

PCOS AWARENESS AND NUTRITION SESSION FOR SENIOR STUDENTS

Promoting Adolescent Health and Well-being: Health Awareness Programme



Classes IX & X

Recognising the importance of fostering health awareness among adolescents, DDMS (AMS) P. Obul Reddy Public School organised a comprehensive Health Awareness Programme for the students of Classes IX and X on 27th July 2026. The initiative aimed to empower students with essential knowledge on adolescent health, nutrition, and the significance of adopting healthy lifestyle practices.

As part of the programme, a PCOS and PCOD Awareness Session was conducted exclusively for the girls of Classes IX and X. The session was led by Dr. Payal Bhargava, City Convenor of the PCOS Society, India, and Dr. Sandhya Dixit, Patron Member of the PCOS Society, India. Through an informative and interactive presentation, the resource persons explained the causes, symptoms, risk factors, and long-term implications of Polycystic Ovary Syndrome (PCOS) and Polycystic Ovarian Disease (PCOD). They also highlighted the influence of stress and unhealthy lifestyle habits on hormonal health while emphasising the importance of regular physical activity, balanced nutrition, adequate sleep, and timely medical consultation in preventing and effectively managing these conditions.



The programme continued with an engaging health and nutrition session for both boys and girls, conducted by Dr. Raghu Ram Reddy. He shared valuable insights into the role of balanced nutrition, mindful eating habits, and wholesome dietary choices in promoting physical fitness, mental well-being, and overall health. Students were encouraged to embrace healthy food choices and active lifestyles as the foundation for lifelong wellness.



The sessions proved to be highly enriching, equipping students with practical knowledge and fostering greater awareness of preventive healthcare. By encouraging informed decision-making and healthy lifestyle choices during adolescence, the programme reinforced the school's commitment to nurturing not only academic excellence but also the holistic well-being of every learner.

