

M.A Rangoonwala College of Physiotherapy and Research, Azam campus, Pune, 411001.

On the occasion of International Women's Day, M. A. Rangoonwala College of Physiotherapy arranged a free awareness camp for women on 8th March 2022. The topic for awareness was Polycystic ovary syndrome (PCOS) and Primary dysmenorrhea. The camp was carried out in accordance with COVID-19 guidelines. The camp was held at physiotherapy OPD from 09.00 am -3.30 pm.

The Camp started with information about Polycystic ovary syndrome (PCOS) and Primary dysmenorrhea. The main initiative of this following camp was to create awareness about the conditions, their symptoms and preventive measures for the same. Exercises such as stretching, mobility exercises, strengthening exercises and Yogasana were performed by the participants as directed by the physiotherapists.

There were total of 118 participants in the camp. Active involvement of the participants and discussions were highlight of the following camp.

The camp was concluded on a successful note by Dr Gauri and Dr Mamta along with Physiotherapy students. We are thankful to Mrs. Abeda Inamdar (President M.M.E & R.C), Dr. Arif Memon (Vice-President), Dr. Nazim Shaikh (Secretary) and Dr. Ronika Agrawal (Principal) for their constant support in organizing the camp.

