

# **BHARATI VIDYAPEETH UNIVERSITY**

## **COLLEGE OF NURSING, PUNE**

### ***REPORT ON "CONFERENCE ON MENARCHE, MOTHERHOOD, MENOPAUSE & MILLENIUM WOMEN AT VAPI"***



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# **MENARCHE, MOTHERHOOD, MENOPAUSE & MILLENIUM WOMEN**

## **GENESIS OF THE CONFERENCE:**

The inequalities between men and women with discrimination against women are an age-old issue all over the world. Thus women quest for equality with man is a universal phenomenon. Feminization of ageing is a worldwide phenomenon. Demographic projections show that the elderly females will far outnumber their male counterparts in the next few decades. Higher incidence of widowhood, illiteracy, malnutrition, and high economic dependency under-score the vulnerability of elderly females. Hence College humble effort to understand know each other's problem and issues in this conference and plan out some amicable solution

## **WHY WOMEN'S HEALTH & SOCIAL ISSUES:**

In order to move towards a brighter and healthier future, it is crucial to understand why addressing the well-being of women is becoming more and more important every day. This well-being doesn't only comprise physical care but also emotional and psychological welfare because it can have a direct impact on our homes, communities, societies and countries. In fact, research has proven that women's health can have far-ranging influence over their children's psychological and emotional well-being. Health issues include malnutrition, lack knowledge of treatment & care facilities every day, approximately 830 women die from preventable causes related to pregnancy and child birth. In India number of menopausal women is about 43 millions & According to Projected figure in 2016: There will be 103 million menopausal women in nearby Future. No wonder that at whatever stages of life for women its new character, new role with New challenges. To add the sexual harassment of women at their workplaces is a rampant and distressing issue. Does the Indian healthcare system treat the women of the country in a fair and just manner? And what can we do to make sure that the needs are recognized to develop effective and sustainable programs to remove barriers towards achievement of optimal health for Indian women?

"We need women at all levels, including the top, to change the dynamic, reshape the conversation, to make sure women's voices are heard and heeded, not overlooked and ignored."

## **AIMS:**

It's not only the Nursing Conference: it's also empowering women in making decision in life and humble steps in creation of power packed world to fight poverty, hunger, women discrimination and preparation of Smart Women for Smart India

## **OBJECTIVES:**

- To acquire coping strategies to tackle the problems and challenges related to women.
- To enlighten knowledge on management and newer treatment modalities of obstetrical emergencies and infertility concerns.
- To discuss the issues related to women empowerment.
- To create awareness on self-protection and advocate against women abuse.
- To enable women to raise voice against Gender inequality.

## SCHEDULE OF THE CONFERENCE:

SCHEDULE		
Time	Events	Remarks
07:30 – 09:00hrs	Refreshment & Registration	Ms. Madhuri A. Mrs.NevinaVirmani
09:00 – 10:00hrs	Inaugural Function	
Plenary Session I (1000 - 1300hrs)		
10:00- 10:30hrs	Early Menarche comfort & cope	Dr. Ritesh Sharma MD, OBG Haria LG Rotary Hospital, Vapi
10:30– 11:00hrs	Red Revolution	Dr. Amisha Mehta, BHMS, Vapi
11:00 – 11:45hrs	Infertility global concern: Discover new treatment op- tion, trends & Tech-niques	Dr.PurnimaNadkarni MD, DGO, FCPS, FICOG. Nadkarni Hos-pital, Pardi
11:45 - 12:30hrs	Women at High altitude	Dr. Anita Bhardwaj Medical Director, Six Sigma health care, Delhi. NariSakti award winner 2017
12:30– 13:00hrs	Panel Discussion: Women Empower-ment in India: Reality & Myth	Ms. Lavanya Patel Clinical Psychologist & Counselor NLP & Ms. Mayuri Patel Assist. Professor SSRCN, (moderators)
13:00 – 14:00hrs Lunch Break		
Plenary Session II (14:00 - 17:30hrs)		
14:00 -14:30hrs	Reproductive health Women’s life & Right PCPNDT Act & MTP	Dr. NishikantShrotri MD,DGO.Usha Clinic Maternity &Gynecolo-gy Hospital, Pune
14:30 -15:15hrs	New paradigms: OBG risk manage-ment	Dr.AnshumalaShukla MD, FCPS, DGO KokilabenDhirubhaiAmbani Hospital, Mumbai
15:15- 15:45hrs	Menopause & Mental make up	Mrs. Jyotsana Deshpande Ph.D. Nursing Assistant Professor, BVCON, Pune
15:45 -16:00hrs	Ageing Women: Critical Challenges, Concern & Self -Governance	Maj.Gen.T. K. Bhutia (Rtd.) Principal, SSRCN, Vapi
16:00 – 16:20hrs	Open forum on “#ME TOO” (Your Problem is our Problem, Let’s voice Together)	
16:20- 16:45hrs	VALEDICTORY FUNCTION	
TEA		

We have reached at conference venue on 11/01/2019 on 9:00 a.m. We registered ourself at register counter at hall and collect the kit of conference containing conference pad, pen, food coupon.

