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SMT. MANIBEN M.P. SHAH WOMEN'S COLLEGE OF ARTS & COMMERCE (AUTONOMOUS)
NAAC RE-ACCREDITED 'B++' GRADE WITH CGPA 2.88/4
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In association with



Webinar on "Women's health & preventive measures toward Birth defects"

Date: 19th January, 2021

Time: 04.00 PM to 05.00 PM

Welcome Note



Ms. Nitanti Jain

Lecturer, Department of Psychology, at
Smt Maniben M P Shah Women's College
of Arts and Commerce

Speakers



Dr. Archana Gaikwad

MBBS, DGO
Women's Complete Care Centre, Chembur



Dr. Anant Bangar

DNB (Pediatric Surgery)
Consultant Pediatric and Neonatal Surgeon,
Lilavati Hospital & Research Centre



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'Women's Health and Preventive Measures Towards Birth

Organized by

- Department of Psychology of Smt. Maniben M. P. Shah Women' College of Arts and Commerce, Autonomous
- Spina Bifida Foundation

Supported by

- Meyer Vitabiotics

Welcome Speech by Ms. Swati Gholap from Meyer Vitabiotics

The sessions commenced with an invocation of 'Deep Poojanam' by Rekha Bhardwaj.

A warm address note was given by Ms. Swati Gholap who welcomed the audience. She then introduced the representatives of the organizations jointly hosting the webinar- Ms. Nitanti Jain, Lecturer at Department of Psychology of Smt. Maniben M. P. Shah. Women's College & Ms Sneha of the Spina Bifida Foundation.

Later the speaker of the webinar Dr. Archana Gaikwad, MBBS DGO who is a Consultant Gynecologist and Obstetrician was introduced.

Speaker 1

Dr. Archana Gaikwad, MBBS DGO

Topic – Women's Health

Dr. Archana Gaikwad, MBBS DGO is a consultant Gynecologist and Obstetrician. She is the Director at Dr. Archana's Women's Complete Care Center, Chembur. She is also a Visiting consultant at Salva Hospital, Chembur and Kalpana Nursing Home, Chunabhatti.

Dr. Archana started the session with a brief introduction and presented a PPT depicting the parts and the functions of a Female Reproductive System.

She also explained about *Menstrual Cycle* and understanding between Normal menstrual cycle and Abnormal Menstrual Cycle. This helped the students fathom the clear difference between hormone graph of a Normal and a PCOS women.

She also threw light on the statistics of women suffering from PCOS as the very common cause of irregular menstrual cycle. Every 1 in 5 women's have PCOS. Wherein she went about explaining the common symptoms of PCOS i.e., Irregular menstrual cycle, sudden weight gain, mood changes, fatigue, acne.

It always said that difficulties are never inevitable and hence Dr Archana very well also elucidated about 'PCOS Management' i.e., moving towards Life style management to be the first treatment course one can follow through in case of PCOS. Promoting healthy eating and regular exercises and also avoiding stress. She then also introduced some of the factors that women should be aware about when having such difficult which in today's era have become a life style of many adolescent girls that are substance abuse and Nutrition.

The next illness she reflected on was **Anaemia** which is the most common nutritional deficiency in women's i.e., the iron-deficiency, that increases the risk of hemorrhage and sepsis during childbirth. She presented about the symptoms of fatigues, paleness, breathlessness, heart palpitation, restless legs, strange food craving. To manage Anaemia taking care of diet is very essential like iron rich food needs to be consumed. The other subject matter of discussion by Dr. Archana was Normal vs Abnormal White Discharge. **Abnormal White discharge** is very important to identify and start taking the right treatments as it could cause difficulty in conceiving or even PID (Pelvic Inflammatory diseases)

The other health condition she broached was about **Hypothyroidism**.

The next theme subject that Dr. Archana spoke about was the **3 stages in Pregnancy** (Gestation). Where in the focus was placed on the Maternal Nutrition and the Supplementation intake that needs to be fulfilled during the pregnancy and lactation.

Dr. Archana beautifully concluded her discussion with focus on a quote that states:

“The quality of care and feeding offered to children ... is critically dependent on women's education, social status and workload” – UN Sub-Committee on Nutrition.

