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# BEACON

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NEWSLETTER

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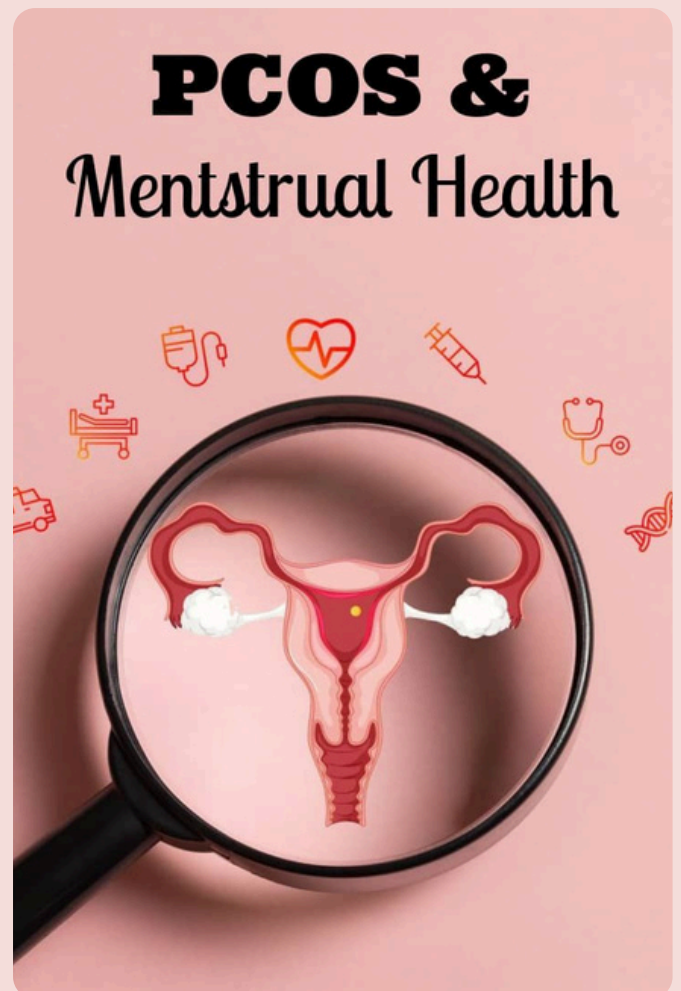
## From the Principal's Desk

Psychology is a science of the behavior of living organisms. The application of this knowledge to real life is an art. 'BEACON' is an endeavor of Department of psychology to bring about a confluence of this science and art. We have always been involved in the pursuit of attempts to ensure mental well being of one and all, at least in our sphere of influence. This is one more step in that direction.

Health and well-being are essential pillars of a balanced and fulfilling life. Yet, certain health conditions such as Polycystic Ovary Syndrome (PCOS) often remain misunderstood, underdiagnosed, and silently endured by many young women. In today's fast-paced world, where academic, professional, and personal expectations continue to rise, it becomes increasingly important to create awareness about conditions that affect both body and mind. Open conversations, timely guidance, and supportive environments can make a meaningful difference in helping individuals manage PCOS with confidence and resilience.

I appreciate our Department of Psychology for selecting such a relevant and meaningful theme for this edition of Beacon. My compliments and best wishes to the team for this thoughtful initiative. May this issue inspire awareness, empathy, and informed understanding among all readers.

**-Principal and HOD Dr. Archana Patki**



# *Understanding PCOS with Compassion*



In a world where AI can generate articles instantly and most people turn to videos for quick information, choosing to read this means a lot—thank you. I hope this piece offers you clear, accurate, and meaningful insight into a condition I hold close to my heart: PCOS, a disorder I see affecting countless women around me. First described by Stein and Leventhal in 1935, our understanding of Polycystic Ovary Syndrome has evolved significantly. PCOS is a hormonal condition where the ovaries produce higher levels of androgens (male-type hormones). This imbalance disrupts ovulation, leading to irregular periods and sometimes fertility challenges.

