



DCT'S
DHEMPE COLLEGE OF ARTS AND SCIENCE
MIRAMAR PANAJI GOA
2023-2024



DEPARTMENT OF PSYCHOLOGY AND HEALTH & COUNSELLING CENTRE

SEMINAR ON AWARENESS ON THRIVING BEYOND PCOS: CHALLENGES TO TRIUMPHS

The Department of Psychology and Health & Counselling Centre organised an awareness seminar on “Thriving Beyond PCOS: Challenges To Triumphs” on 29th August 2023 from 2:30 p.m to 3:30 p.m, in Seminar Hall, Dhempe College of Arts and Science, Miramar Goa. The resource people for the same was Dr. Brennan Tavares, obstetrician and gynaecologist. In total 99 participants attended the seminar.

Objective:

To create awareness among participants with regards to PCOS and health and to aid them with information regarding the help available to .

Participants' Profile:

The seminar was organised for the students and staff members. In total 99 participants attended the seminar. Out of which 88 were students and 11 were staff members.

Proceedings:

The programme started with welcome and introduction by Principal, Prof. Vrinda Borker. Then guest were welcomed with flowers and memento. Followed by the talk by Dr. Brennan Tavares, obstetrician and gynaecologist who introduced Polycystic Ovary Syndrome, highlighting its prevalence and impact. Dr. Brennan covered its symptoms, causes, and potential complications, fostering a comprehensive understanding. Discussions delved into the physical and emotional aspects of the condition, and Dr. Brennan shared insights and real-life experiences. Lifestyle management strategies, medical interventions, and available support resources were presented. Interactive elements like Q&A sessions and personal testimonials engaged participants. The session concluded by encouraging open dialogue, emphasising early detection, and promoting a proactive approach to managing PCOS for improved quality of life.

Outcome:

The outcome of a PCOS awareness session was an informed audience that understood the complexities of Polycystic Ovary Syndrome. Participants gain insights into its symptoms, causes, and potential impacts on health. The session helped destigmatize the condition, fostering empathy and understanding. They learnt about management strategies, lifestyle changes, and available medical treatments, empowering them to make informed decisions for themselves or support others dealing with PCOS. Overall, the session contributed to improved awareness, early detection, and enhanced well-being for those affected by PCOS.



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