

17th National Convention Day 3, 30th April 30, 2022

The program commenced with a photo session of the various chapters.

Sessions

- **Dr Janani Iyer**, Senior Consultant, Obstetrician and Gynaecologist, Apollo Hospitals spoke on Wellness Focus - Health. She said that from family to careers, typically the last area the women attend to is their own health. Why is women's health important she queried and explained it is primary to be aware of our health. On teenagers she spoke about menstrual hygiene, menstrual irregularities and dealing with puberty changes. She also recommended when one gets married, they should plan the family, take pre-conceptual counselling to ensure a healthy pregnancy.

She also explained the following in an educative way. that I

The late 30s to late 40s is defined as the pre-menopause period and all menstrual issues can be treated medically. The single most killer in women, after menopause, is heart disease. She said some people gain weight after menopause and in some cases the breast enlarges. For women aged 60s and beyond she advised exercise, healthy diet and weight management. The risk of heart diseases, ovarian, uterine and breast cancer arises mostly after menopause. As long as estrogen is present in the body, it helps the bones. Therefore, exercise is the only solution to stimulate the bones. Taking calcium is not enough, vitamin D is required along with the calcium and other supplements.

She gave the following tips for healthy living – reduce carbs; add fibre; work out; rest and relax. Periodic health checks and screening tests help in timely treatment and cure. Some of the tests she suggested were mammogram and pap smear tests to be done every three years.

In conclusion, she advised us to take care of our body and not to neglect it; Health packages are available in all the hospitals and to avail of the same.

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- **Ms Sudha Cannan**, Faculty and Executive Coach, Coaching Foundation of India, Co-Founder Mind, Body, Wellness.

Speaking on mind and body wellness, Ms Sudha Cannan noted that our mind is normally confused about what choices to make. We have some basic needs and we want to be appreciated and acknowledged for what we do. While we need appreciation, we must appreciate others as well. We are getting drained thinking of all our problems. We must make sure that our wellbeing is in our own hands.

On taking control of our happiness, she said we feel one with our thoughts only during few times; when we absolutely become one with our thought, we become one with our mind. Conscious movement in our life gives us energy and if we live 6 to 7 hours like this we will conserve lot of energy. Every day we must have energizing moments which are important and make us far healthier. Recharge yourself with activities such as listening to music, reading, gardening or even just sitting quietly. She said make yourself a CEO of your life.

In conclusion, she gave us an interesting tip before going to sleep. She said write something for 10 minutes, empty your mind and then tear up the paper.

Her motto is to create 'wellness champions' and the success mantra is – you laugh and make others laugh.

The last speaker was **Ms Meenakshi Ramesh**, Executive Director and CEO, United Way Chennai.

Ms Meenakshi spoke about **happiness chemicals** in our body such as serotonin, dopamine, oxytocin and endorphin. She said that one can be happy by giving back to the society and how this can be done. She gave 3 examples namely voluntary work, wealth and wisdom.

How to give?

Start at home, look around you, your family, friends and staff; teach someone your favorite hobby or a skill; support your neighborhood. Run / bake / cycle for a cause. She advised to help the people who are affected by domestic violence. She said take interest in civic issues, get together for Rain Water Harvesting; we have our responsibility towards the planet. She also said teach the children who are eager to learn English.

Finally, she suggested that we can reach out to her for any volunteering activity.

Click link for Photographs:

https://drive.google.com/drive/folders/1mlx_q2A2PHs2i1M4lnbahvpiDF7UsL5i?usp=sharing

This was followed by a brief presentation by West Bengal Chairperson on the next national convention to be held in Kolkata in 2024.

Post lunch

- There was a bazaar in which the different chapters displayed their goods. The sale proceeds will be donated to some NGOs.

Evening

- The evening began with a tribal show by each chapter, culminating into an all-chapters group dance signifying 'Unity in Diversity'. The theme and dress code for the evening was retro style. The day concluded with a grand dinner.