







SEXUAL AND REPRODUCTIVE HEALTH – CARE SERVICES

1. Our team:-

Sl.No	Name	Photos
1.	Dr. Tanushree Banerjee CMO (SAG) & In-Charge	 A portrait of Dr. Tanushree Banerjee, a woman with long dark hair and glasses, wearing a light-colored patterned top and a necklace. She is looking slightly to the right of the camera.
2.	Dr. Shelley Singh Medical Officer (Gynaecologist)	 A portrait of Dr. Shelley Singh, a woman wearing a white lab coat over blue scrubs, a light blue surgical cap, and glasses. She is smiling at the camera.
3.	Dr. Radhika Mohan (Gynaecologist)	 A portrait of Dr. Radhika Mohan, a woman with dark hair pulled back, wearing a white lab coat and a stethoscope around her neck. She is looking directly at the camera.
4.	Ms. Aishwarya Rao Counsellor	 A portrait of Ms. Aishwarya Rao, a woman with long dark hair, wearing a white top with a purple and white geometric pattern. She is smiling at the camera.

5.	Mrs. Padma Choubey Staff Nurse	 A portrait of Mrs. Padma Choubey, a staff nurse. She is a woman with dark hair, wearing a red top and a yellow and red patterned sari. She has a bindi on her forehead and is looking directly at the camera.
6.	Mrs. Jyoti Kumari Staff Nurse	 A photograph of Mrs. Jyoti Kumari, a staff nurse, sitting at a desk in a clinical setting. She is wearing a white lab coat over a blue top and has a blue surgical mask pulled down under her chin. She is looking towards the camera. In the background, there is a window, a whiteboard, and a poster on the wall. A laptop and a smartphone are on the desk in front of her.
8.	Mrs. Remya V.S Staff Nurse	

2. Creating Awareness :

आई0यू0सी0डी0 कौन नहीं लगवा सकता है

- यदि लामाथी गर्भवती है।
- यदि लामाथी को पेडू में सूजन है।
- एड्स/वीन संचारित संक्रमण या उसका खतरा।
- असामान्य योनि साव।
- शीवा, बच्चेदानी (गर्भाशय) या अण्डाशय का कैंसर।
- संक्रमित प्रसव या गर्भात के बाद।

आप में ही विरुद्ध जो जन्म दिनांक में (विरुद्ध जो जन्म दिनांक 2 दिनांक में जन्म हो नये हो)

कोय संक्रमित हो / प्रसव के बाद संक्रमण हो

बच्चेकी माँसपेशी जन्म से पहले नहीं कात सकती

बच्चे को लामाथी होने से का जन्म में ही टुल हो

बच्चे को जन्म दिनांक में जन्म हो तो संक्रमण हो का जन्म हो

7 WAYS TO IMPROVE SEXUAL HEALTH IN OLDER WOMEN

- Get a good night's sleep
- Check your hormone levels
- Eat a healthy, balanced diet
- Exercise regularly
- Practice meditating
- Do some yoga
- Make sure to Keegel

गर्भावस्था में आहार (क्या खाएं और क्या न खाएं)

सब्जियों का सेवन, फलों का सेवन, दूध उत्पाद, साबूत अनाज, नट्स और बीज, बीन्स और दाल, प्रोटीन और मिनरल्स, अधिक पानी पीना, कॉफी या कैफीन, कच्ची समुद्री सामग्री, कच्चा अंडा, कच्चा मांस, बिना धुली सब्जी और फल, अनपका बरबाद उरसाद, तिब्बानेद खाद्य पदार्थ, शराब और धूमपान, फास्ट फूड

क्या खाएं (Green checkmark) **क्या न खाएं** (Red X)

STYLECRAZE

Cervical Cancer Signs and Symptoms

Pain in pelvis

Fatigue

Lack of appetite

Unexplained weight loss

Pain in back and legs

Heavy vaginal bleeding

Bleeding after Pelvic examination

Rarely there is the presence of a vaginal mass

Bleeding during sexual intercourse

Blood tainted vaginal discharge with a strong odour

NIRUJA

Cervical Cancer: Causes, Symptoms, and Prevention

ABOUT CERVICAL CANCER

- It is the fourth most common cancer in women worldwide.
- Almost 100% of cases are caused by HPV.
- More than 500,000 new cases are diagnosed annually.
- One woman dies from cervical cancer every 2 minutes around the world.
- More than 80% of sexually-active people will develop a HPV infection in their lifetime.

SYMPTOMS

- Pain or discomfort during sex.
- Vaginal bleeding that is unusual for you.
- Changes to vaginal discharge.
- Pain in your lower back, lower tummy, or pelvis.
- Loss of appetite.

PREVENTION

- Get the HPV vaccine.
- Screening: pap / smear tests.
- Practice safe sex.
- Get a physical every year.
- HPV tests.

RISK FACTORS

- If you are under 45.
- If you have a weakened immune system.
- If you have given birth to multiple children.
- If you had children at an early age.
- If you smoke.

FOR MORE INFO, PLEASE SEE:

<https://www.nhs.uk/conditions/cervical-cancer/>
<https://www.justrust.org.uk/asi-involved/campaign/cervical-cancer-prevention-week>

TALKING MEDICINES



3. Medical Counselling by above team of Doctors and Nurses.
4. Psychological Counselling by Counsellor Ms. Aishwarya Rao
5. Referral to Multispecialty / Super specialty Hospitals empaneled with the Institute
6. Well Equipped Ambulance