

## Women's Cell of MSRCASC

### Guest lecture on “Polycystic Ovary Syndrome: The Silent Epidemic Driven by Modern lifestyles”

**Date and Time :** 20<sup>th</sup> 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.

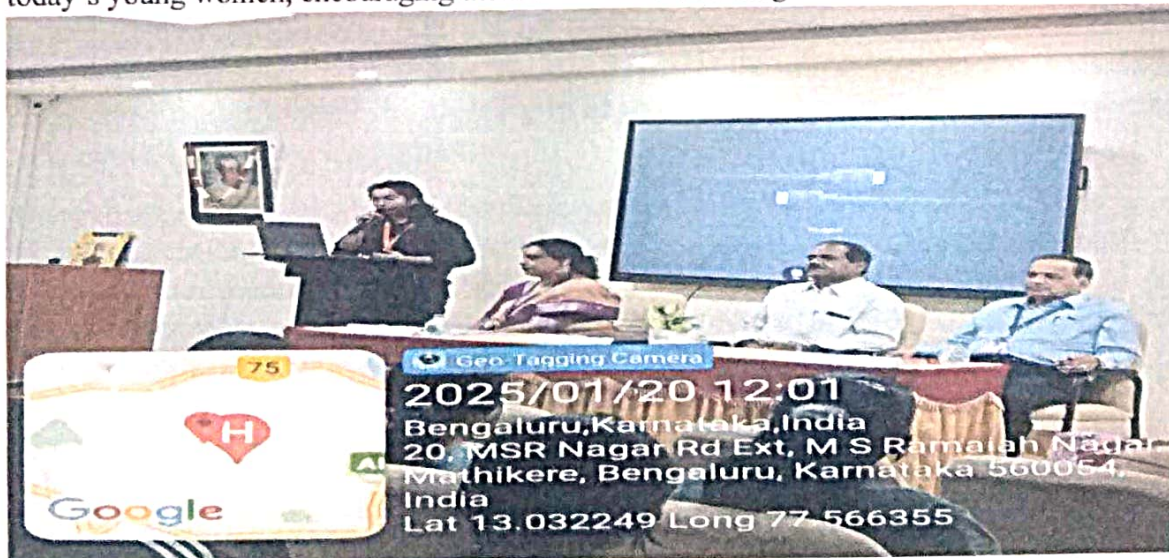


The event was graced by the presence of Principal Dr. Pushpa H., Vice Principal Dr. Jayrama B.S., Chief Guest Dr. Channarayappa, Head of Research and Development at the Department of Biotechnology and Genetics, MSRCASC, and Pushpalatha Suresh, HOD of the English Department.



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.



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.

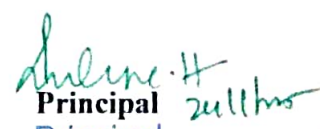


Dr. Channarayappa shared critical insights into PCOS, explaining how it affects women by causing irregular periods, hormonal imbalances, and small ovarian cysts. He emphasized that modern lifestyle choices, including unhealthy diets and lack of physical activity, are major contributors to this growing 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  
M.S.Ramaiah College of Arts, Science &  
Commerce-Autonomous  
MSRIT POST, MSR Nagar  
Bengaluru - 560 054

