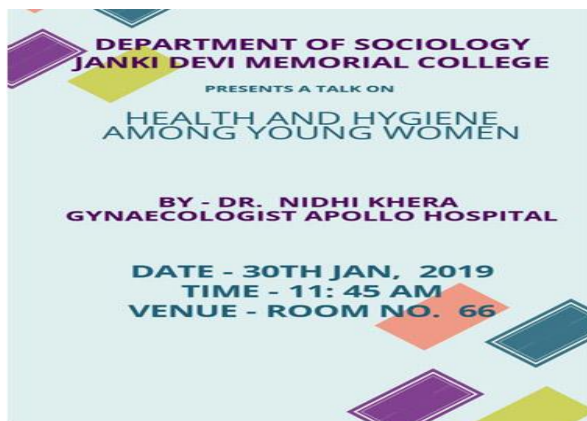


Talk on Health and Hygiene Among Young Women by Dr. Nidhi Khera

The Department of sociology organised a talk on January 30, 2019 about health and hygiene among young women. The speaker, Dr. Nidhi Khera a gynaecologist from Apollo Hospital, Moti Nagar talked about Poly-Cystic Ovarian Syndrome. She emphasised on the unhealthy style of life and genetics as the root cause of hormonal imbalance eventually leading to PCOS and other such disorders. She explained how this imbalance can be avoided by introducing two simple changes in one's lifestyle; exercise and healthy food. The talk highlighted how physical activity and healthy eating patterns can lead to a healthy and happy lifestyle which ultimately results in overall well-being of a person.



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