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Women's Cell of MSRCASC

Guest lecture on "Polycystic Ovary Syndrome: The Silent Epidemic Driven by Modern lifestyles"

Date and Time: 20th January 2025, 11:30am-01:30pm

Venue: Kuvempu Seminar Hall.

No. of Participants: 150 girls

Event coordinator: Ms. Aishwarya Dharani and Ms. Reshma Bhaskar

The Women's cell of MSRCASC is an active and prominent cells of the college. It organises

various programmes like

Lectures/ seminars on

- Self-health and hygiene
- Personality development
- Women empowerment

The first programme organised by the Women's Cell of MSRCASC for the academic year 2024 -2025 was a Guest lecture on "Polycystic Ovary Syndrome: The Silent Epidemic Driven by Modern Lifestyles in observance of National Girl Child Day. The event, an IQAC initiative, took place at Kuvempu Hall at 11:30 AM. Anchored by Astha, the event also featured a vibrant flash mob performance by students from the BSc department, designed to engage the audience and promote awareness about the strength and potential of girls. The performance emphasized the message of empowering girls, highlighting their ability to achieve great milestones and make the nation proud.



M S Ramaiah College of Arts, Science and Commerce



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The event was graced by the presence of Principal Dr. Pushpa H., Vice Principal Dr. Jayrama B.S., Chief Guest Dr. Channarayappa, Head of Research and Development at the Department of Biotechnology and Genetics, MSRCASC, and Pushpalatha Suresh, HOD of the English Department.



The program commenced with a warm welcome address delivered by Lakshmi Priya from the BA department. Principal Dr. Pushpa H. followed with an inspiring speech, appreciating the performances and sharing an emotional personal story about raising her twins, who have now completed their MBBS. She emphasized the critical importance of educating women and raising awareness about women's health in India.

The Vice Principal, Dr. Jayrama B.S., highlighted the boldness and clarity demonstrated by today's young women, encouraging them to continue fostering confidence and determination.







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Panchami Ma'am then introduced the Chief Guest, Dr. Channarayappa, emphasizing his remarkable 37 years of academic research, significant contributions to plant breeding, and prestigious accolades, including the Jawaharlal Nehru Award, the Lifetime Achievement Award, and the Bharat Excellence Award.



Dr. Channarayappa shared critical insights into PCOS, explaining how it affects women by causing irregular periods, hormonal imbalances, and small ovarian cysts. He emphasized that modern lifestyle choices, including unhealthy diets and lack of physical activity, are major contributors to this growing issue. He encouraged students to adopt healthier habits and spread awareness about the condition, which, if left untreated, can lead to severe health problems like infertility, diabetes, and heart disease. He also discussed the role of Lactobacillus bacteria in maintaining women's health, highlighting its importance in balancing vaginal flora, reducing inflammation, and preventing infections.

The program concluded with a heartfelt thank-you speech by Chinmai from the BA department. Through its combination of engaging performances and expert insights, the event successfully highlighted the importance of understanding PCOS and prioritizing health. It reinforced the need for awareness and proactive measures to combat this silent epidemic, leaving students with valuable knowledge and motivation to make positive changes.

Program Coordinator

Women's Cell Convener

Principal Zullho
Principal
Principal
John College of Arts Science &

M.S.Ramaiah College of Arts, Science & Commerce-Autonomous
MSRIT POST, MSR Nagar
Bengaluru - 560 054

RAMAIAH College of Arts, Science & Cammerce - Autonomous

Women's Cell

organises

Guest Lecture

on

Polycystic Ovary Syndrome: The silent Epidemic Driven by

Modern Lifestyles

on account of

National Girl Child Day

(an IQAC Initiative)



Resource Person

Prof. Channarayappa
Professor and Head R&D,
Department of Biotechnology &
Genetics, MSRCASC

Date: 20/01/2025

Time: 11:30 AM

Venue: Kuvempu Hall

Ms. Aishwarya Dharani Ms. Reshma Bhaskar Event Coordinators **Pushpalatha Suresh**

Women's Cell
Convener

Dr. Pushpa H

Principal





Ref: MSRCASC/WC/2024-25/002 17th January 2025

CIRCULAR

Women's Cell

This is to inform all the HoDs, Faculty members and students that **Women's Cell** is organizing a guest lecture on "Polycystic Ovary Syndrome: The Silent Epidemic Driven by Modern lifestyles" on account of **National Girl Child Day**. On this occasion a Flashmob will be held on the theme "Girl Child Abuse" at the college main entrance on **20**th **January 2025** from 11:20 am followed by the session at **Kuvempu Seminar Hall**. Kindly inform the students to gather at 11:20 am for the flashmob.

Date: 20th January 2025

Timing: 11:20 am to 01:30 pm

Venue: Kuvempu Seminar Hall

Resource Person: Prof. Channarayappa

Professor and Head R&D,

Department of Biotechnology and Genetics

MSRCASC

Convener

Principal 241 [Me Principal Principal M.S.Ramaiah College of Arts, Science & Commerce-Autonomous MSRIT POST, MSR Nagar Bengaluru - 560 054



M S RAMAIAH COLLEGE OF ARTS, SCIENCE AND COMMERCE-

AUTONOMOUS

(Affiliated to Bengaluru City University)

Women's Cell

Organizes event on the Account of "National Girl Child Day"

E3= Educate, Empower, Elevate Attendance Sheet Dated:20/01/2025

SL. No	Student Name	Course	Class and Section	Signature
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Convener Pushpalatha BV.

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Pushpalatha B.V.

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Convener Pushpulatha B.V.

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