



REPORT ON WORLD MENOPAUSE DAY OBSERVATION 2025

INTRODUCTION

World Menopause Day is observed every year on October 18 to raise awareness about menopause and to support women experiencing this natural stage of life. The day aims to promote understanding of the physical, emotional, and social changes that accompany menopause, encouraging open discussions and healthy lifestyle adaptations. This year, We the 6th semester students of Sree Gokulam Nursing College, under the Obstetrics and Gynaecological Nursing department guided by Annie Priya Albert (Lecturer) observed World Menopause Day 2025 with a series of educational and interactive activities to spread awareness among students and the community.

OBJECTIVES

- To increase awareness about menopause and its health implications among women.
- To reduce misconceptions regarding menopause.
- To educate participants on signs, symptoms, and management of menopause through medical and home-based approaches.
- To encourage women to adopt healthy lifestyle modifications for better well-being during and after menopause

THEME OF 2025

“Menopause: Empowering Women Through Awareness and Care”

This theme emphasizes empowering women by providing accurate information, emotional support, and access to healthcare interventions that promote quality of life during menopause.

ABOUT THE PROGRAMME

The programme was organized under the guidance of the Department of Obstetrics and Gynaecological Nursing. We the students of 6th semester B.Sc Nursing actively participated in different teams handling video presentations and role play performances. The event took place in the Antenatal OPD with the presence of faculty members, students and patients.



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ACTIVITIES CONDUCTED

1.Video Presentation

A comprehensive video presentation was prepared and presented by the video-making team consisting of: Sreerag R S Nair, Sneha Anil, Soliha S, Sarija S, Vrinda D Bose, Swathy S Pillai, Sreebala S, Sooryan S, and Sahya Sanu. The video explained menopause, its common signs and symptoms, and the methods of diagnostic evaluation and medical management. Additionally, it emphasized home management through lifestyle changes. Overall, the video effectively presented both medical and holistic approaches to managing menopause, making it informative and engaging to the gathering .

2.Role Play

An educational and entertaining role play was performed on the topic “Lifestyle Modifications and Medications in Menopause.”

The cast members were:

- Pooja S Nair – Narrator
- S R Nandhana - Sarojini (Woman over 50)
- Rahul Ajith - Devan (Son)
- Rahmath - Maya (Daughter-in-law)
- Sandra - Devu (Granddaughter)
- Revathy - Dr. Janaki (Gynecologist)
- Sivanandana S - Dr. Niranjana (Counsellor)
- Sanjay S - Kiran (Nurse)

The role play portrayed a realistic household scenario where the menopausal woman faced emotional and physical challenges. Through family interactions and medical consultation, the play demonstrated the importance of lifestyle modifications, emotional support, and appropriate medical treatment. It provided an insightful and empathetic understanding of menopause care.





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CONCLUSION

The World Menopause Day 2025 observance was a great success, creating awareness and spreading positivity regarding menopause management. Students showcased excellent teamwork, creativity, and sensitivity toward women's health issues. The audience responded enthusiastically, appreciating the informative video and engaging role play. The event concluded with a message emphasizing that menopause is not an end, but a new phase of empowerment, strength, and self-care.



IQAC Coordinator

Principal



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