Think of the ovary as a garden. Each month, eggs grow in small sacs called follicles, guided by signals from the brain. Usually, one egg matures and is released—this is ovulation. In PCOS, however, these signals become unbalanced. Too many follicles begin to grow, but none fully mature or release. Instead, they remain as small cyst-like structures, giving the ovaries a “polycystic” appearance. Another key factor is insulin. Normally, insulin helps regulate blood sugar, but in PCOS, the body becomes resistant to it. To compensate, it produces more insulin. This excess insulin stimulates the ovaries to produce more androgens and reduces the body’s ability to regulate them. As a result, symptoms like acne, excess hair growth, irregular cycles, and weight or blood sugar issues may appear.

It’s important to understand that not every woman with PCOS has cysts, and not every woman with cysts has PCOS.

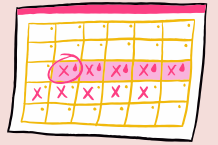
As a medical intern, I’ve met many young girls with PCOS who carry more than physical symptoms—they carry shame that was never theirs. PCOS is not a reflection of laziness, poor choices, or femininity. It is a common, manageable medical condition. Especially in adolescence, when body changes already feel overwhelming, stigma can deepen isolation. What these girls need is not judgment, but understanding. Early diagnosis, supportive counseling, and informed families can make a significant difference—not just for physical health, but for confidence and self-worth.

When we replace stigma with compassion, we empower women to understand their bodies with strength instead of fear.

**-Ms. Shreya Nijai**



# PCOS: Myths and Truths



*Polycystic Ovary Syndrome is one of the most misunderstood health conditions. Let's clear up common myths with evidence-based truths.*

**Myth:** PCOS only affects weight or appearance



**Truth:** PCOS is a complex hormonal and metabolic condition.

*While acne, weight gain, facial hair, or hair fall may happen, PCOS also affects insulin regulation, ovulation, inflammation, cholesterol, and emotional well-being. Many people with PCOS look "healthy" externally but still struggle internally.*

**Myth:** Only people who are overweight get PCOS



**Truth:** PCOS can occur in people of all body sizes.

*There is something often called "lean PCOS," where individuals have PCOS symptoms despite being in a normal BMI range. Weight can influence symptoms, but it does not define diagnosis. Clinical guidelines emphasize that body weight alone should never rule out PCOS.*

**Myth:** PCOS means you can never get pregnant



**Truth:** Many people with PCOS conceive naturally or with treatment.

*PCOS can make ovulation irregular, which may delay conception but it is not the same as infertility. Lifestyle changes, medication, ovulation support, and fertility care often help great. PCOS is one of the most treatable causes of ovulatory infertility.*

**Myth:** Irregular periods are normal and should be ignored



**Truth:** Persistent irregular cycles deserve medical attention.

*Occasional cycle variation can happen due to stress or travel, but frequent missed periods, very delayed cycles, or unpredictable bleeding may signal hormonal imbalance like PCOS. Long gaps between periods may increase risk of endometrial complications if untreated.*

**Myth:** PCOS is only a physical condition



**Truth:** PCOS can strongly affect mental health too.

*Research links PCOS with higher rates of anxiety, depression, body image distress, fatigue, emotional burnout, and reduced self-esteem. Mental health screening is increasingly recommended in PCOS care.*

**PCOS is manageable. With the right support- medical care, movement, nutrition, sleep, stress management, and emotional support—many people experience major improvement in symptoms and quality of life.**

# Living With PCOS: A Struggle Many Girls Go Through

For a long time, I did not understand what was happening to my body. My periods were always irregular, and sometimes I would not get them for more than six months. At first I thought it was normal, but slowly it started to scare and stress me. That is when I came to know about PCOS, a hormonal condition that many girls go through but few people talk about openly. PCOS is not just about periods. It affects the whole body and also how we feel inside. The biggest change for me was weight gain. My body changed in ways I could not control, and losing weight became very difficult. Even when I tried, nothing worked easily. People would give advice like “just exercise” or “eat less,” but they did not understand how hard it really is.



