



GOKHALE MEMORIAL GIRLS' COLLEGE

Activity Report of Webinar on “PCOS-PCOD: Symptoms, Consequences & how to Deal with it”

Name of the Webinar: “PCOS-PCOD: symptoms, consequences & how to deal with it”

Organized by: Gokhale Memorial Girls' College Alumni Association

Aim of the Webinar:

- a. To raise awareness among students regarding Polycystic ovarian disease and its consequences as it has become a very common gynecological problem among women due to poor diet & lifestyle habits.
- b. To enhance knowledge of students regarding management of PCOS/ PCOD which would help them, their family and friends as well as their future patients.

Date: 9th January, 2023, 7 p.m.

Duration in hours (approximate): 1 ½ hours

Number of Participants (approximate): 37

Name of Speaker with Designation and Affiliation:

Name of Speaker	Designation	Affiliation
Priyanka Shah	Clinical Dietician	Nutridate

Sponsoring Agency: Gokhale Memorial Girls' College Alumni Association

Sponsored Amount: Rs. 1500/-

Outcome of the Webinar: The Webinar was highly enriching for both students and faculty of department of Clinical Nutrition & Dietetics. Though, a common topic, we learnt many new concepts such as ‘Seed Cycling’ for management of PCOS, difference between PCOS & PCOD, management of Lean PCOS, role of gluten and dairy free diet in PCOS management. The speaker was very enticing and tirelessly addressed all the questions of audience. She also informed us that students could apply for internship at her clinic ‘Nutridate’ under her supervision and provided her contact details.



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Photo Gallery

