



Sarojini Naidu College for Women

(Govt. Sponsored)

30 Jessore Road, Kolkata - 700 028

Phone : 2559-2583, 2529-1985

Ref. No. :

Date :

Title of the Report : "A Seminar on Polycystic Ovarian Syndrome"

Introduction: "A Seminar on Polycystic Ovarian Syndrome" was held on September 13, 2017 at Sarojini Naidu College for Women. The programme was organised by Health Committee of Sarojini Naidu College.

Content: Polycystic ovarian syndrome (PCOS) is a condition in which the ovaries produce an abnormal amount of androgens, male sex hormones that are usually present in women in small amounts. The name polycystic ovarian syndrome describes the numerous small cysts (fluid-filled sacs) that form in the ovaries. However, some women with this disorder do not have cysts, while some women without the disorder do develop cysts. Early diagnosis is necessary for early intervention, including lifestyle modifications to prevent the immediate and chronic consequences of PCOS. In young girls, initially this condition is asymptomatic. Then progress towards menstrual irregularities, obesity, hyperandrogenism in late puberty and eventually developing insulin resistance, hypertension, type 2 diabetes, cardiovascular diseases and infertility around middle age. 20% of women between the ages of 18 and 44, PCOS is one of the leading causes of poor fertility, and while there is currently no known cure, treatment can significantly reduce the risk of long term complications such as type 2 diabetes, heart disease, and endometrial disease. Arm yourself with education about PCOS, and as we continue to learn more, the closer we get to understanding this disease and eliminating it. The Health Committee of Sarojini Naidu College for Women organized the seminar to create awareness among the students for early and accurate diagnosis, which is the primary step in managing PCOS.

Outcome : Our students came to know about the following causes of PCOS:

Excess insulin, Insulin is the hormone produced in the pancreas that allows cells to use sugar, your body's primary energy supply. If your cells become resistant to the action of insulin, then your blood sugar levels can rise and your body might produce more insulin. Excess insulin might increase androgen production, causing difficulty with ovulation. Low-grade inflammation This term is used to describe white blood cells' production of substances to fight infection. Research has shown that women with PCOS have a type of low-grade inflammation that stimulates polycystic ovaries to produce androgens,

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which can lead to heart and blood vessel problems. Excess androgen Production of abnormally high levels of androgen in the ovaries, resulting in hirsutism and acne. While doctors and researchers continue to search for the exact cause of PCOS, the sad truth of the matter is that, as of today, we still do not know the direct link to the cause of PCOS. PCOS is manageable. The primary treatments for PCOS include lifestyle changes and medications. With these treatments, there are four goals that are considered realistic: lowering of insulin resistance levels, restoration of fertility, treatment of acne, and restoration of regular menstruation.

Urmila Wib

Principal
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A Seminar on Polycystic Ovarian Syndrome

13.9.17

1. Sankani Bandyopadhyay
2. Dipali Mondal 13.9.17
3. Latika De 13.09.17.
4. Sahana Khatri 13.09.17
5. Samra Dutta Sarkar 13.9.17
6. Lehalina Sengupta 13.9.17
7. Sanyal Sengupta 13.9.17
8. Dipamita Choudhury 13.9.17
9. Dipamita Bhattacharya 13.9.17

Speaker - Dr Barunali Ghosh

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Seminars on Polycystic ovarian syndrome 13/9/17

- 1.
2. Male Pooja 13/9/17
3. Pankaj Chhabra 13/9/17
4. Suresh Chhabra 13/9/17
5. Soma Aditya (Bandyopadhyay) 13/9/17
6. Soumi Nandi 13/9/17
7. Manisha 13/9/17
8. S. Prithvi
9. Anurag Barman Nandi 13/9/17

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- Moupiya Barman. — BOTA
Anita Dutta — UETA
• Piyali Malik — Bengali (H)
• Tasnima Khatun — Bengali (H)
Barsha Parbat — Bengali (H)
Ankhi Sahoo — Bengali (H)
1 Lipika Mondal — Bengali (H)
• Ajindrita Ghosh — Zoology (H)
) Chandrima Saha — Zoology (H).
2) Namrata Pal — Zoology (H)
3) Asmita Ray — Zoology (H)
4) Dipanwita Basu — Zoology (H)
5) Moumi Deo — Zoology (H)
• Suparna Mitra — Zoology (H)
Madhumita Bal — Zoology (H)
• Sushrita Mondal — Zoology (H)
• Shampa Rani Das — Zoology (H)
• Sreeta Das — Zoology (H)
6) • Kabani Chatterjee — Zoology (H)
• Tanusree Kar — MTMA (H)
Aditi Sharma — MTMA (H)
Sayantly Bhattacharyya — ~~MTMA~~ MTMA (H)
Barina Das — MTMA
• Priyanka Ghosh — MTMA
• Keshina Bera — MTMA.