Then, we went for breakfast. In breakfast menu there were BatataVada and coffee and tea. Then we moved towards conference hall at where Inauguration session has been started.

At there inauguration of theme by poster inauguration done by chief guest Mr. PradipBhardwaj, Mrs. Anita Bhardwaj, Mrs. SonalSolanki, Dr. S.S. Singh, Maj. Jr. T.K. Bhutiya, Dr. JyotsanaDeshpande, Dr. NishikantShotri, Ms. Mayuri Patel & team member of organizing committee.

Then, Dr. S. S. Singh, Medical superintendent, Harilal Hospital has been given a short speech about the theme and current scenario in society related menstruation and sanitation.

Then, Dr. PradipBhardwaj, CEO, Six Sigma High Attitude Medical Rescue Service, Haryana came to enlighten the theme of conference. And then Mrs. Dr. Anita Bhardwaj,MD, Six Sigma High Attitude Medical Rescue Service, Haryana talked about the work of their in field for menstruation. Also did the session on **WOMEN ON HIGH ALTITUDE**.

**Early Menarche comfort & cope,  
Given by Dr. RiteshSharma,MD, OBG Haria LG Rotary hospital, Vapi**

**EARLY MENARCHE, COMFORT &COPE**

Menarche is the culmination of a series of physiological and anatomic processes of puberty:

- Attainment of a sufficient body mass (typically 17% body fat).[7]
- Disinhibition of the GnRH pulse generator in the arcuate nucleus of the hypothalamus.
- Secretion of estrogen by the ovaries in response to pituitary hormones.
- Over an interval of about 2 to 3 years, estrogen stimulates growth of the uterus (as well as height growth, breast growth, widening of the pelvis, and increased regional adipose tissue).
- Estrogen stimulates growth and vascularity of the endometrium, the lining of the uterus.
- Fluctuations of hormone levels can result in changes of adequacy of blood supply to parts of the endometrium.
- Death of some of the endometrial tissue from these hormone or blood supply fluctuations leads to decidualization, a sloughing of part of the lining with some blood flow from the vagina.

**Infertility global concern: Discover new treatment option, trends & Techniques**

**Given by Dr.PurnimaNadkarni MD, DGO, FCPS, FICOG. Nadkarni Hos-pital, Pardi**

Infertility is the inability of a person, animal or plant to reproduce by natural means. It is usually not the natural state of a healthy adult, except notably among certain eusocial species (mostly haplodiploid insects).

Infertility is “a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse (and there is no other reason, such as breastfeeding or postpartum amenorrhoea). Primary infertility is infertility in a couple who have never

had a child. Secondary infertility is failure to conceive following a previous pregnancy. Infertility may be caused by infection in the man or woman, but often there is no obvious underlying cause.

### **Panel Discussion: Women Empowerment in India: Reality & Myth**

**Run By Ms. Lavanya Patel Clinical Psychologist & Counselor NLP &  
Ms. Mayuri Patel Assist. Professor SSRN, (moderators)**

Empowerment of women is a necessity for the very development of a society, since it enhances both the quality and the quantity of human resources available for development.[7] Empowerment is one of the main procedural concerns when addressing human rights and development.

Women's empowerment and achieving gender equality is essential for our society to ensure the sustainable development of the country. Many world leaders and scholars have argued that sustainable development is impossible without gender equality and women's empowerment.[4] Sustainable development accepts environmental protection, social and economic development.

Women's empowerment is the process in which women elaborate and recreate what it is that they can be, do, and accomplish in a circumstance that they previously were denied. Empowerment can be defined in many ways, however, when talking about women's empowerment, empowerment means accepting and allowing people (women) who are on the outside of the decision-making process into it. "This puts a strong emphasis on participation in political structures and formal decision-making and, in the economic sphere, on the ability to obtain an income that enables participation in economic decision-making." [3] Empowerment is the process that creates power in individuals over their own lives, society, and in their communities. People are empowered when they are able to access the opportunities available to them without limitations and restrictions. Feeling entitled to make your own decisions creates a sense of empowerment. Empowerment includes the action of raising the status of women through education, raising awareness, literacy, and training. Women's empowerment is all about equipping and allowing women to make life-determining decisions through the different problems in society.

### **Reproductive health Women's life & Right PCPNDT Act & MTP**

**Given By Dr. Nishikant Shrotri MD, DGO. Usha Clinic Maternity & Gynecology hospital, Pune**

Pre-Conception and Pre-Natal Diagnostic Techniques (PCPNDT) Act, 1994 is an Act of the Parliament of India enacted to stop female feticides and arrest the declining sex ratio in India. The act banned prenatal sex determination..

