



**ANDHRA MAHILA SABHA
ARTS & SCIENCE COLLEGE FOR WOMEN**
**Autonomous - NAAC Re-Accredited, O.U.Campus,
Hyderabad – 500 007**



Department of Biotechnology and Health Club

in Collaboration with

Sri Sathya Sai Baba Seva Organisation

Cordially invites you to attend

Awareness Talk

On Topic

***Awareness Talk on PCOD / PCOS – Causes, Symptoms
& Prevention***

By

Dr. Saraswathi

Renowned Gynecologist

Date: 29-07-2025

Time: 11.00am

Venue: MV Hall

Sri.D.Chakrapani, IAS (Retd) Sri.Ch.V.Sai Prasad

Chairman

Hon. Secretary & Correspondent

Prof. K. Karuna Devi

Principal I/c

**ANDHRA MAHILA SABHA
ARTS & SCIENCE COLLEGE FOR WOMEN**

DEPARTMENT OF BIOTECHNOLOGY & HEALTH CLUB

Awareness Talk Report

Organized by: Department of Biotechnology and Health Club in Collaboration with Sri Sathya Sai Baba Seva Organisation

Date: July 29, 2025

Guest Speaker: *Dr. Saraswathi*, Renowned Gynecologist

Topic: *Awareness Talk on PCOD / PCOS – Causes, Symptoms & Prevention*

The Department of Biotechnology organized an impactful awareness session on “**PCOD / PCOS – Causes, Symptoms & Prevention**” on **July 29, 2025**, featuring the esteemed **Dr. Saraswathi**, a renowned gynecologist known for her compassionate approach and dedication to women's health.

The session commenced with a warm welcome by **Monisha** of **BtZC III Year**, who greeted the dignitaries, faculty, and students present for the talk.

Session Highlights:

Dr. Saraswathi delivered a deeply **insightful, empathetic, and empowering** session. Drawing on her years of clinical experience, she explained the **complexities of PCOD and PCOS** in a manner that was **accessible and engaging**, especially for the young women in attendance. The talk went beyond medical information, offering **emotional support and practical solutions** for managing reproductive health.

1. Understanding PCOD vs. PCOS:

Dr. Saraswathi provided a clear and concise explanation of the differences between **PCOD (Polycystic Ovarian Disease)** and **PCOS (Polycystic Ovary Syndrome)**. She emphasized the importance of **early diagnosis and timely lifestyle modifications**, reassuring students that small changes can lead to big improvements.

2. Recognizing the Symptoms:

The speaker highlighted common symptoms such as **irregular menstrual cycles, acne, and sudden weight gain**, encouraging students to be aware of their bodies and seek help without shame or hesitation.

3. Exploring Root Causes & Risk Factors:

Addressing both **medical and emotional aspects**, Dr. Saraswathi discussed factors such as **hormonal imbalances, stress, sedentary lifestyle, and diet**. She underscored the value of maintaining both **physical and mental well-being**.

4. Practical Lifestyle Guidance:

The session included uplifting, easy-to-implement lifestyle suggestions. Dr. Saraswathi encouraged students to:

Eat balanced, nutritious meals

Stay physically active

Get enough sleep and manage stress

Embrace self-care and body positivity

Inspirational Quotes from Dr. Saraswathi:

“Every woman is strong — but when she’s aware of her health, she becomes unstoppable.”

“PCOD / PCOS is not the end of the road. With the right steps, it’s just a phase you’ll overcome.”

“Talk, share, support — we rise together.”

Conclusion:

The session served as a **ray of hope and strength** for many students. Dr. Saraswathi’s **empathetic approach, scientific clarity, and motivational tone** resonated deeply with the audience, leaving them feeling **informed, valued, and empowered**.

The Department extends its **sincere gratitude to Dr. Saraswathi** for her time, warmth, and valuable insights. Her words have planted a **seed of awareness, confidence, and self-love** in every attendee.

