

Event Coordinator(s)

**1. PROF. Teena
Verma**

Student Coordinator(s)

**1. Sharon Sebastian
(SE COMPS)
2. Anisha Prabhu(SE
IT)**

Time& Place:

5:00 pm – 7:00 pm

Google Meet

No of participant:

59 participants

“WOMEN HEALTH: INVISIBLE ILLNESS PCOD” WEBINAR

(An event hosted by Women Development Cell by Xavier Institute of Engineering.)

In India, PCOD is a tabooed disorder; the discourse around it being more reductive in the past few decades due to its link with infertility. Thus XIE WDC organized a webinar named “Women Health: Invisible Illness PCOD”. The webinar was conducted by Dr. Poonam Dinde, who has a degree of Bachelor in Homeopathic Medicine and Surgery. The target audience for the event was staff and students.

The event was hosted by the student coordinators Sharon Sebastian and Anisha Prabhu. The event began with a mesmerizing prayer. The Director Fr. Dr. John Rose SJ addressed all the attendees with his words saying Women health is family health n hence nation Health so one should take care of self.

The event was followed by a discussion about what is PCOD, its various symptoms that a woman might have and the various treatments. Dr. Dinde had also shared a few experiences about her patients. After her session we also had a menstrual cup demonstration session.

The menstrual cup and cloth pads demonstration session was conducted by Ms Seema Khandale. She is a social activist and the founder of Akshay Social Group, an NGO. She has also designed the RUTU Menstrual cup.

The event ended with a vote of thanks that was rendered by Ms. Smita Pawar, convener of WDC.


FR. (DR.) JOHN ROSE S.J.
DIRECTOR


DR. Y.D. VENKATESH
PRINCIPAL

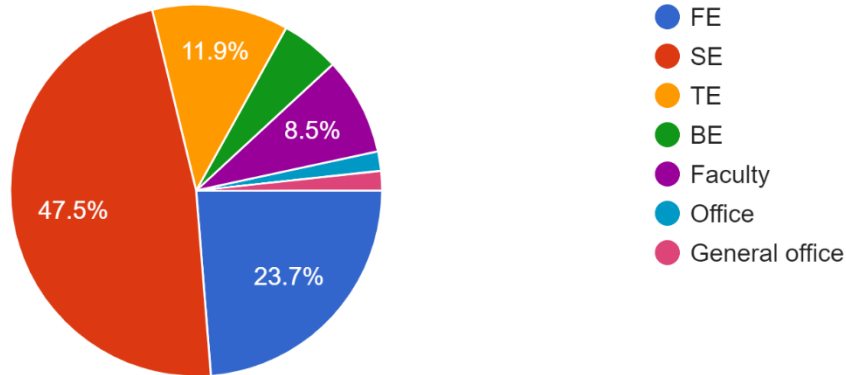

PROF. SMITA PAWAR
WDC CONVENER

Overall, we received a positive response from our audience and they are looking forward to more events conducted by WDC. The staff and students got awareness about PCOD and Menstrual Cup.

FEEDBACK:

Class

59 responses



Everything.
Speakers way of explaining things and her way to eradicate fear from our minds
1.we got a proper idea of using a menstrual cup and got to know about its advantages 2. Is we got to know about what exactly is pcod or pcos 3. Treatment of pcod
1) Positive attitude of the speakers, 2) the speakers were very well informed, 3) Queries were well answered.
Be happy, calm to keep ourself feet
Creating awareness among girls
It's was very frirndly and comfortable talk . Very peaceful
Everything
PCOD ,Menstrual Cup
The new concepts,the detailed points
Information about cup, PCOD, How women should take pracutions from getting PCOD
everything
Happiness, use of menstrual cup
I got to know about PCOD, menstrual cups and how women should take care of themselves.
Initiative
Everything

1. THE ENVIRONMENT IN THE MEET WAS VERY FRIENDLY. 2. THE ABILITY OF THE SPEAKERS TO ANSWER THE QUESTIONS ASKED BY THE LISTENERS. 3. THE SPEAKER WAS FRIENDLY AND AT THE TIME WELL INFORMED.

Happiness, stressfree, Mcups

Happiness, stress free life, Menstrual cup demo

Explanation on Menstrual cycles, psychology and Menstrual cup

Presentation, topic and timing

Session, organizatiin, subject

Very informative

Informative, easy to understand, happy living

Information abt menstrual cup

GLIMPSE OF THE EVENT:

Poster:



**XAVIER INSTITUTE OF ENGINEERING
WOMEN DEVELOPMENT CELL
Presents A Webinar On
Women Health:
Invisible illness PCOD**



Dr POONAM DINDE

29TH JANUARY'22 | 5PM

CO ORDINATORS

SHARON SEBASTIAN: +91 88267 17113

ANISHA PRABHU: +91 90040 02472

Awareness campaign by WDC on Menstrual Hygiene : Sustainable solutions



SEEMA KHANDALE
FOUNDER- 'ASHAY SOCIAL GROUP'



Together we can empower all girls and women to realize their full potential.

January 29, 2022 @ 6.00pm
Google meet

John Rose SJ

SHARON Sebastian

Tahseen Shaikh

ANISHA Prabhu

Smita Pawar

Mitali Sawant

HARSHITA Gupta

21 others

You

5:08 PM | WDC Webinar on Women health

5:12 PM | WDC Webinar on Women health

PCDD SEMINAR (Autosaved) - PowerPoint

SYMPTOMS

- abdominal pain
- vaginal discharge
- urinary frequency
- constipation
- back pain

5:21 PM | WDC Webinar on Women health

5:21 PM 1/29/2022

meet.google.com/jgh-baeF-hiw?authuser=1&hl=en

Poonam Dinde is presenting

POLY CYSTIC OVARY
multiple cyst present in the ovary

Participant grid:

- Poonam Dinde
- Shahnawa Z Sha...
- SHARON Seba...
- ANISHA Prabhu
- Tahseen Shaikh
- Smita Pawar
- Sharon Gaspar
- YULETTE ALVAR...
- Seema Khandale
- Sheetal Le...
- 29 others
- You

5:27 PM | WDC Webinar on Women health

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Poonam Dinde is presenting

LIFESTYLE CHANGES

EXERCISE

- GYM
- WALK
- ZUMBA

BALANCED DIET

- AEROBICS
- TREKA

Participant grid:

- Poonam Dinde
- Sheetal Le...
- SHARON Seba...
- ANISHA Prabhu
- Lalita Moharkar
- Meena Ugale
- Madhura Shirod...
- Teena Varma
- XIE WDC
- Smita Kalyankar
- 29 others
- You

5:52 PM | WDC Webinar on Women health

6:06 PM | WDC Webinar on Women health

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In-call messages

Let everyone send messages

Messages can only be seen by people in the call and are deleted when the call ends.

Tahseen Shaikh 5:54 PM
Does the food we eat have anything to do in causing poos? like more packaged foods in diet

Poonam Dinde 6:20 PM
yes..its one of the contributing factors

HARSHITA Gupta 6:23 PM
How much time does a cloth pad last ma'am?

Send a message to everyone

6:26 PM | WDC Webinar on Women health

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Seema Khandale

6:21 PM | WDC Webinar on Women health

Poonam Dinde is presenting

PCDD SEMINAR [Autosaved] - PowerPoint

KEEP SMILING
BE HAPPY

5:54 PM | WDC Webinar on Women health

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6:36 PM | WDC Webinar on Women health

Start | 6:36 PM 1/29/2022

6:41 PM | pgh-baeF-hiw