

**AN AWARENESS WORKSHOP ON WOMEN'S HYGIENE & HEALTH CAMP  
INCLUDES ANAEMIA, BLOOD SUGAR AND CALCIUM SCREENING FOR  
UNDERPRIVILEGED WOMEN OF OUR SOCIETY**



Health is an important factor that not only contributes to human well-being, but also aids in economic growth globally. What's more important is that women's health concerns are numerous and influenced by various factors like gender disparities, early marriage, domestic violence and sexual abuse, malnutrition, poverty, illiteracy and access to quality healthcare, which pose a major concern today.

Women form an important pillar of society and they are the primary caretakers in every country of the world, but still, they suffer more and have poorer health outcomes around the world - with repercussions not only for women, but also for their families. Poor health and social status affect millions of women and adolescent girls around the world, making accessibility and affordability of healthcare services a challenge in 21st-century India.



We, Star Wellness & Care Foundation has organised an awareness workshop for the underprivileged women of our society in which we touch upon various topics like menstrual health and hygiene, sexual wellness, maternal and reproductive health, mother-child nutrition and good touch – bad touch, menstrual cycle, importance of sanitary napkins.

Along with this we even organised Health Care program for them which includes Blood Sugar, Calcium and Anaemia Screening at Basti Vikas Kendra, Dwarka in association with Society for the promotion of women child welfare. We have taken this initiative for those where healthcare facilities is not easily accessible.

"Society for the Promotion of Women and Child Welfare, SPOWAC as commonly known in the Social Welfare circles has completed **twenty** long years of dedicated service in the welfare and developmental sector." During these **twenty** years SPOWAC has been progressing steadily and has been implementing the various welfare schemes for the benefit of the vulnerable section of the society.

Every day, either on social media or on Television, you are hearing about women being victimized. There are so many stories of women that are available and you can hear about sexual violence or a random attack by strangers as well as being abused in some way. The world is changing and

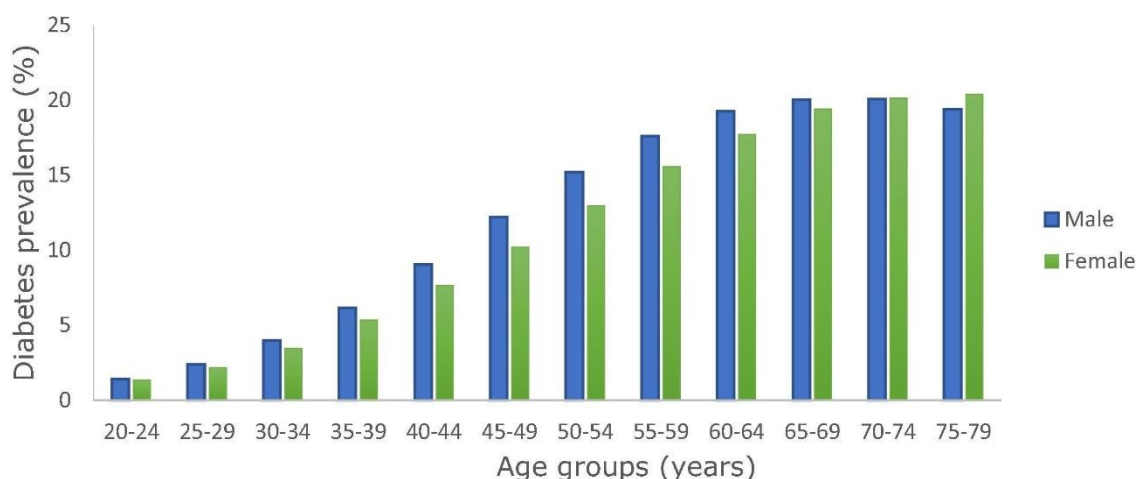
becoming more unpredictable particularly for women. As such, self-defence training is one of the most needed and must for every woman's to-do list. In the crime world, self-defence training is suggested, so that the women can resist any kind of sexual assault as well as random attacks.

Women are at a higher risk of suffering from bone-related illnesses like osteoporosis. That can only be mitigated by building calcium reserves in the body.

This comes as according to the 5th National Family Health Survey (NFHS-5) data, released by the Ministry of Health and Family Welfare, India has the highest total prevalence of anaemia at 39.86 per cent in the world. NFHS-5 data also suggested that more than half of the children and women are anaemic in 13 of the 22 States/UTs in the country. In women between the ages of 15 and 49 years, it has increased to 57% from 53.1%; in pregnant women it has gone up to 52.2% from 50.4%.

According to UNICEF, 25% of Indian women in reproductive age are under-nourished. With low calcium and vitamin D levels and less and irregular food consumption, they are at a higher risk of osteoporosis post-menopause. The incidence of osteoporosis, however, equals among men and women after the age of 60.

Women with diabetes are more at risk of suffering from heart attack than men apart from several other complications from blindness to depression. The IDF Diabetes Atlas Tenth edition 2021 provides the latest figures, information and projections on diabetes worldwide. In 2021, Approximately 537 million adults (20-79 years) are living with diabetes. The total number of people living with diabetes is projected to rise to 643 million by 2030 and 783 million by 2045.







The objective of conducting these health camps was to create awareness of general health among the people, providing general health care services and counselling them, on basic healthcare and hygiene.

