

Health Awareness Programme on " Poly Cystic Ovarian Syndrome" in collaboration with AMIIS

6th Feb. 2021

A one-day national webinar under the umbrella of online health awareness program on the topic “**Poly Cystic Ovarian Syndrome (PCOS)**” was organized by the Centre for Women’s Studies and School of Studies in Physical Education, Pt. Ravishankar Shukla University, Raipur on 06.02.2021 from 11.00 am to 1.00 pm. Dr. Priyamvada Shrivastava Co-Director, Centre for Women's Studies, welcomed the expert of the program Dr. Gaivee Vinam Meshram, Junior Medical Officer (Department of Obstetrics & Gynaecology) from Indian Institute of Medical Sciences, Raipur. In the webinar very important information was given by the expert regarding the symptoms of PCOS and also discussed about the measures to be taken for its prevention. In our country, this problem is being seen in about 70-80 percent of women and the disease is most common among the females in the age group of 18-40 years and the interesting fact is that most of women are not aware about it. Even today, there is a lack of information related to PCOS in our country, so it is very important to bring awareness about the diseases especially amongst the youth. If information about PCOS is received at the right time, then its treatment is possible. The easiest way for this is to do self-examination. Apart from this, women and girls between the age of 18 to 40 years should get tested by the doctor once every year. After the age of 20 to 35, the possibility of PCOS also increases. She also points out that if the women see any symptoms like absence of menstruation for two months, excessive hair fall, darkening of the skin, acne, obesity etc., then definitely she had to consult the doctor. Also, women should not be careless in whose family this problem is already exists, because it increases the risk of genetic cases. Dr. Gaivee Vinam Meshram described about the symptoms of PCOs and insisted to intake Balanced diet rich in both the micronutrients (Zinc, Copper, Iron, Magnesium) and macronutrients (Carbohydrates, Proteins, Fats and Vitamins) in food. She also talked about the importance of physical exercise, balanced diet, relaxation and mental stress management. At the same time, she also gave information that there is a counselling cell in AIIMS Raipur for PCOS where its treatment has been given to the patients. Dr. Reeta Venugopal, Director, Centre for Women’s Studies shared her views about the importance of physical exercise so that the problem of PCOS can be corrected to some extent. At the end of the program questions were also raised by the participants. After the program many questions were asked by the which were answered by the team of experts. The program was conducted by research scholars

Chandrakanta Sethi and Upasapana Vishwakarma, from School of Studies in Physical Education and vote of thanks was given by AnikshaVaroda Research Assistant Centre for

HAIR PROBLEM

EXCESSIVE HAIR GROWTH: Hair growth increased in following areas

1. Facial
2. Back
3. Chest
4. Lower Abdomen Region.

The slide features six photographs showing excessive hair growth on the back, chest, lower abdomen, and face. It also includes a logo for 'SALDRESS' and a watermark for 'meritbooks.com'.

Women's Studies.

The screenshot shows a WhatsApp group chat interface. At the top, there is a header for 'HAIR PROBLEMS' with a sub-header 'Thinning of scalp hair and Male pattern baldness.' Below this are several images of hair loss. The group list includes: Pratiksha Tiwari (You), Aniksha Varoda, Reeta venugopal, and Gaivee Sharma. The group has 96 members.

The screenshot shows a Zoom meeting grid with 12 participants. The participants are arranged in a grid, with some showing their video and others as icons. The names of the participants are: Anshu Choudhary, Anshu Choudhary, Anshu Choudhary, Anshu Choudhary, Anshu Choudhary, Anshu Choudhary, Anshu Choudhary, Anshu Choudhary, Anshu Choudhary, Anshu Choudhary, Anshu Choudhary, and Anshu Choudhary. The meeting is titled 'Pratiksha Tiwari' and the time is 11:37.

