



**MURGAON EDUCATION SOCIETY'S
VASANT JOSHI COLLEGE OF ARTS & COMMERCE, ZUARINAGAR, GOA – 403726
ACADEMIC YEAR 2026– 27**

Report of the Health Talk for Girl Students on the Topic 'PMOS'

- **Organizers:** Women's Cell Jyoti, Health Centre, NSS, IQAC of MES Vasant Joshi College of Arts and Commerce, Zuarinagar -Goa in collaboration with Inner Wheel Club of Vasco Da Gama and Caring Souls Goa
- **Date:** 10/07/2026 **Time:** 11:35 AM to 12:35 PM
- **Platform:** Offline (Principal M.S. Kamat Seminar Hall of M.E.S. Vasant Joshi College of Arts and Commerce, Zuarinagar – Goa)
- **Speaker for the Talk:** Ms. Allosha Silva, Nutritionist
- **Audience:** B.A & B.Com Girl Students of MES Vasant Joshi College of Arts and Commerce
- **No. of participants:** 64 Female Participants
- **Report in brief:**

Women's Cell Jyoti, Health Centre, NSS, IQAC in collaboration with Inner Wheel Club of Vasco Da Gama and Caring Souls Goa organized a health talk for girl students on the topic 'PMOS (PCOD, Thyroid, Hormonal Imbalances and other Women's Health Issues)' on 10/07/2026 between 11:35 am-12:35 pm at Principal M.S. Kamat Seminar Hall for the girl students of B.A/B.Com. programmes of our college. The resource person for the talk was nutritionist Ms. Allosha Silva. All together 64 female students attended the talk.

The programme was organized with the objective of creating awareness about PMOS, one of the most common hormonal and metabolic disorder affecting many girls post-puberty, and to educate students about its symptoms, causes, prevention, treatment options, and the importance of adopting a healthy lifestyle.

The talk commenced with a warm welcome to the resource person by Asst. Prof. Ms. Amita Naik. She also welcomed the faculty members, students and other dignitaries. Principal Dr. Manasvi M. Kamat, presented a potted plant to the resource person. Inner Wheel club president Mrs. Chetna Tomar presented a memento to the resource person. Inner Wheel Club secretary, Mrs. Nimisha Saraswat introduced the resource person, Ms. Allosha Silva.

The resource person Ms. Allosha Silva delivered an informative and interactive talk covering various aspects of PMOS, including hormonal imbalance, irregular menstrual cycles, weight management, insulin resistance, emotional well-being and the impact of stress on health. Students were also educated about the importance of balanced nutrition, regular physical activity, adequate sleep, and stress management in preventing and managing PMOS.

The speaker dispelled several myths surrounding menstrual and reproductive health, encouraging students to seek professional medical advice rather than relying on misinformation. The talk also stressed the importance of regular health check-ups, maintaining a healthy Body Mass Index (BMI), and developing positive lifestyle habits from an early age.

The talk was interactive and provided students the opportunity to clarify their doubts regarding menstrual health, hormonal changes, dietary practices, exercise routines, and available treatment options. The speaker addressed the queries with sensitivity and practical guidance, making the session engaging and informative.

The health talk concluded with a vote of thanks by the Asst. Prof. Shruti B. Nayak, Chairperson of Women's Cell Jyoti. The collaborative efforts of the Women's Club, Health Centre, NSS Unit, Inner Wheel Club of Vasco da Gama and Caring Souls Goa contributed significantly to the success of the programme.

- **Remarks of the Coordinator:**

The programme witnessed enthusiastic participation from 64 girl students, who appreciated the relevance of the topic and found the talk highly beneficial in enhancing their awareness about women's reproductive health, menstrual health and hygiene. Overall the talk was a great success.

Ms. Shruti B. Nayak
Chairperson, Women's Cell

Dr. Savio Fernandes
Chairperson, Health Centre

Dr. Maria Fatima D'Costa
NSS, Programme Officer

Dr. Champa R. Parab
IQAC, Coordinator

Dr. Manasvi M. Kamat
Professor & Principal



Ms. Allosha Silva addressing the girl students



Ms. Allosha Silva addressing the girl students



Participants of the talk on PMOS



Ms. Allosha Silva addressing the girl students



Ms. Allosha Silva addressing the girl students



**M.E.S. Vasant Joshi College of Arts & Commerce, Zuarinagar-Goa
2026-27**

SDG 4 - Good Health & Well Being

**Women's Cell Jyoti, Health Centre, NSS, IQAC
in Collaboration with
Inner Wheel Club of Vasco da Gama and Caring Souls Goa
Organize a Health Talk**

**On the topic
'PMOS'**

'(PCOD, Thyroid, Hormonal Imbalances and other Women's Health Issues)'

**For the Girl students of
'B.A. & B.Com. Programmes**



10th July 2026

**Venue
Principal M.S. Kamat
Seminar Hall**



11:35 am -12:35 pm

Link to Register

<https://forms.gle/28MdizZogfnvUoan6>



**Ms. Allosha Silva
Resource Person**

**Ms. Shruti B. Nayak
Chairperson
Women's Cell Jyoti**

**Dr. Savio Fernandes
Chairperson
Health Centre**

**Dr. Maria Fatima D'Costa
NSS Programme Officer**

**Dr. Champa R. Parab
IQAC, Coordinator**

**Dr. Manasvi M. Kamat
Principal**

Flyer of the Talk