I also had skin irritation and breakouts, which made me feel uncomfortable and less confident. I started comparing myself with others and feeling bad about my body. The emotional side was even harder. When periods did not come for months, I felt fear, stress and constant overthinking. I tried to explain my feelings, but many people did not understand, and that made me feel more alone..

Living with PCOS has shown me how connected the body and mind are. Stress makes symptoms worse, and the symptoms increase stress. But I have also learned that PCOS can be managed. Healthy habits, medical help and emotional support really matter. Most importantly, I learned to be patient and kinder to myself. Some days are still hard, but PCOS is not a weakness and it does not decide our worth. If you are going through this, you are not alone, and with care and understanding, things can get better.

- Ms. Vaishnavi Darekar

# Living with PCOS: A Journey from Confusion to Compassion

Polycystic Ovary Syndrome (PCOS) is often spoken about in clinical terms, such as hormones, cycles, and symptoms, but for those experiencing it, the journey is far more personal, layered, and emotional.

For most of my life, I was someone who never crossed 50 kilograms. My body felt predictable and familiar. So when my period was delayed once, it did not immediately raise alarms. But that single disruption led to a diagnosis that would change my relationship with my body: PCOS.

What followed felt sudden and overwhelming. My body began to change in ways I was not prepared for. There was unexpected weight gain, a constant feeling of heaviness, and a growing sense of discomfort in my own skin. Alongside the physical changes came emotional turbulence, including anxiety, irritability, low patience, and struggles with body image. It felt like losing control over something that had always seemed stable.

But somewhere within that discomfort, there was also a shift that I did not anticipate.

PCOS forced me to pause and listen to my body more closely than ever before. I began to understand its rhythms, its signals, and its needs. What initially felt like a setback slowly became a doorway to self awareness. I learned to respond with empathy rather than criticism. I started appreciating my body not just for how it looked, but for everything it was navigating internally.

Over time, I found what worked for me, not overnight, but through patience and consistency. Ayurvedic medicine became a supportive element in restoring balance. Regular exercise helped not just physically, but mentally, creating a sense of strength and stability. Perhaps most importantly, a shift in mindset made all the difference. Choosing a more positive and compassionate outlook toward myself transformed the way I experienced the condition.

Lifestyle changes such as sleep, food habits, and stress management were not quick fixes, but they became sustainable tools. Small and consistent efforts began to feel empowering.

Living with PCOS is not just about managing symptoms. It is about redefining your relationship with your body. It is about moving from frustration to understanding, and from resistance to acceptance.

This journey is not linear. There are difficult days, but there is also growth, resilience, and a deeper connection with oneself.

If there is one thing PCOS has taught me, it is this: healing is not just physical, it is emotional, mental, and deeply personal. And sometimes, what begins as a struggle can become a path toward self love and awareness.