- 27) Rakhi Alamanni (Zoology - Hons.)
 28) Nikhat Fatma (ZOOA - 1st year)
 29) Subhasree Barman (ZOOA - 1st year)
 30) Tania Debnath (ZOOA - 1st year)
 31) Pinky Roy (MTMA - 1644 - 1st year)
 32) Rimona Das (MTMA - 1644 - 1st year)
 33) Moaalina Sarkar (MTMA - 1641 - 1st year)
 34) Rimpi Debnath [Bengali - (13)] 3rd year
 35) Mukta Roy (Karonakar) [u u]
 36) Saugita Sarkar. (u] [u]
 37) Moumita Adhikary [u] [u]
 38) Titli Dey (u) (u)
 39) Chaity Das (u) (u)
 40) Swagata Das (BOTA) (Hons.) (1st year) (1233)
 41) Ripanwitasaha (BNGA) PG 1st sem.
 42) Mouli Paul (BNGA) PG. 1st sem.
 43) Aditi Sarkar (BNGA) P.G. 1st Sem
 44) Tannima Saha (Geo A) 2nd year
 45) Sagarika Km Shree (Geo A) 2nd year
 46) Sunita Das (GEOA) 2nd year
 47) Nandita Chakraborty (GEOA) 2nd year
 48) Rupsa Paul Chowdhury (Geo A) 2nd year
 49) Bharnati Jana " " "
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 50) Sanchita Dutta " " "
 51) Chaitali Paul " " "
 52) Sanchari Bose " " "

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A Seminar on Polycystic ovary syndrome

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- 1) Monalisa Sarkar - MTMA 1st year
- 2) Rimona Das - MTMA 1st year
- 3) Binky Roy - MTMA 1st year
- 4) Nikhat Fatema - ZOOA - 1st year
- 5) Tanu Debnath - ZOOA - 1st year
- 6) Subhasree Barman - ZOOA - 1st year
- 7) Srabani Roy - BOTA - 1st year
- 8) Rimpi Debnath - [Bengali (H)] 3rd year
- 9) Sangita Sarkar [" "] ["]
- 10) Mukta Roy [Karmakar] [" "] ["]
- 11) Samapti De [" "] ["]
- 12) Ritwika Chakraborty [CEMA] - 1st year.
- 13) Zennain Sultana [CEMA] - 1st year.
- 14) Silpi Saha [MTMA] - 1st year.
- 15) Anamika Debnath [MTMA] - 1st year.
- 16) Imael Wafun (G)
- 17) বিষ্ণু দাস (বাণলা অনার্স) - 3rd year
- 18) সৌমিত্রা অধিকারী (বাণলা অনার্স) - 3rd year
- 19) ~~Chaity Das~~ Chaity Das [Bengali (H)] 3rd year.
- 20) Swagata Das (BOTA) (Hons.)
Mouli Paul (BNGA) PG → 1st sem
- 21) Bipanwita Saha (BNGA) PG → 1st sem
- 22) Aditi Sarkar (BNGA) PG → 1st sem
- 23) Tannima Saha (Geo A) 2nd year
- 24) Sagarika Km. Shaw (Geography, H) 2nd year
- 25) Samali Roy Chowdhury (Physics H) 1st year

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- 27) Sumita Das (Geo H) 2nd year
- 28) Nandita Chakraborty (Geo H) 2nd year
- 29) Rupsa Paul (Chandhury) (Geo H) 2nd yr
- 30) Bharati Jana (Geography H) 2nd Year
- 31) Saneeta Dutta (biography Hons) 2nd year
- 32) Chaitali Paul (Geography Hons) 2nd year
- 33) Sanchari Bose (biography. Hons) 2nd year
- 34) Anjali Bhakta (BOTA) (H) 1st year
- 35) Sumita Mondal (SANA) (H) 1st year.
- 36) Anjana Biswas (SANA) H 1st year
- 37) ~~Jewel~~ Jewel Das (SAN) H 1st year
- 38) Anamika Katmakari (SANA) H 1st year
- 39) Submita Mondal (SANA) H 1st year

- 40) Adya Ina (BOTA) (H) 1st year 1201
- 41) Debapriya Koley (BOTA) (H) 1st year 1203
- 42) Debjani Banerjee (BOTA) (H) 1st year 1215
- 43) Sneheta Chakraborty (BOTA) (H) 1st year 1216
- 44) Susmita Basak (BOTA) (H) 1st year 1232
- 45) Ria Das (BOTA) (H) 1st year 3231
- 46) Anjana Sengupta (BOTA) (H) 1st year 1204
- 47) Soumi Panja (BOTA) (H) 1st year 1218
- 48) ~~Sourav~~ Saishakhi Podder (MTMA) 1st year 1637
- 49) Koyel Das (PHSA) 1st year 1721
- 48) Konshiki Das (MTMA) 1st year 1649
- 49) Nafisa Parvin (MTMA) " 1648
- 50) Monalisa Halder (MTMA) " 1602
- 51) Anusha Jetti (MTMA) 1st year 160

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... on Psychology

- 1) Ankita Laha (200A) 2nd year.
- 2) Adriza Laha (200A) (1111A) 1st year.
- 3) Purnita Sardar (200A) 2nd year.
- 4) Sharbani Das (200A) 2nd year.
- 5) Anamika Roy (200A) 2nd year.
6. Pratiti Bakti (200A) 2nd year
7. Soniya Mukhopadhyay (200A) 2nd year
8. Swastika Dey (200A) "
9. Nilanjana Ghosh (200A) "
10. Anpita Halder (200A) "
11. Tanni Adhikary (200A) "
12. Trishani Das (200A) "
13. Mayuri Bhattacharyya (200A) "

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