



Maharaja Agrasen Institute of Management Studies
(A unit of Maharaja Agrasen Technical Education Society)
Affiliated to GGSIP University; Recognized u/s 2(f) of UGC



NAAC Accredited with Grade "A++"
Recognized by Bar Council of India; ISO 9001:2015 Certified Institute
Maharaja Agrasen Chowk, Sector-22, Rohini, Delhi-110086, India
www.maims.ac.in

CIRCULAR

PCOS Awareness Seminar

Academic Year: 2026-2027

Name of the Event: PCOS Awareness Seminar

Organizing Unit: Health Ease Society

Name and Designation of Resource Person: Dr. Meenakshi Singla (MBBS,
DGO/Consultant, OBG & GYN Saroj Hospital, MAX Hospital Shalimar Bagh)

Date of the Event: 15th September, 2026

Time of the Event: 1:30 P.M.

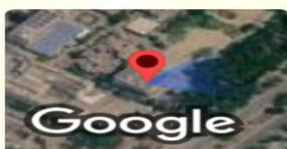
Venue: Seminar Room, 9th Block, MAIMS

Faculty and Students Participated: 59 Participants

Health Ease Society of Maharaja Agrasen Institute of Management Studies organized an informative and interactive session titled **"PCOS Awareness"** on **15th September 2026**, with the objective of spreading awareness about PCOS, its symptoms, hormonal changes, and the importance of timely detection. The session commenced with the felicitation of **Dr. Meenakshi Singla, Obstetrician and Gynaecologist**, and a memento was presented to her as a token of appreciation. Dr. Singla introduced PCOS, referring to it as PMOS (Polyendocrine Metabolic Ovarian Syndrome), and explained its hormonal and metabolic aspects. She highlighted its relevance among teenage girls and young women, explaining that menstrual cycles may take nearly two years to become regular after the onset of periods. Thereafter, persistent irregularities should be observed, with a normal cycle generally occurring within 21 to 35 days. Dr. Singla then discussed the signs and symptoms, including acne, unwanted hair growth, darkening of skin, hair thinning, weight gain, increased appetite, low energy, mood fluctuations, and difficulty reducing weight despite efforts. She explained the hormonal changes associated with PMOS and discussed insulin resistance. She emphasized that symptoms should not be ignored and that timely medical consultation is important, as late detection may increase the risk of Type 2 diabetes, heart problems, and difficulties with conceiving. She also reassured the audience that PMOS-related fertility concerns can be managed through appropriate medical guidance and timely intervention.

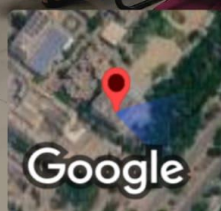
The session also focused on healthy food choices, proper food timings, diet, physical activity, and lifestyle control. Dr. Singla explained that although there is no single permanent cure for PMOS, its symptoms and associated risks can be controlled through consistent lifestyle changes and professional guidance. She emphasized seeking help at the right time and highlighted the importance of family and friends for emotional and practical support. The session remained highly interactive, with Dr. Singla addressing and resolving several queries raised by the students and faculty towards the end. The session concluded with an emphasis on early awareness, timely medical consultation, healthy lifestyle practices, and support systems for managing PMOS. Health Ease Society expressed its sincere gratitude to Dr. Meenakshi Singla and all the faculty members and students for their valuable presence and participation. The session successfully encouraged an open and informed conversation about women's health and the importance of preventive care.





Delhi, Delhi, India 🇮🇳
Maharaja Agrasen Institute Of Management Studies,
Pocket 5, Sector 22, Rohini, Delhi, Delhi 110086,
India
Lat 28.718342° Long 77.066285°
Tuesday, 15/09/2026 03:06 PM GMT +05:30

GPS Map Camera



Delhi, Delhi, India 🇮🇳
Maharaja Agrasen Institute Of Management Studies,
Pocket 5, Sector 22, Rohini, Delhi, Delhi 110086, India
Lat 28.718343° Long 77.066274°
Tuesday, 15/09/2026 03:09 PM GMT +05:30

GPS Map Camera