



One Day Seminar



(September 19, 2023)

On

“PCOD& PCOS”

Organized By

Department of Home Science

(Shri Lal Bahadur Shastri Degree College, Gonda)



Key Note Speakers



Dr Renu Agarwal
MBBS-MD, President Rotary Club, Gonda
Director Sri Ram Nursing Home, Gonda



DR. Kiran Rao
MBBS, MS (Lady Harding Medical College, New Delhi)
(Consultant Obstetrician, Gynaecologist, Infertility Specialist & Laparoscopic Surgeon)
Parvati IVF Centre & R. B. Rao Memorial Mult speciality Hospital, Gonda.

ABOUT THE SEMINAR

Creation of awareness through dissemination of knowledge related to conduction of proper research and development with following of ethics is one of the foundation and core functions of the post graduate colleges. By developing and following good research ethics may lead to the colleges at higher state and by doing so colleges may fulfill the requirements of the execution of cutting-edge research for the betterment of the society. The adoption of best practices of research and development by the universities generate new knowledge with harboring and skilling of intellectual minds and training of manpower required for all sectors of the society. Ultimately, quality of manpower is the most important factor for producing good quality researches. Earlier research was not given proper attention and it was conducting for earning the degree only due to constraints of limited resources and facilities. As a consequence, there has been a steady decline in quality over the last decades due to lack of preference by graduate students. By the time, it has been immersed as an issue of big concern among the academic community, social thinkers and policy makers. To overcome this big issue, proper training on research methodologies is the most crucial factor. Presently many universities are not having adequate provisions of training on research methodology. As a result, research students are often depending upon their supervisor/guide for finding the suitable research problem. Thereby, it is difficult to move on further independently. To overcome this problem and improve the circumstances there is a need for organizing training programs to train and skill on research methodology to the young students. Hence, organizing the one-day seminar on “**PCOD & PCOS**” in this direction makes an effort to aware the students for **PCOD & PCOS**. This seminar is aimed to provide an opportunity for those entering into professional and academic research as well as the established researchers to develop more sophisticated study skills by exhaustive discussions on a variety of aspects of research methodology with renowned academicians/experts of the nation. This seminar will improve the awareness of health, research skills and competence among the researchers by strengthening their knowledge etc.

SUB-THEMES OF THE SEMINAR

- 1. Introduction to Home Science**
- 2. Role of Home Science in Medicine”**
- 3. Importance of Home Sciences**
- 4. Need of Seminar in Home Science**
- 5. About Cancer**

Important Dates to Remember

Opening of Registration	Sept. 5, 2023
Last Date for Submission of Abstract	Sept 16, 2023
Last Date for Online Registration	Sept 16, 2023
Last Date for Submission of Full Paper	Sept 17, 2023
Paper Presentation	Sept 19, 2023

(Note: Offline Registration will be available on the spot)

Abstract can be sent to the email:

lbsdcpphysics23@gmail.com

Inauguration and Invited Lectures from Renowned Resource Persons and Research Paper Presentation

Keynote Speakers



Prof. Ravindra Kumar
Principal
Shri Lal Bahadur Shastri Degree College, Gonda



Dr Renu Agarwal
MBBS-MD, President Rotary Club, Gonda
Director Sri Ram Nursing Home, Gonda



DR. Kiran Rao
MBBS, MS
R. B. Rao Memorial Multispecialty Hospital, Gonda.

Keynote Speakers September 19, 2023

Lecture I		Lecture II	Lecture III	Students Feedback/ Questions
(11:00 AM to 12:15 PM)		(01:00 PM to 02:15 PM)	(02:15 PM to 03:30 PM)	
Prof. R.K. Pandey	Lunch Break	Dr. Renu Agarwal	Dr. Kiran Rao	
Topic: "Importance of Home science for women's"	(12:15 PM to 01:00 PM)	Topic: "Awareness about PCOD & PCOS"	Topic: "Awareness about Cancer with their cause"	(03:00 PM
Department of Botany S.L.B.S.Degree College,Gonda		MBBS-MD Director Sri Ram Nursing Home, Gonda	MBBS-MD R. B. Rao Memorial Mult speciality Hospital, Gonda	To 03:30 PM)

