



# **Symbiosis Institute of Business Management, Hyderabad**



**Symbiosis International (Deemed University), Pune**

**Guest Lecture Report**

**Dr. Nilesh Unmesh Balkawad**

**Topic:- “PCOD Stress and Weight Management”**

**October 05, 2020**

PCOD, Stress and Weight Management session held on October 05, 2020 at SIBM Hyderabad. Symbiosis International (DU) core philosophy is Vasudhaiava Kutumbakam. In pursuance of this and as part of its university's emphasis on promoting health and wellbeing, Women Development Cell (Shakti), organized a webinar with Oasis Fertility in collaboration with the Corporate Interaction Cell for the women of SIBM-H.

**SIBM HYDERABAD** | **शक्ति** | **oasis FERTILITY**

OASIS FERTILITY INVITES YOU FOR LIVE WEBINAR  
**PCOD, STRESS AND WEIGHT MANAGEMENT**

**oasis Webinar**

**Dr. Nilesh Unmesh Balkawade**  
 MS, DNB, MNAMS, FIAGE,  
 Fellowship in Reproductive Medicine,  
 Dip in Gyn Endoscopy (Kiel, Germany),  
 Clinical Head & Fertility Specialist, Oasis Fertility, Pune.

**Date:** 05<sup>th</sup> October, 2020 | **Day:** Monday | **Time:** 3:20 PM Onwards

**Zoom** Meeting id: 828 8771 1549  
 Password: 903808

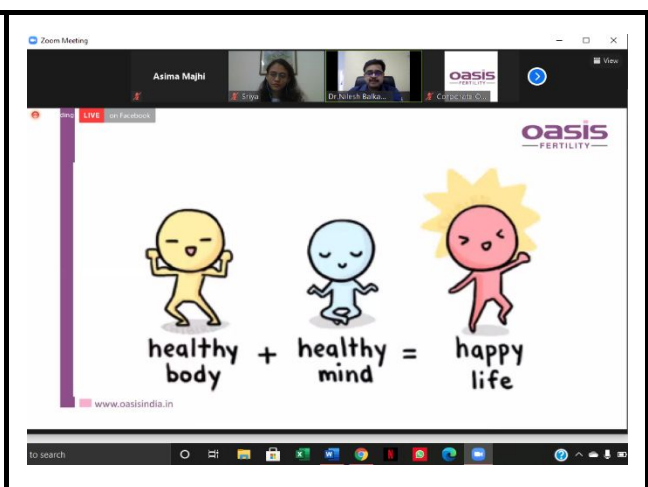
For PCOD and Infertility  
**FREE #Consultation #Scanning #Reports**

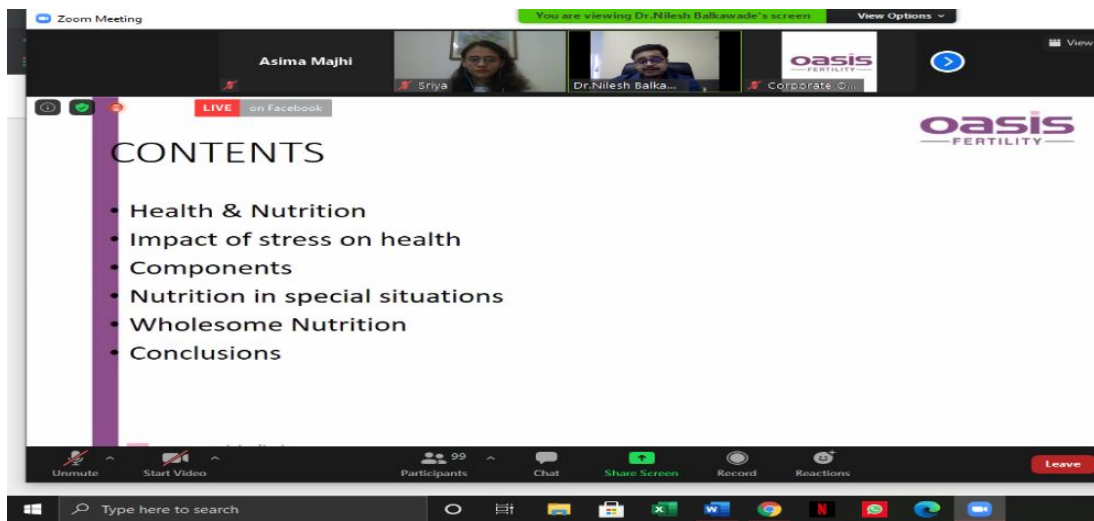
For details and registration, contact:  
 vinodh.s@oasisindia.in / +91 73373 30451

