

REPORT ON BURN PCOD AWARENESS CAMPAIGN

Organized by: KSWDC Women's Cell in association with Kinder Women's Hospital

Date: January 7, 2024

Time: 2:00 PM

Venue: Fr. Punnappadom Hall, St. Aloysius College, Edathua

Total Participants: 103

Co-ordinator: Dr. Neethu Mary Tomy

Objectives of the Campaign

1. **Raising Awareness** – To educate women about Polycystic Ovarian Disease (PCOD), its symptoms, causes, and impact on overall health.
2. **Early Diagnosis & Prevention** – Encouraging early detection through medical check-ups and lifestyle modifications.
3. **Expert Insights** – Providing medical guidance from specialists on treatment options and management strategies.
4. **Promoting Women's Health** – Addressing concerns related to reproductive health and hormonal balance.
5. **Interactive Discussion** – Creating an open platform for students and attendees to interact with healthcare professionals.

Keynote Speaker

- **Dr. Susan Abraham (MD, MRCOG)** – Senior Consultant in Obstetrics and Gynaecology, Kinder Women's Hospital and Fertility Centre, Cherthala and Alleppey, Kerala.

Summary of the Event

The awareness campaign was inaugurated by **Prof. Dr. Indulal G.**, Principal of St. Aloysius College. **Dr. Neethu Mary Tomy**, Co-ordinator of the Women's Cell, welcomed the attendees, and **Fida N**, Student Co-ordinator, played a key role in organizing the event.

Dr. Susan Abraham delivered an insightful session on PCOD, discussing its medical implications, lifestyle management, and available treatments. The session emphasized the significance of balanced nutrition, regular exercise, and stress management in controlling PCOD.

The campaign witnessed active participation from **103 attendees**, including students, faculty members, and healthcare professionals. An interactive Q&A session allowed participants to clarify doubts and seek professional advice.

Conclusion

The **Burn PCOD Awareness Campaign** was a highly informative and impactful event, successfully achieving its objective of spreading awareness and encouraging proactive health management among young women. The session concluded with a vote of thanks, expressing gratitude to Kinder Women's Hospital for their valuable collaboration.