries regarding menstrual health, lifestyle management, and adolescent care. This engaging dialogue helped address various misconceptions and encouraged open communication on sensitive health issues.

The department PG scholars, Dr. Pallavi and Dr. Shivani, along with internee Shrejitha, also participated in the event, contributing to the interactive discussions and medical camp.

In addition to the awareness program, a free medical camp was organized for the residents. During this camp, 20 individuals availed themselves of medical consultations and check-ups. The medical team ensured personalized attention to each participant, addressing concerns related to general health, gynecological issues, and preventive care.

The event was highly appreciated by the residents, who expressed gratitude for the valuable information shared and the medical services provided. The successful initiative not only raised awareness about crucial health topics but also reinforced the importance of regular medical check-ups for overall well-being.

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Tamil Nadu 600077, India
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