

SANDIP FOUNDATION'S
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Report

Title of event: - International Women's Day

Date: - 08/03/2023

Time: - 10.00am to 12.00Pm

Venue: - Seminar Hall

Event Organized By: - Dr.S.G.Talele,Ms. M. R. Badwar

Details about Progamme:

International Women's Day is celebrated on 8th March every year, to recognize women's achievements and their struggles. It is a day to celebrate women's rights, their contributions to society, and to promote gender equality. SIPS organized an event on International Women's Day on 8th March 2023. An expert talk was delivered by a renowned doctor, focusing on the issues related to PCOS, nutritional diet, and exercise. More than 200 girls and faculty members attended the session.

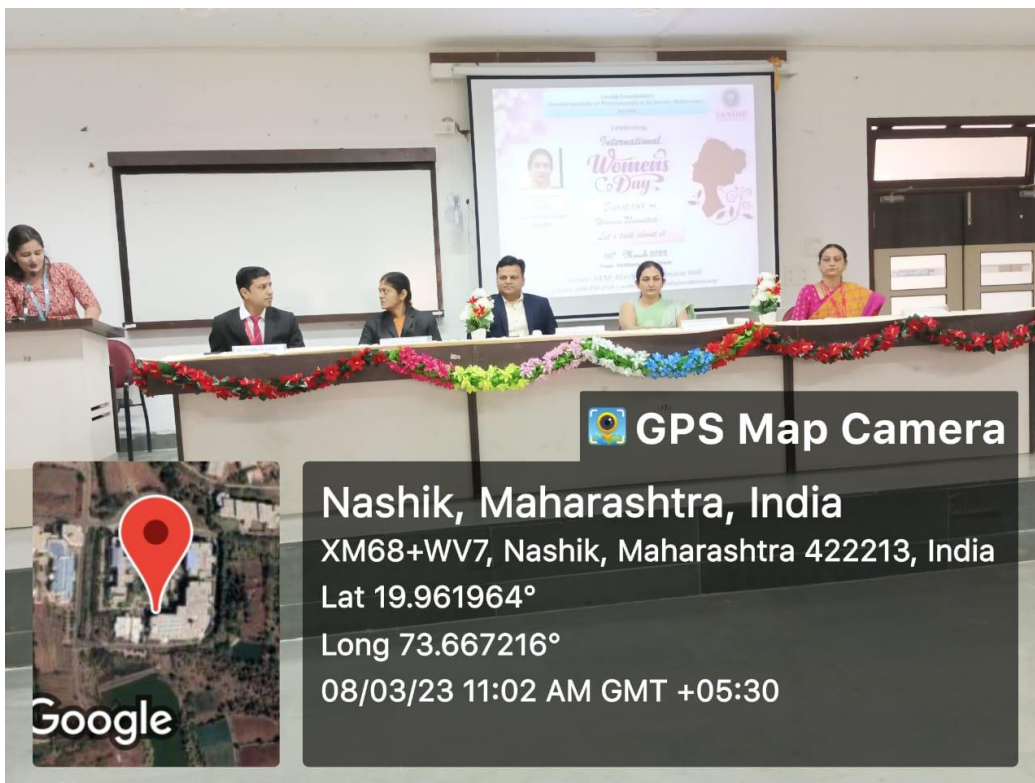
The expert talk was delivered by Dr.Hemangini Chaudhari, an eminent Gynecologist, and obstetrician. She discussed PCOS (Polycystic Ovary Syndrome) and its symptoms, diagnosis, and treatment. PCOS is a hormonal disorder in women that affects their menstrual cycle, fertility, and can also lead to weight gain, acne, and excess hair growth. Dr.Hemangini Chaudhari explained the importance of early detection of PCOS and its management through medication and a healthy lifestyle.

She emphasized the importance of a healthy and balanced diet in preventing and managing PCOS. She advised the girls to include fresh fruits and vegetables, whole grains, lean protein, and healthy fats in their daily diet. She also suggested avoiding processed foods, sugary drinks, and snacks. Dr.Hemangini Chaudhari recommended a low glycemic index diet, which can help regulate blood sugar levels and insulin resistance in PCOS patients.

She highlighted the role of exercise in managing PCOS and maintaining overall health. She advised the girls to engage in at least 30 minutes of physical activity daily, which can help in weight management, improving insulin sensitivity, and reducing the risk of chronic diseases. She also suggested incorporating aerobic exercises like walking, jogging, cycling, or swimming, and also strength training exercises to build muscle mass.

The event organized by the Students of SIPS on International Women's Day was a great initiative to spread awareness about women's health issues. The expert talk delivered by Dr.Hemangini Chaudhari on PCOS, nutritional diet, and exercise was informative and helpful for the girls and faculty members. The session emphasized the importance of a healthy

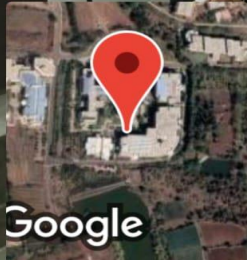
lifestyle and regular checkups to prevent and manage PCOS. The event was a success, and it is hoped that such initiatives will continue to promote women's health and well-being in the future.






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