



GSSS | GEETHA SHISHU
SHIKSHANA SANGHA (R)
**SIMHA SUBBAMAHALAKSHMI
FIRST GRADE COLLEGE**

Report on Special Lecture on Women's Health Management.

Date: 26th September 2025

Venue: GSSS Simha Subbamahalakshmi First Grade College Auditorium, Mysuru

A Special Lecture on Women's Health Management was organized by GSSS Simha Subbamahalakshmi First Grade College, Mysuru, on 26th September 2025 at the college auditorium. The event was jointly conducted under the **YRC TEAM** of the institution.

The program began with a formal welcome and introduction of the resource person. The special lecture was delivered by **Smt. Mallika Madam**, who addressed the gathering with her insightful knowledge and guidance.

In her lecture, Mallika Madam focused on various aspects of women's health, including:

1. The importance of maintaining physical and mental well-being.
2. Preventive measures and lifestyle practices for common health issues faced by women.
3. Nutritional requirements, hygiene, and stress management.
4. The significance of early diagnosis and regular health checkups.

She emphasized that women's health management is essential not only for individual well-being but also for building a strong and healthy society.

The auditorium was filled with enthusiastic participation from students and faculty members. A large number of students attended the lecture, dressed formally, and actively listened to the resource person's address. The presence of faculty and dignitaries added to the academic atmosphere of the event.

The lecture was highly informative, creating awareness among the students about prioritizing health in their daily lives. The program concluded with a vote of thanks, expressing gratitude to Mallika Madam, the management, staff, and students for their cooperation and active participation.

Conclusion:

The special lecture on Women's Health Management by Mallika Madam proved to be a valuable initiative by GSSS SSFGC, Mysuru. It enriched the knowledge of the participants and encouraged them to adopt healthier lifestyles, thereby promoting physical, mental, and emotional well-being.





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