

Menopause, is the time in women's lives when menstrual periods stop permanently, and they are no longer able to bear children. The age of menopause varies but it usually occurs between 45 and 55. Many women during this time undergo lot of physiological and psychological changes and cannot discuss due to inhibitions.

On the eve of celebrating '**International Women's Day**' RajaRajeswari Medical College and Hospital had initiated many activities for women employees of Rajarajeswari Group of Institutions which included a '**Talk on Menopause**' also, which was held on **14th March, 2023** at the College Auditorium, Kadamba Hall. The talk was initiated by Dr. Rupkala, Professor, Department of OBG, RRMCH and also Dr. Asha, Department of Psychiatry, RRMCH. Both the doctors explained very clearly to all the women present about the physical and physiological symptoms and how to take care of themselves during this period in their lives. Dr. Priya Sharath, Professor, Department of Dermatology, RRMCH and also Mrs. Jyothi Rao, HR, RRMCH explained in kannada, so that all the women were made to feel comfortable in understanding the very purpose of the talk.

Similarly on **15th March, 2023** a demonstration on '**Self Grooming**' session - a key concept for boosting self confidence in women was also initiated by the organizing committee. Well experienced beauticians Mrs Bharathi and Ms Lekha from '**Kimaya Unisex Salon**', Bangalore were invited for giving the demonstration and also to explain, how one should learn the self application of basic and simple daily makeup, hairstyle, saree draping and many other tips of self grooming.

Both the sessions were appreciated and found to be a very useful and helpful. There was a very good response from the participants and a good interaction also.