

Bharati Vidyapeeth (Deemed To Be University)

College of Engineering

Report on

Workshop on “Awareness of polycystic ovarian disease (PCOD)”

PCOD is most common metabolic abnormality in young women and the most common cause of infertility in women, said Dr Asma Shah during a workshop on “Awareness of polycystic ovarian disease (PCOD)”.

Women Cell of Bharati Vidyapeeth (Deemed to be University), College of Engineering, Pune organized a workshop on “Awareness of polycystic ovarian disease (PCOD)” on 23rd January 2020. Dr. Asma Shah from Homeopathic medical college, Bharati Vidyapeeth (Deemed to be University) was invited to conduct the workshop. She explained the diagnostic criteria's for PCOS. More than 59% patients with PCOS are obese and more than 80% are hyperinsulinemic and have insulin resistance. Associated medical conditions were also discussed. Menstrual dysfunction and Hirsutism were prominent among them. She also discussed the laboratory investigations related to PCOS and the relation between PCOS and infertility in women.

At the end, she gave the message to young women to focus more on diet and exercise. They should adopt healthy life style in the form of balanced diet having locally available food articles like cereals, pulses, green leafy vegetables, seasonal fruits, fish, jaggery and dairy products in appropriate amount. They should avoid soft drinks, chocolates and junk food. Participant asked many queries regarding their PCOD. . It was truly interactive and helpful for everyone.



