

Digital Poster Making

Polycystic Ovarian Disease is a hormonal condition that affects almost one to ten women and to mark its importance, Parivartan, the NSS unit of Mata Sundri College for Women organised a "Digital Poster Making" event on the topic 'Facts and Figures, Diseases/symptoms of PCOD'. The event was held on the 20th November at 5 PM. A total of 34 volunteers participated in the respective event.

The volunteers were asked to create their posters using the Canva app and the posters were submitted using the google drive link that was provided to them. The posters created by the participants were featured on the official social media handles of NSS Unit of Mata Sundri College. Various creative posters using various vibrant colours were showcased by our talented participants. PCOD and its various effects on one's body were nicely informed and explained through these posters.

They highlighted upon the facts and figures as well as the diseases or symptoms of PCOD in a very artistic manner. It was a very successful and interactive event where participants discussed about PCOD and some of its symptoms which were as follows- weight gain, menstrual problems, hair loss or excessive hair gain, oily skin, dark skin patches, acne problems and mood swings.

Participants created awareness about PCOD where they broke various myths, figures and stereotypes that exists in our society and willingly created an impact to make a change towards the following disease. Everyone was very enthusiastic and determined for the following event and for the discussion held over it. It seemed that the participants were looking forward to this event. PCOD is a very common disease now a days among people and awareness were spread among people in a very eye-catching way. This event gave a platform to everyone to showcase their talents and also to educate everyone about the symptoms and causes of PCOD.