

Date: 23/1/15

**Sub:** Detailed report of one day seminar on “Awareness of polycystic ovary syndrome in teenage girls”

Respected Sir,

Maliba Pharmacy College had organised GUJCOST sponsored One Day Seminar on "**Awareness of Poly Cystic Ovary Syndrome (PCOS) in teenage girls**" on 10<sup>th</sup> January, 2015.

Between 9.30am – 10.20am we had registration of delegates. During registration delegates were given kit and PCOS awareness ribbon as a token of love and motivation for awareness programme. There were about 280 delegates who had registered for the above seminar.

After registration the inaugural function of the seminar was conducted, which was graced by the presence of chief guest Dr. Gautam Vyas, renowned obstetrician & gynecologist of South Gujarat. There were other guests of honour: President of Bardoli Pradesh Kelvani Mandal Shri Bhagubhai Patel, Provost of Uka Tarsadia University Dr. D. R. Shah, Registrar Dr. Renu Chauhan, Principal of Maniba Bhula Nursing College Dr. B.N. Chandramani and Principal of Maliba Pharmacy College Dr. Shailesh Shah. Seminar was inaugurated with traditional lamp lighting ceremony. Following the lamp lighting ceremony guests were welcomed by floral felicitation. Ms. Heta Vyas organising secretary of the seminar delivered speech to address the objective of seminar and welcomed all the delegates and guests. After welcome speech chief guest of the seminar Dr. Gautam Vyas delivered the keynote address. Dr. Dinesh Shah and Dr. Shailesh Shah in their address acknowledged the delegates and congratulated the organising team for this awareness programme. At the end of inaugural function, vote of thanks to the guests was delivered by Ms. Hetal Patel, Assistant Professor, Maliba Pharmacy College.

At 10.50 am technical session was started. In the first technical session Dr. Gautam Vyas delivered his talk on PCOS introduction, risk factors, sign & symptoms and diagnosis. He gave a thorough explanation of Poly Cystic Ovary Syndrome. The

session was followed by question-answers. After completion of first technical session at about 12.00 noon, delegates proceeded for lunch.

After delicious lunch at sharp 1.15 pm second technical session was conducted by Dr. Pratima Gamit – consultant obstetrician and gynaecologist at Community Health Centre, Valod. She delivered the talk on “PCOS and women health”. She explained women health complications occurring in all aging periods (teenage, pregnancy and postmenopausal) after having PCOS. It was very interactive session. Delegates felt relaxed after getting answers to their apprehensions about PCOS.

In the last technical session delegates enjoyed a lot as it was very much related to the daily chores of women. This session was conducted by Dr. Sheetal Gandhi, well known Dietician & Nutritionist of the region at 2.15 pm. She delivered a talk on “Life style modification in PCOS”. It was a lively and interactive session. After completion of this session all the delegates felt inspired to lead a very healthy lifestyle.

At the end of deliberation sessions delegates shared their experience regarding the lectures, hospitality and acquired knowledge. Following the feedback of participants, all delegates were acknowledged by a certificate as a token of their earnest participation. All resource persons were also felicitated by memento and certificate as a token of love and sharing their valuable knowledge and time.

At the end of seminar about 3.45 pm formal vote of thanks to GUJCOST, the speakers, delegates and organisers was delivered by Dr. Bhavin Vyas, Head of Department of Pharmacology, Maliba Pharmacy College. The session was concluded at 4.00 pm with high tea. The seminar was anchored by Ms. Rutvi Vaidya, Ph.D scholar, Maliba Pharmacy College.

It was a great experience for all of us. We are heartily thankful to GUJCOST for giving positive response and motivation for this awareness programme. We are highly obliged to GUJCOST for acknowledging our efforts and financially assisting us for this awareness programme.

Thanks,

Heta G. Vyas  
Organising Secretary

