Session 2

Speaker: Dr Anant Bangar, MBBS DNB (Pediatric Surgery)

Topic – Birth Defects and Preventive Measures

Dr Anant Bangar is the Consultant Pediatric and Neonatal Surgeon, at Lilavati Hospital & Research Centre. He commenced his topic of '**Birth Defects**' by addressing why it important for us to know about birth defects wherein he stated that about 7.9 million children are born with birth defects worldwide. Speaking about India he said it accounted for 28% of the global neonatal mortality burden due to congenital anomalies.

The **numerous causes** of the birth defects stated by him were genetic factors like lacking the chromosome, the environmental factors could be mother's health or exposure to infections, Medications, drugs/alcohol, or chemical, radiation, or water contamination, and some have an unknown cause to it.

The disorder he informed all about was **Neural Tube Defects** that is the **Spina Bifida and Anencephaly**. Some other conditions he hold forth about was **Cleft Lip/Palate** which can be surgically repaired after birth. The other was **Heart Defects** i.e. abnormal develop of the heart. Another was the **Diaphragmatic Hernia** which causes Compressed left lung which also can be treated by surgery but depends on the intensity of the compression. Some additional defects he evinced about were the **Gastroschisis, Hydrocephalu, Imperforate Anus, Clubfoot, Sickle Cell Anemia, Cerebral Palsy, Down's Syndrome, Muscular Dystrophy, PKU**.

Dr. Anant aided the audience in understanding the **various impacts** of Birth Defects not only on the life of the individual but also family causing them Social and Economic Burden. Although he also commended that Birth Defects can be diagnosed before birth i.e. via Ultrasound especially the case of Structural Defects. He also unraveled on the **preventions of the birth defects** some of measures like visiting the health care provider, daily multivitamins (like the 400ug folic acid), avoid alcohol, smoking and drugs, taking only doctors – approved medications. Women's who suffering from difficulties like obesity, diabetes or who have maternal hyperthermia might be at a higher risk of birth defects. Also, those who consume alcohol, drugs or smoke.

He then elucidated on the details of Spina Bifida disorder. As this disorder can be prevented by Folic Acid before the start of pregnancy. The Spina Bifida Foundation also works towards promoting awareness and treatment measures to prevent birth defects.

Interesting Questions from the Interactions -

- Is Cerebral Palsy treatable, and does cerebral palsy happens due to poor nutrition in mothers during pregnancy?

Dr. Bangar answered that there are a lot of causes for CP but prevention is the best cure. When it comes to treatment you cannot treat them completely hence preventing it would be the best possible way. Nutrition is definitely one of the important causes of CP but there could also be other causes related to it.

- Does PCOD always cause weight gain or is it only in some cases?

Dr Archana answered by that almost 80% cases have obesity although there could also be a possibility that 20% are lean cases. Because PCOD itself causes weight gain.

Highlights of the Session

- The webinar was an successful in aiding the student's understanding of the health conditions and to be watchful for those signs.
- Dr. Bangar's session covered the entire spectrum of Birth Defects - the various types, prevalence, the warning signs and symptoms and the preventive measures for the same.

Desseminating information & creating an awareness for this topic was very essential as a way of ensuring a better life ahead for the students. It served to caution the women of today so as to enable them to avoid the risk of birth defects in their children. Such initiatives will contribute in a big way to herald a healthy society for our country.

Vote of Thanks was delivered by Ms. Janhavi Modi.

The Department is grateful to the SMES Management & Principal Dr Leena Raje for their unstinting support & encouragement for all programs. The ground work & coordination on behalf of the college with the other organizations was done by Vice Principal & Head, Dept of Psychology, Ms Archana Patki. She was ably assisted by Assoc Prof Ms Vaishnavi Verma & Co-ordinator of MA, Ms Reshma Murali. Ms Nitanti Mehta, lecturer played a stellar role in the conduction of the webinar.



Welcome

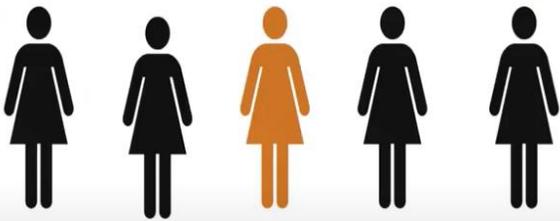
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Women's health webinar

PCOS



1 in every 5 women
has PCOS

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6:23 / 1:18:56

What are Birth defects



Birth defects are **structural** or **functional** abnormalities present at birth that cause physical or mental disability.