Venue

Lalita Shastri Sabhagar, S. L. B. S. Degree College, Gonda

Chief Patron Varsha Singh (Vice-President)	Patron Shri Umesh Shah (Secretary)
President Prof. R.K. Pandey (Principal)	Convener Dr. Neetu Saxena (Head, Department of Home Science)
Organizing Secretary Smt. Vandana Tiwari (Assistant Professor, Department of Home Science)	

Advisory Board	Local Scientific Advisory
Prof. Ravindra Kumar	Mr. Shishir Tripathi, Deptt. of Zoology
Prof. S. K. Pandey, Head, Deptt. of Mathematics,	Dr. Rekha Sharma, Deptt. of Botany
Dr. Ashok Kumar Pandey, Deptt. of Zoology	Prof. Atul Kumar Singh, SLBSDC, Gonda
Prof. Binod PratapSingh, SLBSDC, Gonda	Dr Ankit Maurya, Deptt. of Mathematics
Prof. Aman Chandra, SLBSDC, Gonda	Sri Manish Sharma, Deptt. of Mathematics
Prof. Shiv Sharan Shukla, SLBSDC, Gonda	Dr. Vivek Kumar Khare, SLBSDC, Gonda
Prof. B. Singh Baghel, SLBSDC, Gonda	Dr. Sanjay Kumar Verma, SLBSDC, Gonda
Prof. Rajeev Kr Agrawal, SLBSDC, Gonda	Dr. Satish Kumar Tiwari, SLBSDC, Gonda
Prof. J. B. Pal, SLBSDC, Gonda	Dr. Smita Singh, SLBSDC, Gonda
Prof. S. B. Singh, SLBSDC, Gonda	Dr. Dharmendra Pratap Singh, SLBSDC, Gonda
Prof. V.C.H. N K S. Rao, SLBSDC, Gonda	Dr. Chaman Kaur, SLBSDC, Gonda
Prof. Shyam Bahadur Singh, SLBSDC, Gonda	Dr. Neeraj Yadav, SLBSDC, Gonda
Prof. Rishikesh Singh, SLBSDC, Gonda	Dr. Vinay Kumar Pandey, SLBSDC, Gonda
Prof. Mansha Ram Verma, SLBSDC, Gonda	Dr. Priyanka Srivastava, SLBSDC, Gonda
Prof. Alok Shukla, MLKPG College, Balrampur	Mr. Awadhesh K. Verma, SLBSDC, Gonda
Prof. Rishikesh Singh, SLBSDC, Gonda	Mr. Abhay Dwivedi, SLBSDC, Gonda
Prof. VCHNK Srinivas Rao, SLBSDC, Gonda	Mr. Shobhit Maurya, SLBSDC, Gonda
Prof. S. K. Srivastava, SLBSDC, Gonda	Mr. L. Kalyani, SLBSDC, Gonda
Prof. Sandeep Kumar Srivastava, SLBSDC, Gonda	Mr. Om Prakash Yadav, SLBSDC, Gonda
Mr. Pawan Kumar Singh, SLBSDC	Dr. Achyut Shukla, SLBSDC, Gonda
Dr. Shailesh Kumar, SLBSDC, Gonda	Dr. Arun Pratap Singh, SLBSDC, Gonda
Dr. Dalip Kumar, Singh SLBSDC, Gonda	Dr. Rachna Srivastava, SLBSDC, Gonda
Dr. Ramint Patel, SLBSDC, Gonda	Dr. Shailja Singh, SLBSDC, Gonda
Dr. Ajeet Kumar Mishra, SLBSDC, Gonda	Dr. Smriti Shishir, SLBSDC, Gonda
Dr. Mamta Shukla, SLBSDC, Gonda	Dr. Neetu Saxena, SLBSDC, Gonda
Dr. Raj Bahadur Chaudhary, SLBSDC, Gonda	Dr. Manisha Pal, SLBSDC, Gonda
Prof. S. K. Srivastava, Head, Deptt. of Botany	Dr. Harish Kumar Shukla, SLBSDC, Gonda

Seminar Registration Fees
(No Registration Fee)



Shri Lal Bahadur Shastri Degree College, Gonda

(Affiliated to Dr Ram Manohar Lohia Avadh University, Ayodhya, U.P.)