**RAMAIAH**

College of Arts, Science  
& Commerce - 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<sup>th</sup> 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**  
Principal  
M.S.Ramaiah College of Arts, Science &  
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## 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
1	Anushka Chandra	BA		Chandora
2	Harzi A	BA		Harzi
3	Shambhavi-K.C	BSC	'C' sec	Shambhavi
4	Shruthika.R	Bsc	'B' sec	Shruthika.R
5	S. SHREE VARSHA	Bsc	'B' sec	Shree Varsha
6	Rishitha.M.Reddy	BSC	'B' Sec	Rishitha
7	RIKISHA	Bsc	'B' sec	Rikisha
8	Rachana.S	Bsc	'B' sec	Rachana
9	SHREYA.R	BSc	'B' sec.	Shreya
10	RITHIKA.V	BSc	'B' Sec	Rithika
11	SHRINIDHI PATIL	Bsc	B sec	Shrinidhi
12	SRABANTI PAT	"	"	Srabanti
13	Nikita Sagar	Bsc	'B' sec	Nikita Sagar
14	Salome Kisku	BSc	'B' sec	Salome Kisku
15	Muskan Roy	Bsc	'B' sec	Muskan Roy
16	Parnasree Dey	Bsc	'B' sec	Parnasree
17	Hemal.L	BSC	'A' sec	Hemal
18	JANHAVI GOWDA	BSc	'A' sec	Janhavi
19	Anusha.N	BSC	A sec	Anusha
20	Harshitha.KS	BSC	A sec	Harshitha
21	Kavya.V	BSc.	'B' sec	Kavya.V
22	Thrupthi laad	B.S.C	'B' Sec	Thrupthi
23	Viebhava.P	BSC	B sec	Viebhava
24	Prinyanka KM	B Sc	'B' Sec	Prinyanka
25	Varsha.G	BSC	'B' sec	Varsha
26	Deepa.R	BSC	'B' sec	Deepa
27	Deeksha.M	BSc	'C' sec	Deeksha
28	Lekhana.C	BSc	'C' sec	Lekhana
29	Muttahara Noorain	BSC	'C' sec	Muttahara
30	Smruthi Nagesh	Bsc	'C' sec	Smruthi
31	Poornima YH	Bsc	'C' sec	Poornima
32	D.V. Nithya	BSc	A Sec	Nithya
33	C. cherishma	BSC	A Sec	cherishma
34	Aishwarya.H Reddy	BSC	A Sec	Aishwarya
35	Khushi Bhatia	BSC	A sec	Khushi
36	Ashwita Datta	B.Sc	'A' sec.	Ashwita
37	Hadiya waru	BA		Hadiya
38	K. Kritika	BA		Kritika

Convenor  
Pushpalakshmi B.V.

Roy.

Principal



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SL. No	Student Name	Course	Class and Section	Signature
1	Madaha Hanief	BSC	II <sup>nd</sup> Sem A3	[Signature]
2	Karuna S. Purohit	BSC	II <sup>nd</sup> Sem A3	[Signature]
3	Debanjana Sarkar	BSC	II <sup>nd</sup> Sem A2	[Signature]
4	Snaha Astak	BSC	II <sup>nd</sup> Sem A	[Signature]
5	Nisreen Zakir	BSC	II <sup>nd</sup> Sem B	[Signature]
6	Sakthi Vibushini	BSC	II <sup>nd</sup> Sem B	[Signature]
7	Yuktha	BSC	II <sup>nd</sup> Sem B	[Signature]
8	Sumedha	BSC	II <sup>nd</sup> Sem B	[Signature]
9	Ananya .K.R	BSC	II <sup>nd</sup> Sem A	[Signature]
10	Husna Ara	BSC	II <sup>nd</sup> Sem A	[Signature]
11	Deeksha N.	BSC	II <sup>nd</sup> Sem A	[Signature]
12	Bhumnika .M	BSC	II <sup>nd</sup> Sem C	[Signature]
13	Myser	BSC	II <sup>nd</sup> Sem C	[Signature]
14	Ankita Veema	BSC	II <sup>nd</sup> Sem 'A'	[Signature]
15	Anisha M.	BSC	II <sup>nd</sup> Sem 'A'	[Signature]
16	Nagarai Hanuul	BSC	II <sup>nd</sup> Sem 'A'	[Signature]
17	Maithei .S	BSC	II <sup>nd</sup> Sem 'C'	[Signature]
18	Anurtha .M.F	BSC	II <sup>nd</sup> Sem 'A'	[Signature]
19	Ananya Sarkar	BSC	II <sup>nd</sup> Sem 'A'	[Signature]
20	Mahwish Afreen	BSC	II <sup>nd</sup> Sem 'A'	[Signature]
21	A. Krishna Samsuktha	BSC	I <sup>st</sup> Sem 'B'	[Signature]
22	Yojana .M	BSC	I <sup>st</sup> Sem 'B'	[Signature]
23	Tanmayee .S	BSC	I <sup>st</sup> Sem 'B'	[Signature]
24	Thyjaswini .C.N	BSC	I <sup>st</sup> Sem 'B'	[Signature]
25	Nehe An	BSC	II <sup>nd</sup> Sem 'B'	[Signature]
26	Vaishitha .N	BSC	II <sup>nd</sup> Sem 'B'	[Signature]
27	Rupashree Chakraborty	BSC	II <sup>nd</sup> Sem 'B'	[Signature]
28	Amrita Kumari	BBA	II <sup>nd</sup> Sem 'A'	[Signature]
29	Bipasha Day	BBA	II <sup>nd</sup> Sem 'A'	[Signature]
30	Indira Kumari	BBA	II <sup>nd</sup> Sem 'A'	[Signature]
31	ALOKAM SINANT	BBA	II <sup>nd</sup> Sem 'A'	[Signature]
32	Dasari Kusuma	BBA	II <sup>nd</sup> Sem 'A'	[Signature]
33	Prachi Pandey	BSC	II <sup>nd</sup> Sem 'C'	[Signature]
34	Anushka Bose	BSC	II <sup>nd</sup> Sem 'C'	[Signature]
35	Ikshita Bhat	BSC	II <sup>nd</sup> Sem 'C'	[Signature]
36	Ananya .S	BSC	II <sup>nd</sup> Sem 'C'	[Signature]
37	Madhavi .A	BSC	II <sup>nd</sup> Sem 'C'	[Signature]
38	Sanchitha .N	BSC	II <sup>nd</sup> Sem 'C'	[Signature]

