Health Awareness program for the sub staff 

**Learning Objectives :**

1. To provide sub-staff with comprehensive knowledge about menopause, including its symptoms, stages, and effective management strategies.
2. To educate sub-staff on the importance of early detection and prevention of cancer, emphasizing the need for regular medical check-ups and a healthy lifestyle.
3. To foster an environment where sub-staff feel comfortable discussing health concerns and seeking professional advice.

**Learning Outcomes :**

1. Sub-staff gained a clear understanding of menopause, its symptoms, and effective ways to manage the physical and emotional changes associated with it.
2. Sub-staff understood the importance of early detection, the risk factors of cancer, and commit to regular health screenings.
3. Sub-staff felt more confident in discussing health issues openly

 A Health Awareness Program was organized for the sub staff of our Vidyalaya at our Vidyalaya on 30th August 2024. The program aimed to educate and raise awareness about crucial health issues affecting women, particularly menopause and cancer.

A distinguished guest, Dr. K Vidya Jaishree, a renowned medical professional, was invited to lead the session. Dr.K Vidya provided insightful information on menopause, highlighting its symptoms, challenges, and ways to manage this natural phase of life. She also discussed the importance of early detection and prevention of cancer, emphasizing the need for regular check-ups and a healthy lifestyle.

The session was interactive, with the sub-staff actively participating by asking questions and sharing their concerns. Dr. K Vidya addressed each query with clarity and compassion, ensuring that everyone left with a better understanding of these critical health topics.

The program concluded with a vote of thanks, acknowledging doctor for her valuable time and expertise. The initiative was well-received, and it successfully fostered a sense of awareness and responsibility towards personal health among the sub-staff.

