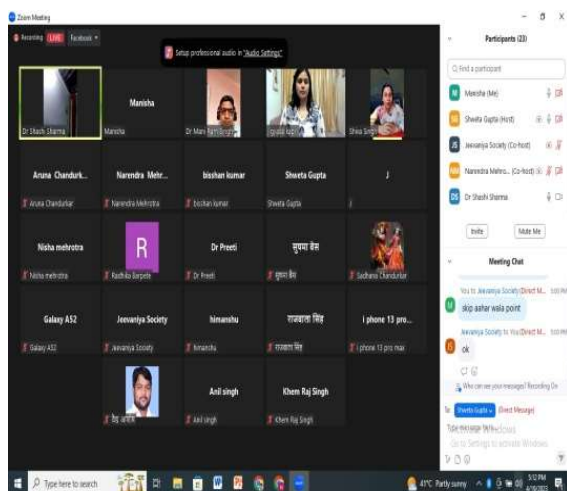


## Prevention & Management of Lifestyle Disorders Part 2- PCOS and Other Reproductive Issues, 19<sup>th</sup> April 2023

Jeevaniya Society's AYUSH Health & Wellness Resource Centre - Niramaya organised a Webinar under the series "Stay Healthy with AYUSH". The webinar on Prevention & Management of Lifestyle Disorders like PCOS & Other Reproductive Issues was held where **Dr Shiva Singh Pandit**, Homeopathic Physician, BHMS, ICR (Mumbai), Jabalpur, MP, Dr. (Vd.) **Shashi Sharma**, MD, PhD, Professor, Prasuti Tantra Evam Stree Rog Vibhag, State Ayurvedic College & Hospital, Lucknow, **Hakim Mani Ram Singh**, MS-Unani (Gynae & Obst), Associate Professor & Head of Department, State Takmil ut Tib College and Hospital, Lucknow & **Jigyasa Kapri**, Yoga Instructor's Course - SVYASA, Bangalore, PG Diploma in Yogic Science Coordinator (Samagra Yog Sadhana Evam Anusandhan Sansthan, Lucknow) Field of Specialisation: Women's Health (Garbhasanskar), Diet and Nutrition discussed health issues like PCOS, PCOD and other fertility issues, causes & it's symptoms. The experts explained how to prevent such disorders with the help of lifestyle management, the dietary recommendations, Do's & Don'ts as well as Yogasanas & Pranayam. Members of our CAPP, Citizen's Forum as well as Community Health Coordinators & AyuMitras attended the Webinar. While more than 50 persons attended the Webinar 85 Persons viewed it on the Facebook.



**Stay Healthy with AYUSH**  
Prevention & Management of Lifestyle disorders Part 2- PCOS and other fertility disorders

**Vd. Shashi Sharma**  
MD, PhD, Reader  
Prasuti tantra evam stree rog Vibhag,  
State Ayurvedic College & Hospital,  
Lucknow

**Dr Shiva Singh Pandit**  
Homeopathic Physician,  
BHMS, Jabalpur, MP,  
Institute of clinical research,  
Mumbai

**Hakim Mani ram**  
MS-Unani (Gynae & Obst) Associate  
Professor & Head of department,  
State Takmil ut Tib College and  
Hospital, Lucknow

**Jigyasa Kapri**  
Coordinator ( Samagra Yog Sadhana  
Evam Anusandhan Sansthan, Lucknow.)  
Field of specialisation: women's health  
(garbhasanskar), Diet and Nutrition.

Host- Dr Mehrotra & Ms. Shweta Gupta  
Moderators- Vd. Ashish Choudhary &  
Ms. Manisha Divvedi  
<https://m.facebook.com/Niramaya-AYUSH>

Wednesday, 19th April, 2023  
3:30- 5:00 pm

Organisers-

Website: [www.jeevaniya.net](http://www.jeevaniya.net) | Email: [jeevaniya.society@gmail.com](mailto:jeevaniya.society@gmail.com) | Contact No: 9076701868

