

# Hormones and Their Impact on Overall Well-being



Newgen's implementation partner, I AM Wellbeing—a mental health not-for-profit organization organizes personality development sessions for the students of Newgen Digital Discovery Paathshala (NDDP). The organization is dedicated to create a compassionate and trauma-sensitive ecosystem for healthy psycho-social development.

The recent session organized by them was focused on hormones and their diverse effects on health. Dr. Ankita, a gynaecologist and a special guest, shared insights into hormones and wellness with the students. She shared facts on endorphins, adolescence, mental changes, key hormones—cortisol, melatonin, serotonin, and dopamine. Furthermore, she gave her valuable perspectives on sustaining a healthy lifestyle.

Dr. Ankita underscored the positive impact of straightforward and simple lifestyle adjustments, such as dietary changes, regular exercise, and meditation, in effectively enhancing hormone levels and elevating mood. Her genuine and approachable demeanour during interactions encouraged a lot of students to confidently ask questions.

## Students' Speak

*"My emotions tend to shift with my menstrual cycle, swinging from irrational anger to deep sadness or pure joy. I always questioned my mood swings, and I'm grateful to Dr. Ankita for providing a clear explanation." – Geeta\**

*"Whenever my exams are around the corner, I experience a sense of anxiety and fatigue, accompanied by an increased appetite. I've come to recognize that these symptoms are a result of exam-related stress." – Shalu\**

*I experience a sustained sense of happiness throughout the day whenever I engage in a project I genuinely enjoy. The session helped me understand that this is influenced by hormones in my body." – Mohini\**

**RAVEENA PRASAD**  
CSR Team