- Vedashree Bhagwat, Coordinator PG Psychology

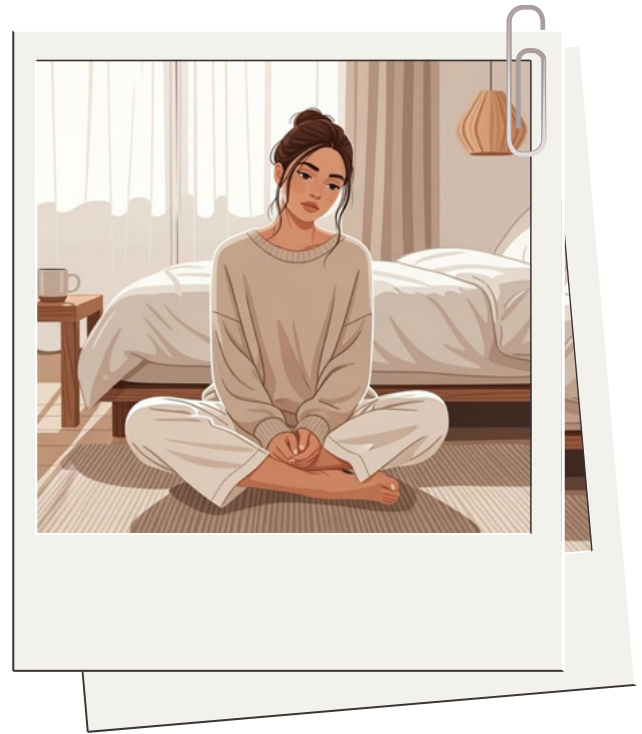


# Why Simple Tasks Feel Hard: PCOS Fatigue

You wake up, glance at your to-do list: reply to a few messages, get some work done, maybe tidy your room. Nothing overwhelming. And yet, starting feels heavy. Your mind is foggy, your body is slow, and even small tasks feel like too much. If you've ever wondered, "Why is this so hard for me?" especially while living with PCOS. This isn't about laziness or lack of discipline. It's about the interaction between your body, brain, and emotions.

PCOS (Polycystic Ovary Syndrome) is often seen as a physical condition, but research shows. It significantly affects mental health and daily functioning. Individuals with PCOS are more likely to experience anxiety, depression, and reduced quality of life, sometimes up to 2-3 times higher than others. This matters because mental health directly influences energy, focus, and motivation, the very things needed to complete everyday tasks.

Many people with PCOS describe "brain fog" i.e difficulty concentrating, forgetfulness, or feeling mentally slow, affecting executive functioning, your brain's ability to plan, initiate, and complete tasks. So when you struggle to start something simple, it may not be about motivation, it may be about reduced cognitive clarity. Fatigue in PCOS is layered. Beyond physical tiredness, there is mental fatigue. When your system is constantly trying to regulate internal imbalances, even small decisions can feel draining. Over time, this leads to what psychology calls decision fatigue where your brain feels "done" even before the day really begins. The hidden burnout while living with PCOS often means dealing with unpredictability, changes in mood, body image concerns, and constant self-management. This can lead to emotional exhaustion, similar to burnout. Over time, this may show up as:



Avoidance- "I'll do it later", Overwhelm- "It's too much", Self-criticism- "Why can't I just do this?". This emotional load further reduces your ability to engage with daily tasks. This creates a loop, Hormonal imbalance leading to Brain fog & fatigue leading to Emotional stress which results in reduced productivity and then we start blaming ourselves. And often, people interpret this as a personal failure rather than a biological and psychological pattern.

There are definitely some practical ways which can help you cope. Break tasks into smaller steps which helps you reduce mental load by focusing on one small action at a time. Then you can Work with your energy patterns i.e notice when you feel more alert and plan important tasks during those windows. Reframe your self-talk, instead of "I'm lazy," trying to say "My mind is tired today, what's one small thing I can do?" can help our mind to function better. Lastly, seeking support when needed is very important. Research emphasizes that PCOS care should include mental health support, not just physical treatment.

What a person with PCOS experiences is not just 'laziness', rather it's internal overload. The brain is managing hormonal changes, emotional stress, and cognitive fatigue, all while trying to function in a fast-paced world. That's a lot. Shifting from self-criticism to self-understanding is a powerful first step. Healing begins not with pushing harder, but with understanding your limits, adjusting gently, and showing yourself compassion. Even on days when you do less, you are still navigating something real, and that, in itself, takes strength.

**-Kruttika Dixit, Lecturer**

# पी.सी.ओ.एस. आणि मनःस्वास्थ्य

इरा यंदा बारावीत गेलीय. तिच्या आई-बाबांना मात्र वेगळीच काळजी सतावतेय. बारावीत गेल्यापासून इरा फारच ताणात आहे, तिचा चिडचिडेपणा वाढलाय, एरव्ही मित्र-मैत्रिणींच्या घोळक्यात असणारी इरा गेल्या काही महिन्यांपासून एकटी एकटी राहतेय. तिच्या खास मैत्रिणीच्या वाढदिवसालाही ती गेली नाही. कॉलेजला जायची इच्छाही नाही त्यामुळे अभ्यास बुडतोय. तिच्या वागण्यातला हा बदल तिचे आई-बाबा पाहतायत, इराला विचारल्यावर तिच्याकडून स्पष्ट काही कळत नव्हतं म्हणून तिच्या आईने, हेमांगीने आपल्या डॉक्टर मैत्रिणीला- नगमाला फोन लावला. घडणारा सगळा प्रकार तिला कळवला. डॉ. नगमाने पुढच्या दिवशी त्यांना क्लिनिकला यायची विनंती केली. इरा घराबाहेर पडायला थोडी नाखुषच होती, आईने फार विनंत्या केल्यावर ती तयार झाली.

