



ST. XAVIER'S COLLEGE, MAPUSA, GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	Session on PCOS
Date/ Duration	23 <sup>rd</sup> August, 2024/ 2 hours
Venue	Seminar Hall, St. Xavier's college, Mapusa, Goa
Name of organizing Department/Cell	Student Welfare Cell Health and Wellness Cell And
In collaboration with	Abbé Faria Post Graduate Department of Psychology With All India Institute of Ayurveda (AIIA), Goa
Name/s of Faculty Co-Ordinator	Miss. Jemma Pinto Miss. Cathelene Pinto Dr. Kshipra Vora
Stratum of Event	College level
Name & details of Resource Person/s if any	Dr. Deepa Shirodkar All India Institute of Ayurveda (AIIA), Goa
Report	<p>The objective of the session was to spread awareness about Polycystic Ovary syndrome (PCOS) among the students. The session started with a welcome speech presented by student of psychology, Ms. Anushka Sawant. The session had an interactive format where the speaker engaged with the students to check their awareness on the topic. They covered various topics under PCOS such as causes (sedentary lifestyle, unhealthy eating, imbalance in hormones), long term complications (obesity, sexual issues, dyslipidemia), symptoms (irregular menstruation, acne, obesity, acanthosis, hair-loss, infertility and pregnancy), foods to avoid if one has the syndrome, etc. It also shed light on several myths about menstruation, for example, that the period pain shouldn't be normalized and that women should acquire an active and healthy lifestyle to avoid that. Being from an Ayurvedic background, the speaker explained the menstruation and PCOS from an ayurvedic point of view where she mentioned the 3 Doshas in our body and its interplay with the cycle. She also highlighted the importance of Yoga as an excellent practice for our overall health. The speaker's focus on the importance of healthy lifestyle as a number of preventive measures for PCOS and other health issues was inspiring. Due to the interactive and light nature of the session, the information was easy to comprehend. The All-India Institute of Ayurveda had also organized a free screening test of PCOS for the interested students.</p> <p>All in all, the students were thoroughly made aware of what PCOS is and how to prevent it. The session ended with Psychology student, M. Ritu Pednekar, proposing a vote of thanks and extending her warm regards to everyone present for the session. The number of beneficiaries was 91.</p>

Brochure/Poster	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/PCOSPoster-5.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/PCOSPoster-5.pdf</a>
Photographs	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/IMG-20240825-WA0013.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/IMG-20240825-WA0013.pdf</a>
List of participants with signatures	<a href="https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/attendance-2.pdf">https://xavierscollegegoa.ac.in/wp-content/uploads/2024/11/attendance-2.pdf</a>
Certificate	NA