



The Students' Council

Mukesh Patel School of Technology Management and Engineering SVKM'S NMIMS 2021-22

Event Report: PCOS Webinar

Voices, MPSTME conducted a webinar to raise awareness about **Polycystic Ovary Syndrome (PCOS)** where the speaker was gynecologist Dr. Anurag Rahate, a renowned gynecologist, obstetrician, who is currently working at the Districts Women Hospital and was a former resident at Nowrosjee Wadia Maternity Hospital in Mumbai. Through this webinar, Voices aimed to delve deep into what Polycystic Ovary Syndrome is. With **one in ten women** being affected by PCOS globally, it was imperative to understand and gain knowledge on this subject and to finally take the preventive measures. The webinar included the following topics :

- What PCOS is
- Symptoms of PCOS
- Diagnosis of PCOS
- Causes of PCOS
- Risk factors of PCOS
- Hormonal imbalances in women
- Weight gain in women
- Managing PCOS
- The treatment for PCOS
- The diet and lifestyle changes
- The preventive measure to be taken

The webinar was conducted on the 25th of September 2021 on MS Teams. The webinar also addressed to any doubts that the participants had which were answered by the speaker. The webinar helped the attendees understand better about the syndrome and how they can prevent and combat this syndrome. With the help of many such webinars just like this, Voices MPSTME aims to empower the women of MPSTME and make this university a better place. Here's to strong women, may we raise them, may we know them, may we be them.

