



ST. XAVIER'S COLLEGE, MAPUSA GOA

Report of Activity conducted in the Academic Year 2024-25

Name of Activity	Awareness and Screening Camp on "Polycystic Ovarian Syndrome: Prevention and Management through Ayurveda"
Date/ Duration	23 rd 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 Abbé Faria Post Graduate Department of Psychology
In collaboration with	All India Institute of Ayurveda (AIIA), Goa
Name/s of Faculty Co ordinator	Ms. Kathleen Pinto Ms. Gema Ataide Dr. Kshipra Vora
Stratum of Event	College
Name & details of Resource Person/s if any	Dr. Deepa Shirodkar Resident Doctor at All India Institute of Ayurveda (AIIA), Goa
Report	<p>The objective of the Session was to spread awareness and management about Polycystic Ovarian Syndrome (PCOS) among the girl students. The session started with a Welcome speech by Ms. Anushka Sawant(PG student). The Resource Person was Dr. Deepa Shirodkar, Resident Doctor at All Institute of Ayurveda, Dhargal-Goa. The session had an interactive format where the Speaker engaged with the students to check their awareness on the topic. She 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 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. Dr. Deepa's focus on the importance of healthy lifestyle as a means of preventive measures for PCOS and other health issues was inspiring. Due to the interactive and lucid nature of the session, the information was easy to comprehend. The All-India Institute of Ayurveda also organized a free Screening Camp for PCOS for the interested students.</p> <p>All in all, the entire session was very much enjoyed by everyone present. The session ended with the Convenor of the Student Welfare Cell, Ms. Kathleen Pinto, proposing the Vote of thanks and extending her warm regards to everyone present for the session. The number of</p>

	beneficiaries were 91 girl students.
Brochure/Poster	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/PCOsbro.pdf
Photographs	https://xavierscollegegoa.ac.in/wp-content/uploads/2025/04/PCOsphoto-2.pdf
List of participants with signatures	NA
Certificate	NA