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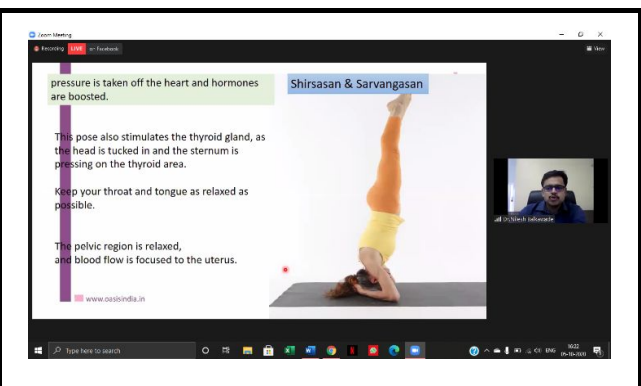
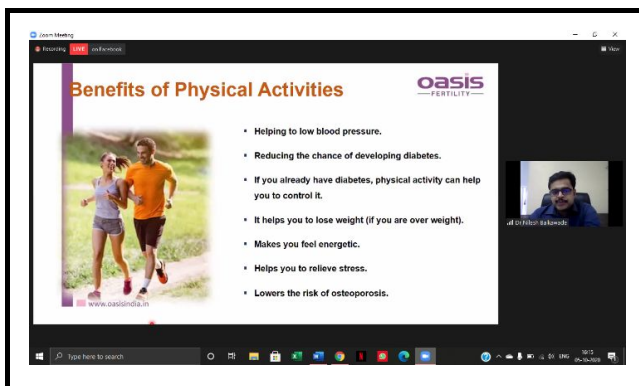
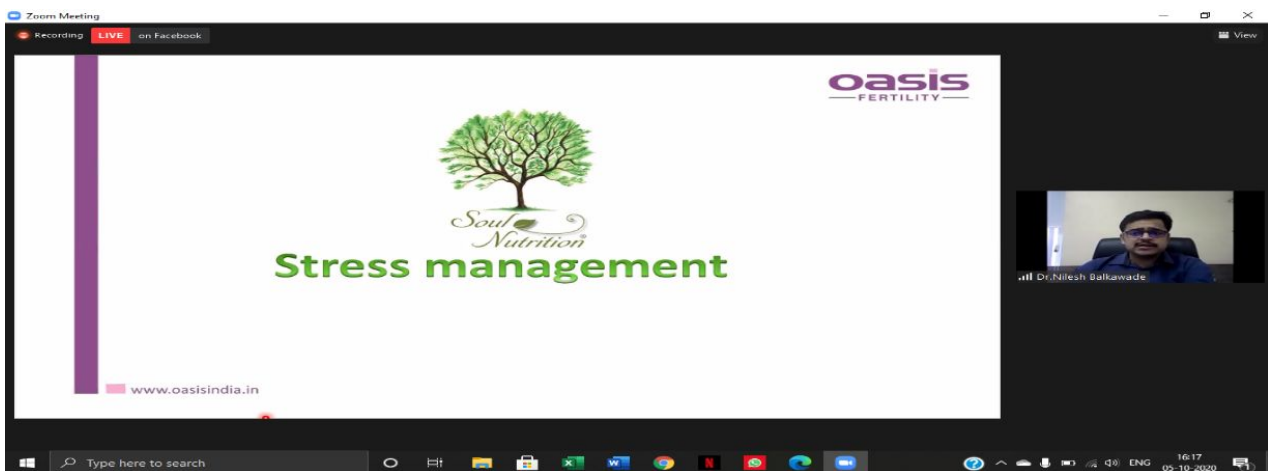
The purpose of conducting this webinar was regarding health and nutrition to make women aware about PCOD and Weight Management. Dr. Nilesh Unmesh Balkawad.