Convenor  
Pushpalatha B.V.  
Rep.

[Signature]  
Principal  
M.S Ramiah College of Arts, Science &  
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39	Shruthi. K.H	BSC	II Sem and C sec	<i>Shruthi</i>
40	Sandhya Guru Nayak	BSC	II Sem and C sec	<i>Sandhya</i>
41	NIVEDHYA	BSC	II Sem and C sec	<i>Nivedhya</i>
42	Hanika. G.	BSC	II SEM & 'A' SEC	<i>Hanika</i>
43	Jahvi. R.	BSC	II SEM & 'A' SEC	<i>Jahvi</i>
44	KV Sri Lakshmi	BSC	II SEM & A sec	<i>Lakshmi</i>
45	Sinchana. H	BSC	II sem & C sec	<i>Sinchana</i>
46	Varsha. N	BSC	II sem & C sec	<i>Varsha</i>
47	Ankitha. N	BSC	II sem A sec	<i>Ankitha</i>
48	Ankitha. G	BSC	II sem A sec	<i>Ankitha</i>
49	Bharathi. V	BSC	II Sem A sec	<i>Bharathi</i>
50	Krupa	BSC	" "	<i>Krupa</i>
51	Kavana	BSC	" "	<i>Kavana</i>
52	Varsha. G.K	BSC	" "	<i>Varsha</i>
53	Aishwarya. R	BSC	" "	<i>Aishwarya</i>
54	Charmita.	BSC	" "	<i>Charmita</i>
55	Keethana. H	BSC	" "	<i>Keethana</i>
56	Harini. S.K	BSC	" "	<i>Harini</i>
57	Harini. S.S	BSC	" "	<i>Harini</i>
58	Manasa	BSC	" "	<i>Manasa</i>
59	Mahalakshmi. P	BSC	" "	<i>Mahalakshmi</i>
60	Lekhana. SP	BSC	" "	<i>Lekhana</i>
61	Anusha. L	BSC	" "	<i>Anusha</i>
62	Aishwarya. H. Reddy	BSC	" "	<i>Aishwarya</i>
63	Charishma	BSC	" "	<i>Charishma</i>
64	D. V. Nithya	BSC	" "	<i>Nithya</i>
65	Lekhana. Raghu.	B.A	II Sem	<i>Lekhana</i>
66	Tabish. David	B.A	II Sem	<i>Tabish</i>
67	Nandini. J Agrewal	B.A	II Sem	<i>Nandini</i>
68	Nrdhi. Gupta	B.A	II Sem	<i>Nrdhi</i>
69	Pooja M	BA	II Sem	<i>Pooja</i>
70	Bhumi.	BA	II Sem	<i>Bhumi</i>
71	Pooja. Y.P.	BA	II sem	<i>Pooja</i>
72	Shristi Rao	BA	II Sem	<i>Shristi</i>
73	Ananya. G. Acharya	B.A.	II Sem	<i>Ananya</i>

*Prof.*  
Pushpalatha B. V.  
Convener

*Principal*  
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