

PCOS BOOTCAMP

Girl Up- Preet hosted a PCOS Bootcamp on October 11th, 2021. Three eminent professionals were invited to educate and assist the participants on the impacts of PCOS: Dr Rashmi (gynecologist), Ms. Saachee Arora (psychologist), and Ms. Dyumita (fitness trainer). The event served as a fundraiser for our forthcoming PCOS and Menstrual Hygiene drive, in which we will share our knowledge with youngsters while also donating sanitary supplies to underprivileged women.

Dr Rashmi began the discussion by providing her knowledge of various symptoms of PCOS and techniques for reducing their impact while maintaining a healthy lifestyle. She also answered several PCOS-related queries from the audience.

Ms. Saachee Arora then took over the session, guiding participants through the emotional and psychological effects of PCOS on women. Her session also included a meditation, which demonstrated how it might be utilized to help quiet the mind and minimize the emotional impacts of PCOS. She then responded to all of the participants' queries about PCOS and mental well-being.

Ms. Dyumita, who spoke at the last session, stressed the importance of physical activity in reducing the consequences of PCOS. She talked about how one could incorporate yoga poses into their daily life and the necessity of having a nutritious and balanced diet. The discussion turned out to be both instructive and engaging. It provided immense knowledge on ways to cope with PCOS.

