



**Sri Sarada College for Women
(Autonomous), Salem-16.
REACCREDITED WITH "B++" GRADE by NAAC
(Affiliated to Periyar University)**



WOMEN'S HEALTH AND WELLNESS - A HOLISTIC APPROACH

for

TEACHING & NON- TEACHING STAFF

Organized by

INTERNAL QUALITY ASSURANCE CELL

RESOURCE PERSON

Dr.S. NIVEDHITHA, M.B.B.S., M.S. (O.G)

OBSTETRICIAN & GYNAECOLOGIST

Dr. SUNDARARAJAN SUPER SPECIALITY HOSPITAL

SALEM - 07

Organizing secretary

Dr. P. Umamaheswari

IQAC Coordinator

Convenor

Dr. S. S. Gomathi

Principal

VENUE: SISTER NIVEDITA AUDITORIUM

DATE : 12.03. 2026

TIME : 9.45 a.m.

Expected Outcomes:

- Increased awareness on menstrual hygiene, nutrition, and preventive healthcare among women.**
- Participants gain knowledge on early detection and management of common women's health issues.**