



## HEALTH AND WELLNESS PROGRAM

### TOPIC GETTING TO KNOW YOUR OWN HORMONES & GYNAECOLOGY ISSUES

:: ATTENDEES ::

B.A.LL.B. | B.Com.LL.B :: (2023-28) & (2022-27)

**23** | Tue. APRIL 2024  
TIME : 01:30 PM IST

VENUE : AUDITORIUM, LLOYD SCHOOL OF LAW



Distinguished Speaker ::-

# Dr. Nidhi Khera

Senior Director & Head - Obstetrics & High Risk Pregnancy  
BLK-Max Center for Women Health  
BLK-Max Super Speciality Hospital, New Delhi

## HEALTH AND WELLNESS PROGRAM

### TOPIC GETTING TO KNOW YOUR OWN HORMONES & GYNAECOLOGY ISSUES

:: ATTENDEES ::

B.A.LL.B. | B.Com.LL.B :: (2023-28) & (2022-27)

**23** | Tue. APRIL 2024  
TIME : 01:30 PM IST

VENUE : AUDITORIUM, LLOYD SCHOOL OF LAW



Distinguished Speaker ::-

# Dr. Nidhi Khera

Senior Director & Head - Obstetrics & High Risk Pregnancy  
BLK-Max Center for Women Health  
BLK-Max Super Speciality Hospital, New Delhi

## Dr. Nidhi Khera

Senior Director & Head - Obstetrics & High Risk Pregnancy  
BLK-Max Center for Women Health  
BLK-Max Super Speciality Hospital, New Delhi



Dr. Nidhi Khera is a distinguished Senior Obstetrician and Gynaecologist in the Delhi-NCR region, renowned for her expertise in managing both routine and complicated pregnancies. With over two decades of experience, she specializes in high-risk cases, offering natural birthing experiences and fostering maternal-baby connections through her "Garbha Sanskaar" program. Prior to BLK-Max hospital, Dr. Khera has worked with Apollo Cradle hospital, Sri Balaji Action Medical Institute, Fortis Hospital and Sir Ganga Ram hospital.

In addition to her obstetric skills, Dr. Khera addresses gynaecological concerns such as abnormal bleeding and fibroids. She is actively involved in medical literature and holds senior positions in prestigious hospitals. Dr. Khera's qualifications include MD and DNB in Obstetrics & Gynaecology, with a fellowship in Laparoscopic Surgery.

Dr. Khera is affiliated with professional bodies like Association of Obstetricians and Gynaecologists of Delhi, Federation of Obstetricians and Gynaecologists of India, and Indian Menopause Society, contributing to areas including high-risk pregnancies, maternal-fetal medicine, and PCOS management. With her comprehensive expertise and commitment to patient care, she is a leading figure in obstetrics and gynaecology.

We welcome you to Lloyd"



Tuesday-23-Apr.-2024

Dear Parent / Student,

Greetings from Lloyd Academic Community!

### **HEALTH & WELLNESS PROGRAM ::**

By understanding your hormonal changes and gynaecological issues, you can better manage your overall health and well-being. This includes being aware of symptoms related to menstrual cycles, menopause, or other conditions that may impact your daily life or work performance. Knowledge about your own hormones and gynaecological issues empowers you to take control of your health. You can actively participate in conversations with healthcare professionals, make informed decisions about treatments or interventions, and advocate for yourself when necessary. Being familiar with your body's normal hormonal patterns allows you to identify any unusual changes or symptoms that might indicate a potential issue. Regular monitoring and awareness increase the chances of detecting problems early on, allowing for prompt treatment and reducing the risk of complications.

Being knowledgeable about hormone-related concerns enables effective communication with colleagues/administration regarding any specific needs arising from such matters. Moreover, this knowledge empowers students to prioritize self-care practices and maintain a balanced lifestyle conducive to their academic pursuits. Ultimately, being well-informed about hormones and gynaecology enables students to navigate their educational journey with confidence and vitality. By openly discussing topics related to hormones and gynaecology, simply encouraging open dialogue around these issues, you can help break down stigma surrounding women's health concerns.

**DISTINGUISHED SPEAKER :: Dr. Nidhi Khara**, Senior Director & Head - Obstetrics & High Risk Pregnancy, BLK-Max Center for Women Health, BLK-Max Super Specialty Hospital, New Delhi

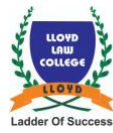
**ATTENDEES :: B.A.LL.B., & B.Com.LL.B. :: (2023-28) & (2022-27) (Mandatory and Only for Girls) & Respective Class Faculty Members (Mandatory and Only for Female Faculty Members)**

**DATE & TIME ::** Tuesday 23 Apr. 2024, IST 01:30 PM

**VENUE ::** Auditorium, Lloyd School of Law

### **PROGRAM SCHEDULE ::**

<b>SR. NO.</b>	<b>TIME</b>	<b>EVENT</b>	<b>SPEAKER</b>
1	01.30 – 01.35	Welcome	Dr. Priyamvada Mishra
2	01.36 – 01.40	Guest Introduction	Students
3	01.41 – 02.30	<b>“Getting to Know Your Own Hormones and Gynaecology Issues”</b>	<b>Dr. Nidhi Khara</b>
4	02.31 – 02.45	Q & A and Vote of Thanks	Dr. Priyamvada Mishra
5	02.46 – 02.47	National Anthem	IT Support



6	02.48 – 03.00	Attendance	Course Faculty
---	---------------	------------	----------------

Hope to see you all in regular classes, skill development programs, additional courses, practical academics, skilling opportunities and professional guidance of excellence.

**Dr. Mohd. Salim**

**Director**

**LLOYD LAW COLLEGE**

[director@lloydlawcollege.edu.in](mailto:director@lloydlawcollege.edu.in)