



# MOHANBABU UNIVERSITY

Sree Sainath Nagar, Tirupati 517102

## WOMEN EMPOWERMENT CELL

Department of EEE

### *Webinar* on "HEALTH IS WEALTH"

Women Empowerment Cell and Department of EEE  
(18-05-2023)

### **REPORT**

In view of National Women's Health Week (NWHW) which is an annual observance that begins on Mother's Day, May 14th, and runs through May 20th, Department of EEE in association with Women Empowerment Cell has organized webinar on "Health is Wealth" with main motto to encourage women and girls to make their health a priority. The theme for this year is, "Women's Health, Whole Health: Prevention, Care and Wellbeing".



Dr. M.S.Sujatha addressing the session

Dr. M.S. Sujatha addressed the gathering and mainly focused about the Achieving Healthier Futures Together. She asked to Prioritize our health – both physical and mental – has never been more important. Over the past few years, many women have put off taking care of their general health and wellness needs. They have adjusted their daily routines, including the way they connect with family and friends. The combination has led to serious health problems for some women.

During National Women's Health Week (NWHW), Convener Women Empowerment Cell has encouraged women and girls to reflect on their individual health needs and take steps to improve their overall health. Whether you continue your current activities or find

news ones, now is a great time for all women and girls to focus on better health, especially those with underlying health conditions, such as hypertension, diabetes, obesity, cardiovascular and respiratory conditions, and women 65 years and older. National Women's Health Week is also a great time for family, friends, and the greater community to take actions to support women and help them achieve the best health possible.



Dr. M.S.Sujatha collecting feedback from participants

She also added that break your activity into small sessions. Go for a 15- or 30-Minute walk during your breaks. Daily exercise improves cardiovascular health, and Vitamin D provided by the sun will help boost your immune system. Around 36 faculty participants have attended and got benefitted from this webinar.

**Convener**  
**Women Empowerment Cell**