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**REPORT ON FIBROID AWARENESS CAMP HELD FOR THE WOMAN OF
REPRODUCTIVE AGE AT HIDAYATH CENTER, BUNDER, MANGALORE**

AIM:

To conduct a fibroid awareness camp held for the woman of reproductive age at Hidayath Center, Bunder, Mangalore.

OBJECTIVE:

- To educate the woman of reproductive age about fibroid & its consequence on health.
- To provide nutritional remedies to prevent the onset of fibroid & its complication through nutritional aids.

OUTCOME:

The awareness camp gave an idea to the students on the lack of information regarding fibroid in women of reproductive age. It even showcased to them the importance of providing nutritional education to those women to prevent the occurrence of fibroid in the women. The students educated on the dietary modifications to improve the health status of women who are more at risk of developing fibroid.

REPORT:

On the occasion of world fibroid awareness month, the students of the 2nd MSc Food Science & Nutrition of Besant Women's College, Mangalore in association with the Jamat –e –Islami Hind, Women's Wing, Social Service Unit, Mangalore organized a fibroid awareness camp for the woman of reproductive age group. Around 49 women took active participation in the camp. The camp was held at Hidayath Center, Bunder, Mangalore on 15th July 2023. About 14 students of 2nd MSc FSN along with the faculty Ms. Nireeksha V took part in the camp where they educated the woman on various topics related to fibroid awareness like what is fibroid, size of the fibroid, types, causes, signs & symptoms, complication, medication, dietary guidelines etc using different nutritional aids like flashcards, overlay chart, 2d model, flannel card. The event began with the prayer by Ms. Fathima, followed by the welcome address by Ms. Sumayya, the incharge of the JIH wing, Mangalore. Ms. Nireeksha V, faculty of the MSc FSN department briefed about the importance of nutrition & its role to reduce the prevalence of fibroid in women. After this, the students in the group of 2 gave a brief

explanation on the various concepts related to fibroid.

Fibroid awareness camp held for the woman of reproductive age

