

International Gynecological Health Day Report
Occasion: International Gynecological Health Day
Date: 10th September
Organized by: Kalyan College of Nursing Rajura

Introduction

International Gynecological Health Day is observed every year on 10th September to create awareness about women's reproductive and gynecological health. The day emphasizes the importance of early diagnosis, prevention, and treatment of gynecological disorders. It encourages women to prioritize regular health check-ups and break the stigma surrounding reproductive health discussions.

Objectives

To promote awareness about gynecological diseases such as PCOS, endometriosis, cervical cancer, and menstrual disorders.

To encourage regular screening and early detection.

To educate women about menstrual hygiene and reproductive rights.

To reduce stigma and myths related to women's health issues.

Theme :-Your Health, Your Voice, Your Power”.

Importance

Gynecological health is essential for the overall physical, mental, and social well-being of women. Conditions like cervical cancer can be prevented through vaccination and regular Pap smear tests. Awareness programs help women understand symptoms, seek timely medical advice, and maintain a healthy lifestyle.

Activities Conducted

Health education sessions on menstrual hygiene and reproductive health.

Free gynecological check-up camps.

Counseling sessions by healthcare professionals.



Postnatal counselling



