

B.K.M.Science College, Valsad

Women's Cell

Seminar on

PCOS: Poly Cystic Ovary Syndrom

Name of Speaker: Dr. Madhavi Naik Mistry

Date : 23/9/2021

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Health is important to live life to the fullest. When a person leads a healthy lifestyle, the body remains healthy and the mind is active and fresh. Living a healthy life would extend longevity and also regenerate the body and mind. Having good health is of core importance to human happiness. On the above matter an awareness lecture on PCOS: Poly Cystic Ovary Syndrome was held by the cell and conducted on 23rd September, at Room No : 1 between 11:00 to 1:00 Pm by Dr. Madhavi Naik Mistry. In this seminar Dr. Madhavi Desai, convener of women cell warmly welcomed Dr. Madhavi Naik Mistry by bouquet. In her speech she briefly explained about PCOS or polycystic ovarian syndrome. She said that around 2-26% of women in the reproductive age group are affected by PCOS. She informed that most women find out they have PCOS in their 20s and 30s when they are having a difficult time getting pregnant. PCOS can happen at any age after puberty and symptoms can occur as soon as your menstrual cycle begins. It affects your hormone level.

She explained to female students that PCOS is a condition with a wide spectrum of clinical features including irregular menstrual cycles, the tendency of weight gain, hyperandrogenism which causes acne and hirsutism. She mentioned PCOS presents itself with various symptoms like irregular periods, heavy bleeding, facial hair growth, acne, weight gain, darkening skin, obesity and infertility. She told PCOS is very common in recent days and affects many women. While these symptoms can be treated, some women do not even face any of the symptoms, thus it may go undiagnosed. The main cause of PCOS is excessive male hormone or androgen which can also be triggered by excess insulin production. It can also be hereditary and aggravates with increased weight gain.



Then after she talked about how to manage pcos. She said, while pcos cannot be fully cured, the symptoms can be treated to make them more manageable. She informed the students some ways to manage pcos as below :


- Eating healthy and balanced diet
- Losing weight
- Hormonal medications that help regulate hormone levels
- CAproscopic ovarian drilling
- Addition of exercise in daily routine

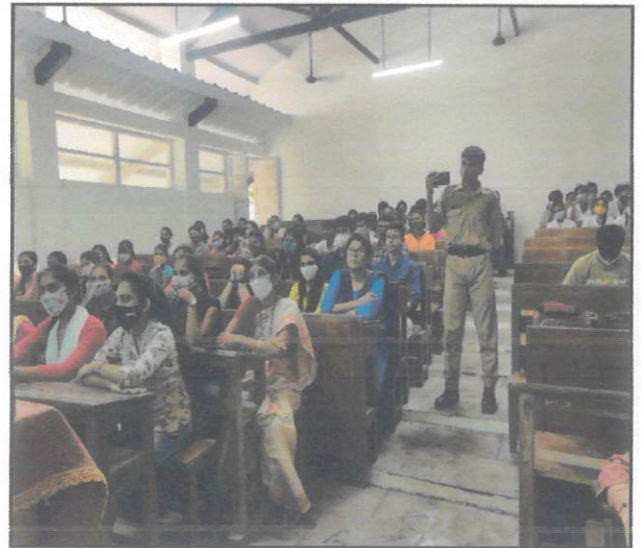
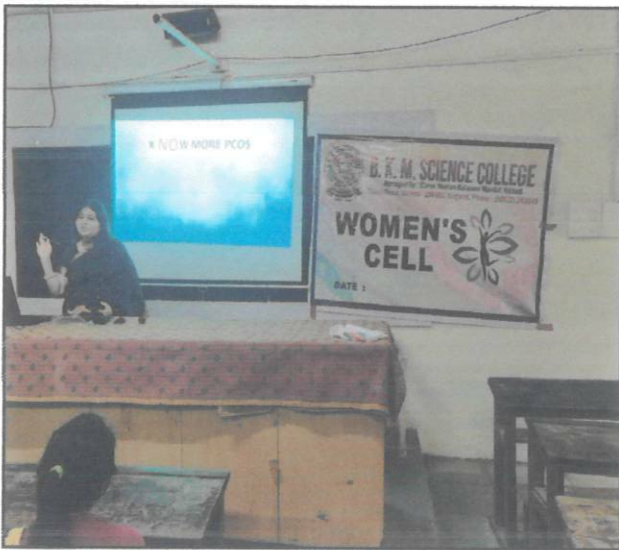
Lastly she said that pcos in women is nowadays more common than ever which in turn led to more knowledge about the same while this was relatively much less talked about in this seminar but it is now a common term and one that women are mostly aware about. She said to all girls that being healthy should be part of your overall lifestyle. Living a healthy lifestyle can help prevent chronic diseases and long term illness. Feeling good about yourself and taking care of your health are important for your self-esteem and self image.

And the final master stroke by her was : “ To be a strong woman , you must be healthy because a strong woman knows she has strength enough for the journey but a woman of strength knows it is in the journey where she will become strong “

The expert guidance enlightened every female student present with all vital information related to some of the various health issues that females tend to neglect due to lack of appropriate knowledge. The session was very interactive as all queries and doubts were answered by the respective speaker satisfactorily.




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B.K.M.SCIENCE COLLEGE, VALSAD**2021-2022****WOMEN DEVELOPMENT CELL**Seminar on : *Pimple to Dimple and PCOS: Polycystic Ovary Syndrome*Speaker : *Dr. Madhuri Naik Mistry &
Dr. Pinesh Modi*Date : *23/09/2021*

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