

## **WORKSHOP ON MENSTRUAL DISORDERS HELD ON 11<sup>TH</sup> OCT. 2019**

BCIP in collaboration with International Health & Fitness Association organized a workshop on Menstrual Disorders for its students on 11th Oct 2019.

Dr. Shagufta Parveen (Lactation Consultant, MPT women's Health, and Lamaze Birth Educator) from IHFA was the esteemed Resource person. Around 26 students Participated in the workshop. A menstrual disorder is an abnormal condition in a woman's menstrual cycle. It might be due to various conditions such as Premenstrual syndrome (PMS), Pelvic inflammatory disease, Adenomyosis, Fibroids, Ovarian cysts or Endometriosis. Physiotherapeutic Exercises Such as Kegel, Uterine Trigger Point Release, Pelvic Exercises were taught to relieve these problems. Overall it was quite an enlightening Session on Menstrual Disorders.



