



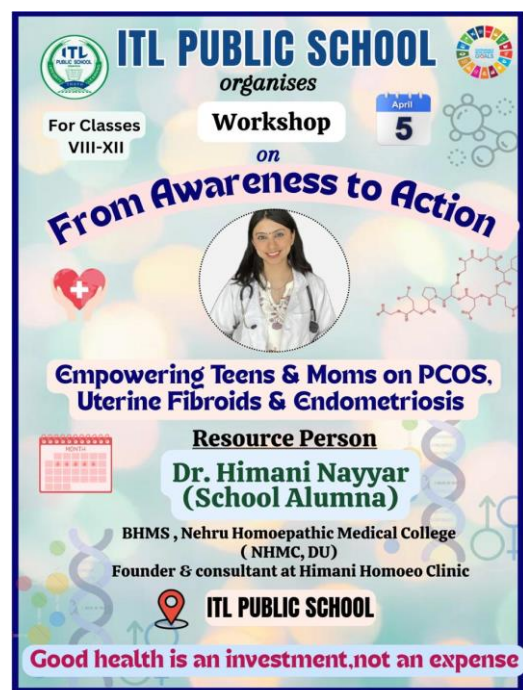
Report on- From Awareness to Action – 'Empowering Teens and Moms on Uterine Fibroids and Endometriosis'

Date : 5 April ,2025
Venue : School Auditorium, ITL Public School
Organised By: Department Of Science
Participants : Girls of Class VI to XII of ITL Public School.

"Empowerment begins with awareness."

As part of the **World Health Day** celebrations, ITL Public School hosted an engaging and educational session titled - **From Awareness to Action: Empowering Teens and Moms on Uterine Fibroids and Endometriosis**, on Saturday, 5th April 2025, at ITL Public School.

Led by the esteemed School alumna, **Dr. Himani Nayyar**, BHMS, a certified expert in dermatological nutrition and homeopathic treatments for female health disorders, the session provided a comprehensive look into feminine health. Dr. Nayyar guided the attendees through a detailed exploration of Polycystic Ovary Syndrome (PCOS), menstrual health, and overall hormonal wellness. She shared valuable insights into recognizing early symptoms of PCOS, understanding the hormonal imbalances involved, and adopting effective management strategies through lifestyle changes and holistic practices.



This interactive session was tailored specifically for girls in classes VIII–XII and their mothers, creating a warm and supportive environment for open discussions. It offered an opportunity for participants to not only learn about their bodies but also engage in meaningful conversations about health challenges, building stronger connections between mothers and daughters.

The event was a true reminder of the power of awareness in fostering empowerment. Students were deeply grateful to Dr. Nayyar for her expertise and to all the participants for making this session an

impactful experience. Together, it was a significant step toward better understanding and managing health for a stronger, more informed future.

#WorldHealthDay
#FeminineHealth
#PCOSAwareness
#Empowerment
#MothersAndDaughters
#HealthWorkshop

