

Reel Making

Parivartan, the NSS unit of Mata Sundri College for Women in collaboration with "Sattvic Store" organized Reel Making on the topic- Facts and Figures Disease/Symptoms of PCOD. Volunteers were asked to submit their entries through the Google Drive link provided to them on 22nd November, 2021 5:00 pm. 31 volunteers took part in the event and voiced their views, creativity through videos ranging from 30 seconds to a minute.

Volunteers took it upon themselves to educate people about the PCOS and the facts and myths surrounding it through a fun and easy way. Volunteers talked about the myths related to PCOS like PCOS is a rare disease, only overweight girls tend to get PCOD, one can't get pregnant while having PCOS. All these irrelevant, baseless false notions about PCOS/PCOD were debunked in reel format.

Facts and figures in statistical data was presented. Around 10% women are affected by PCOS in the world. Polycystic ovary syndrome (PCOS) is a condition in which the ovaries produce an abnormal amount of androgens, male sex hormones that are usually present in women in small amounts. Unfortunately, there is no cure for PCOS, but overweight and obese women can help balance their hormone levels by losing weight. Otherwise, treatment is aimed at managing symptoms. A wide range of treatment options can help prevent any potential problems. It was quite an informative event, volunteers got to know a lot more about PCOS.

All this information about PCOS and PCOD was presented in the form of videos which were then put up on the official social media handles. The volunteers used sounds and video making techniques which are popular on social media sites to make sure that the videos reach the biggest audience possible. The videos that were posted gained an approximate of 6300 views. The volunteers enjoyed this activity and participated with full zeal and zest.