A Report of



One Day Seminar On

“PCOD & PCOS”

Session 2023-24

Submitted
by

Dr. Neetu Saxena

Department of Home Science

“You have a choice about your life; you can stay sad, and eventually, you might be okay, but you CAN have a positive and happy life, so to do this, you’ll need to take action.”

—Lesley

One Day Seminar organized by **Department of Home Science, Shri Lal Bahadur Shastri Degree College, Gonda** on **September 19, 2023**.

“PCOS is not her sin. Aware, let her aware.”

Keeping these words in mind, Department of Home Science, Shri Lal Bahadur Shastri Degree College, Gonda decided to organize one-day seminar. Speakers shed light on the international opportunities available for young research scholars and PG students and also aware the students about the “PCOS”. There were two sessions that dealt with various opportunities in health science or medical industry. Hon’ble chief guest **Dr Renu Agarwal** started the session by lightning the lamp in front of Maa Saraswati with Varsha Singh, Vice President, S.L.B.S. Degree College, Gonda, Prof. R.K. Pandey, Principal, S.L.B.S. Degree College, Gonda. Dr Neetu Saxena, Head, Department of Home Science, S.L.B.S. Degree College, Gonda, other departmental faculty & guests.



In the first session **Dr Neetu Saxena, Head, Department of Home Science** while welcoming **Hon'ble Chief Guest Dr Renu Agarwal**, said that if we work diligently with limited resources, a successful seminar can be organized. She delivered a welcome speech to start the session. **Dr Neetu** aware the students about PCOD & PCOS. Total of 350 students participated in this seminar. Many queries were raised by the participants at the end of the session, which Dr. Neetu Saxena explained in a very simple way.



Dr. Kiran Rao (MBBS, MS, Lady Hardning Medical College, New Delhi) started the session by raising awareness about PCOS and PCOD, and told to that empower women to take control of their health and seek the support they need. She said that “**Let's break the silence surrounding these conditions and work together to create a brighter future for women everywhere**”. **Prof. Ravindra Kumar, Principal, Shri Lal Bahadur Shastri Degree College**, told the “Importance of home science in the empower of women”.



In the second session , Dr. Renu Agarwal (MBBS, MD Director Sri Ram Nursing Home, Gonda). She gave awareness to the students about cervical cancer & also discussed about that a serious health issue that affects millions of women worldwide. Cervical cancer can be prevented and treated, it remains a significant public health concern, particularly in developing countries. The primary cause of cervical cancer is human papilloma virus (HPV), a sexually transmitted infection were discussed. She also discussed about the prevention and treatment of Cervical Cancer.



In this seminar Dr. Mamta Shukla, Dr. Rekha Sharma, Dr. Vandana Bhartiya, Dr. Shailja Singh, Dr. Smriti Shishir, Dr. Smita Singh, Dr Pratibha Singh, Dr Anupama Srivastava, Miss Anuradha Gupta, Vandana Tiwari and more other faculty of college were present.

The feedback of the seminar was very positive. Around 350 students including faculty attended the seminar. This seminar was well appreciated by the students as well as faculty members.



Outcomes of the Seminar: After attending this seminar, the participants became

more aware about PCOS & PCOD. **A seminar on PCOS and PCOD can have a significant impact on attendees.** By increasing awareness of the conditions, their symptoms, and treatment options, participants can feel more empowered to take control of their health. Additionally, the seminar can foster a sense of community and support among attendees who may be facing similar challenges. Ultimately, the goal is to help individuals with PCOS and PCOD improve their quality of life and manage their symptoms effectively.

Head of Home Science Department, **Dr. Neetu Saxena** (Shri Lal Bahadur Shastri Degree College, Gonda) gratefully thanks to **Prof. R. K. Pandey** (Principal, Shri Lal Bahadur Shastri Degree College, Gonda) for permission to organizing seminar and Prof. Jitendra Singh for helping and guidance during seminar.

“The most important thing is to never stop questioning & never stop learning.”

Thanks.

(Dr. Neetu Saxena)
Head, Department of Home Science