



**K.R. MANGALAM UNIVERSITY**  
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## **REPORT ON 'WORKSHOP ON PCOD/PCOs**

**Date:** 28 February 2024

**Venue:** Anganwari, Garhi Wazidpur

**Event Type:** Workshop

**Mode of Activity:** Offline

**Target Group:** Women of Garhi Wazidpur village

**Coordinators:** Dr Mina Kumari and Dr. Neeraj Kumari (NSS Coordinator)

**Organized by:** NSS, K R Mangalam University, Gurugram

**Resource Person:** Dr. Kiran Kukreja, President of the Association of Medical Women, India

**Participants:** 36 NSS volunteers and more than 27 rural women

### **Introduction:**

Polycystic Ovary Syndrome (PCOS), also known as Polycystic Ovary Disease (PCOD), is a common hormonal disorder that affects women of reproductive age. It is characterized by hormonal imbalances, irregular menstrual cycles, and the presence of cysts on the ovaries. PCOS can lead to various symptoms and health complications, including infertility, weight gain, insulin resistance, acne, and hirsutism (excessive hair growth). According to a study, the total fertility rate is below 2.1 children per woman. All over the world, one in five women experiences this problem in her life. Therefore, to empower the women and to make them understand about PCOD/PCOs, a workshop was organized by NSS, K. R. Mangalam University in Garhi Wazidpur village.

### **Objectives:**

- To provide information on the causes, symptoms, and potential health risks associated with PCOS.
- To offer practical tips and strategies for managing PCOS symptoms through lifestyle modifications, diet, and exercise.



- To foster a supportive community where women can share their experiences and learn from each other.

### **Content:**

The event commenced with Dr. Neeraj Kumari extending a warm welcome to all the participants and special guest, Dr. Kiran Kukreja, President of the Association of Medical Women in India. Dr. Kumari provided an overview of the session's objectives and the rationale behind organizing it, aiming to empower attendees with comprehensive knowledge about PCOD/PCOS, its symptoms, potential health risks, and effective management strategies. Dr. Kukreja preceded the event, shedding light on PCOD/PCOS as a prevalent hormonal disorder among women of reproductive age. She offered insights into PCOS symptoms, diagnosis, and management, emphasizing lifestyle modifications, medications, and fertility treatments. Dr. Kukreja stressed the importance of personalized care and regular monitoring to address the diverse manifestations and health implications of PCOS, which can lead to complications such as infertility, metabolic syndrome, and long-term health risks.

### **Conclusion:**

Participants expressed appreciation for the opportunity to engage in open discussions during the event. The event was concluded with a vote of thanks where Dr. Neeraj Kumari expressed her gratitude toward the guest and participants for sparing some time from their busy schedule, she also emphasized the importance of conducting similar sessions in the future.

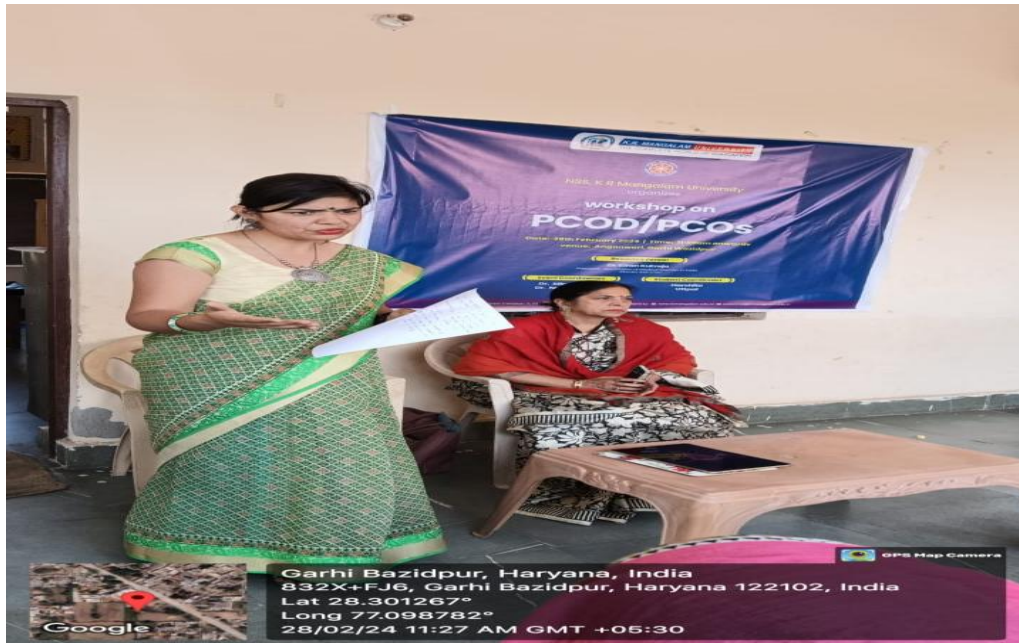
### **Event outcomes:**

Suggestions for future workshops and topics of interest were collected to guide forthcoming programming initiatives. By fostering understanding and offering practical strategies, the workshop has made a meaningful impact on the lives of participants, empowering them to take control of their health and well-being despite the challenges posed by PCOD/PCOS.



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Dr. Neeraj Kumari addressing the participants on women's health awareness during the PCOD/PCOS workshop.



Resource person Dr. Kiran Kukreja delivering an informative session on the causes and management of PCOD/PCOS.





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Group photograph of NSS volunteers, coordinators, and village women participants after the successful completion of the workshop on PCOD/PCOS.