Offences under this act include conducting or helping in the conduct of prenatal diagnostic technique in the unregistered units, sex selection on a man or woman, conducting PND test for any purpose other than the one mentioned in the act, sale, distribution, supply, renting etc. of any ultra sound machine or any other equipment capable of detecting sex of the foetus. Main provisions in the act are [5]

1. The Act provides for the prohibition of sex selection, before or after conception.
2. It regulates the use of pre-natal diagnostic techniques, like ultrasound and amniocentesis by allowing them their use only to detect :
  1. genetic abnormalities
  2. metabolic disorders



3. chromosomal abnormalities
  4. certain congenital malformations
  5. haemoglobinopathies
  6. sex linked disorders.
3. No laboratory or centre or clinic will conduct any test including ultrasonography for the purpose of determining the sex of the foetus.
  4. No person, including the one who is conducting the procedure as per the law, will communicate the sex of the foetus to the pregnant woman or her relatives by words, signs or any other method.
  5. Any person who puts an advertisement for pre-natal and pre-conception sex determination facilities in the form of a notice, circular, label, wrapper or any document, or advertises through interior or other media in electronic or print form or engages in any visible representation made by means of hoarding, wall painting, signal, light, sound, smoke or gas, can be imprisoned for up to three years and fined Rs. 10,000.

### **Red Revolution**

**Given by Dr. Amisha Mehta, BHMS, Vapi**

YES, its time to talk & aware about Menstruation. Rtn. Dr. Amisha Mehta & Miss. Sheetal you are surely spreading awareness & WE support it. The "NAYEE KAHANI" video was something we could relay on as The Generation have gone through by. But, its time for "NO MORE SEHNA". The PPT helped us understand the science of menstruation & the hazards of disposable sanitary pads.

### **Menopause & Mental make up**

**Given by Mrs. JyotsanaDeshpande,Ph.D. Nursing,Assistant Professor, BVCON, Pune**

Menopause is a normal transition for women, and every woman will experience menopause differently. Some have symptoms that are barely noticeable, while others experience significant changes. In some cases menopause and the reduction of estrogen can impact on someone's mental health or exacerbate a preexisting mental illness.

### **Ageing Women: Critical Challenges, Concern & Self -Governance**

**Given By Maj.Gen.T. K. Bhutia (Rtd.) Principal, SSRN, Vapi**

**MR. PRAKASH BORGAONKAR, DIRECTOR, HELP AGE INDIA**

HelpAge India voices the concerns of elders to help them live a more dignified life. Established in 1978, its mission is "to work for the cause and care of disadvantaged older persons and to improve their quality of life". HelpAge advocates for their needs such as, for Universal Pension, quality healthcare, action against Elder Abuse and many more at the national, state and societal level, with the Central and State governments. It runs various Agecare programs to service elder needs. The aim is to serve disadvantaged elders in a holistic manner, enabling them to live active, dignified and healthier lives.

The goals are deliberately universal and inclusive, explicitly covering "all ages." It is important, however, that we recognize—and differentiate between—the challenges faced by women at different stages of their lives. Over the first half of the current century, the global population ages 60 years and older is projected to double, reaching 2 billion by 2050. Women will continue to make up a larger share of this population and will outlive men in nearly all countries. In the developed world, women outlive men by a margin of 4 to 10 years; in the developing world, 58 percent of older people are women.

Although life expectancy is higher for women, many are unable to enjoy their later years because they struggle to meet their basic needs. A lifetime of inequalities has led to older women experiencing some of the world's lowest literacy rates. Many older women suffer significant health inequities, enjoy fewer human rights, and have less financial security, with fewer savings and assets to support an adequate standard of living in older age.

### **Open forum on “#ME TOO” (Your Problem is our Problem, Let's voice Together)**

The Me Too movement (or #MeToo movement), with a large variety of local and international alternative names, is a movement against sexual harassment and sexual assault.[1][2][3] #MeToo spread virally in October 2017 as a hashtag on social media in an attempt to demonstrate the widespread prevalence of sexual assault and harassment, especially in the workplace.[4][5][6] It followed soon after the sexual abuse allegations against Harvey Weinstein.[7][8] Tarana Burke, an American social activist and community organizer, began using the phrase "Me Too" as early as 2006, and the phrase was later popularized by American actress Alyssa Milano, on Twitter in 2017. Milano encouraged victims of sexual harassment to tweet about it and "give people a sense of the magnitude of the problem"

At the end valedictory session, certificate distribution taken place. As well as feedback from different colleges also be given. From BharatiVidapeeth College Of Nursing, Pune Ms. RoshaniNaik has been given feedback for conference. And then, went for tea and take a leave from the conference venue.

Overall experience of the conference is awesome as conference has very knowledgeable speakers as well as very fine topic regarding the obstetrics and gynecology with certain present scenario. Even there were entertaining dance performance from the students.