

100+ Years of Glorious history inscribed in the
yeomen service to the field of education

Centenary Celebrated Sharnbasveshwar Vidya Vardhak Sangha's

Esttd. 2017
ಸ್ಥಾಪನೆ : 2017



Pooja Dr. Sharnbasappa Appaji
Honorary President
Sharnbasveshwar Vidya Vardhak Sangha
President Sharnbasveshwar Vidya Vardhak Sangha
Chandole, Sharnbas University



Pooja Manohar D. Dabhi
Honorary President
Sharnbasveshwar Vidya Vardhak Sangha
Member of BOS Sharnbas University



Pooja Chitambar Doodappa Appa
Honorary President
Sharnbasveshwar Vidya Vardhak Sangha
Sharnbasveshwar Vidya Vardhak Sangha

ಶರಣಬಸವ
Sharnbasva



ವಿಶ್ವವಿದ್ಯಾಲಯ
University



Pooja Manohar Dabhi



Pooja Doodappa Appa
Honorary President
Sharnbasveshwar Vidya Vardhak Sangha

Kalaburagi - 585103, Karnataka - India
ಕಲಬುರಗಿ 585 103 ಕರ್ನಾಟಕ - ಭಾರತ

Phone / Fax No. 08472-277852, 277853, 277854, 277855 www.sharnbasvauniversity.edu.in - email : Sharnbasvauniversity@gmail.com

UGC Status: Letter No. F.8-29/2017(CPP-I/PU), Dated 20 Dec. 2017. Enlisted by the University Grants Commission, New Delhi, in the list of Private Universities in India.
A Private University enacted by Govt. of Karnataka as "Sharnbasva University Act. 2012" Karnataka Act No. 17 of 2013. Notification No. ED 144 URC 2016 dated 29/07/2017

Date: 17/07/2024

FACULTY OF ENGINEERING & TECHNOLOGY (CO-EDUCATION) DEPARTMENT OF ELECTRONICS & COMMUNICATION ENGINEERING

REPORT ON

INVITED TALK BY: **DR.SHILPA K**, MS(OBG),FRM(BANGALORE,CONSULTANT FERTILITY
SPECIALIST,OBSTETRICIAN,GYNAECOLOGIST AT MERIDIAN GENESIS CENTRE
KALABURAGI.

TOPIC: "LETS FIGHT TOGETHER AGAINST PCOS, KNOW ABOUT PCOS"

1. TITLE: "LETS FIGHT TOGETHER AGAINST PO KNOW ABOUT PCOS: on 17-07-2024

2. Preamble: Invited talk on "LETS FIGHT TOGETHER AGAINST PCOS KNOW ABOUT PCOS" was conducted on 17-07-2024 by the Department of Electronics & Communication Engineering. The talk is to make the female UG students to understand the importance of Womens health.

3. Participant's information: The Female students of UG 4th Semester and 6th semester frhave attended. Total Participants are 80.

4. Description about the invited talk: In the inaugural function Dr. Shivkumar Jawaligi, Dean, Faculty of Engg. & Tech. inaugurated the session. Dr Rekha s, Associate. Prof. Dept. of ECE (Co-Education) introduced the speaker to the gathering. The guest speaker is felicitated by the Dr. Shivkumar Jawaligi, Dean, Faculty of Engg. & Tech. Sharnbasva University, Kalaburagi.

The speaker started the session by introducing the importance of PCOS. The following are important highlights of the talk:

- In women, higher level of **Insulin and androgen** in blood are responsible for causing PCOS
 - **All women with PCOS are fat/obese.**
 - Long term complications are Type II diabetes, Heart diseases, Endometrial cancer, Risk of miscarriage, Gestational Diabetes, Fetal complications.
- Many women with PCOS do have an excess weight problem

How to avoid PCOS

- Diet Control
- Exercise

- Medicines
 - Adequate exercise and yoga
 - Well balanced diet, No junk foods
 - Less stress, Avoid junk food
 - Lack of hygiene
 - **Maintain Menstrual hygiene**
 - **Eat minimal- Fatty foods, Sweets, Fast foods, Fats/oil, sugars**
- Methods to overcome PCOS**



Figure1- Felicitation to the Guest Speaker by Dr. Shivkumar Jawaligi, Dean Faculty of Engineering & Technology (Co-Ed) Sharnbasva University, Kalaburagi



Figure-2-Session conduction by Guest Speaker Dr.SHILPA K



Figure-3-Participants attending the session



Figure-4- Participants attending the session and Speaker Delivering the talk

Course outcome: This talk enables the students to understand symptoms of eye diseases and preventives measures need to be taken to overcome the eye diseases.

COURSE OUTCOME AND PROGRAMME OUTCOME MAPPING (1/2/3):

Note: 1-Low, 2-Medium, 3-High

CO/PO	P0.1	P0.2	P0.3	P0.4	P0.5	P0.6	P0.7	P0.8	P0.9	P0.10	P0.11	P0.12	PS0.1	PS0.2
CO	-	-	-	-	-	3	-	-	-	-	-	2	-	-

Impact of the invited talk: This talk enables the students to understand symptoms of eye diseases due to the excess usage of cellphones and laptops and preventive measures taken to overcome the eye diseases.