डॉक्टरांनी सगळी चौकशी केली. काही दिवसांनी थोड्या चाचण्या करून घ्यायला सांगितल्या, त्यानंतर इराला पी.सी.ओ.एस. म्हणजेच पॉलिसिस्टिक ओव्हेरियन सिंड्रोमचं निदान झालं. त्यांनी दोघींना ह्याबद्दल माहिती दिली. इराची मासिक पाळी अनियमित झाली होती. चेहऱ्यावर पिंपल्स वाढले होते, चेहऱ्यावर केसांची वाढ झालेली होती, वजन जास्त वाढलेलं होतं. ही सगळी पी. सी. ओ. एस. ची शारीरिक आणि इराच्या आईने जी सांगितली होती ती मानसिक लक्षणं आहेत हे डॉक्टरांनी स्पष्ट केलं.

इरासारख्याच भारतातल्या १५ ते ४४ ह्या वयोगटातल्या अनेक मुली आणि स्त्रिया ह्या त्रासातून जात आहेत. ह्यात इन्सुलिन, टेस्टोस्टेरॉन आणि इस्ट्रोजन ह्यासारख्या संप्रेरकांच्या असंतुलनामुळे शारीरिक तसंच मानसिक त्रासात वाढ होते. आजकाल ह्याविषयीची जागरूकता वाढताना दिसतेय, पण मानसिक लक्षणांकडे फारसं लक्ष दिलं जात नाही. शारीरिक लक्षणांबरोबरच, मानसिक लक्षणांवर उपाय करणं तितकंच महत्त्वाचं आहे. ताण वाढणं, चिंता वाढणं, औदासिन्य, खूप भूक लागणं किंवा अजिबात भूक न लागणं, आपल्या दिसण्यावरून आत्मविश्वास कमी होणं आणि त्यामुळे आजूबाजूच्या लोकांसोबत संपर्क कमी करणं ह्यासारखी मानसिक आणि वर्तणुकीतली लक्षणं ह्या विकारामध्ये दिसून येतात. ह्या सगळ्याचा दैनंदिन कामावर परिमाण व्हायला लागतो. शारीरिक लक्षणं मानसिक आरोग्यावर परिणाम करतात, आणि ताणाचा परिणाम संप्रेरकांच्या असंतुलनावर होतो. हे चक्र सुरूच राहतं.

ह्या सगळ्यावर मदत मिळवण्यासाठी स्त्रीरोगतज्ञांसोबतच समुपदेशकांची मदत घेणं तितकंच महत्त्वाचं आहे. वाढता ताण, औदासिन्य आणि इतर मानसिक लक्षणांवर काम करण्यासाठी समुपदेशक योग्य मदत करू शकतात. ह्या सगळ्या लक्षणांचा सामना करताना, गमावलेला आत्मविश्वास पुन्हा मिळवण्यासाठी त्यांची मदत मिळू शकते. ह्याचबरोबर ह्या विकाराचा सामना करणाऱ्या समाजातल्या इतर मुली, स्त्रिया ह्यांच्या संपर्कात रहाणे, विविध मदतगटांशी स्वतःला जोडून घेणे हेही फायदेशीर ठरू शकतं.

ह्या विकाराला प्रतिबंध करण्यासाठी पौष्टिक अन्न, योग्य व्यायाम, पुरेशी झोप, शरीर आणि मनःस्वास्थाची काळजी घेणं हे पुरेसं आहे. कोणतीही लक्षणं जाणवली तर लगेचच तज्ञांची मदत घेतल्याने पुढचे अपाय टळू शकतात.

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