Dr. Nilesh Unmesh Balkawad offers a decade long distinctive experience and expertise in the fields of infertility, reproductive medicine and Gynaec endoscopy. He is renowned for handling infertile cases with good success rate and giving the joy of motherhood to many with his expertise and compassionate care. He has successfully handled more than 1000 successful cases of operative laparoscopy, around 2500 cases of diagnostic and operative hysteroscopy, especially hysteroscopic myomectomies.

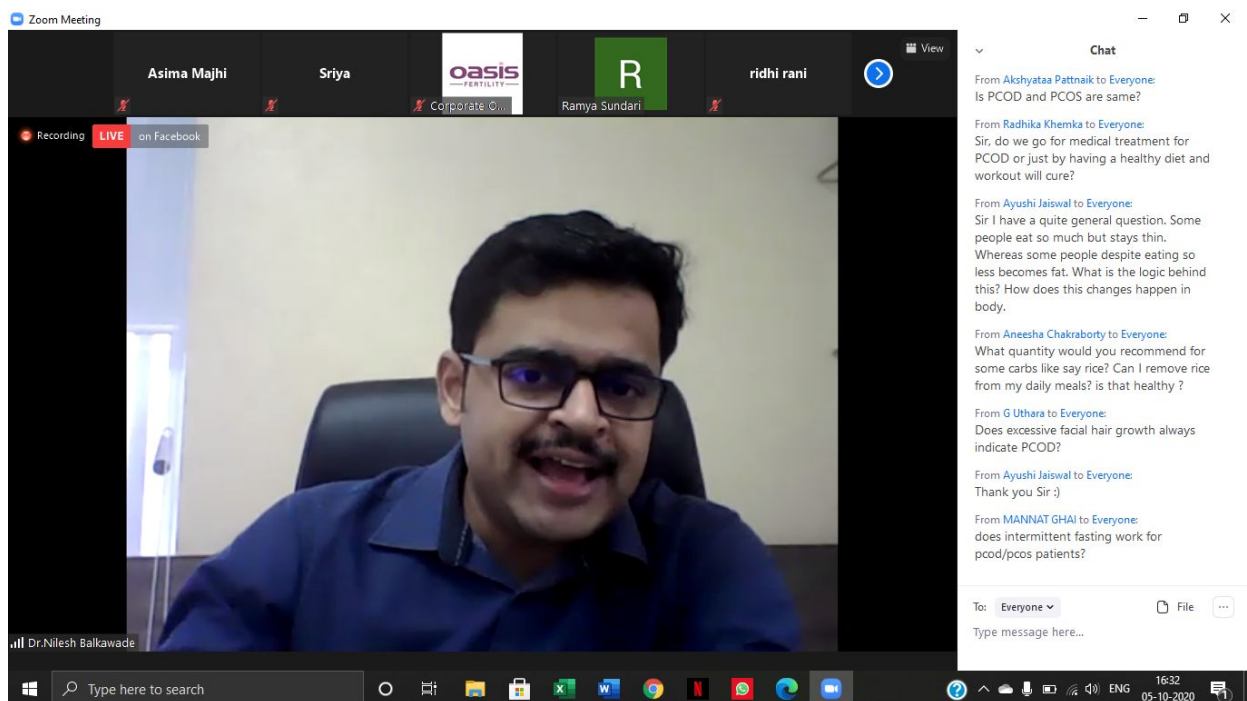




Dr. Nilesh at first gave his insights upon Nutrition Management, what kind of nutrition is to be followed according to an individual's requirement to have a healthy lifestyle. He shared various facts relating to obesity, causes of obesity such as improper diet, socio-economic status, genetic, etc. and problems because of obesity like hypertension, diabetes etc. He also mentioned obesity also leading to stress and mental disturbance because of which individuals get into ill-habits to get rid of stress which lead to lack of concentration, suppression of immunity, anxiety, nuclear disorder and mainly poor eating habits and sleep deprived.



He concluded the session with wonderful ideas on Stress Management with which above mentioned all problems of an individual can be dealt with, like, an individual to have a support system, changing his/her attitude by being more realistic, getting organised, scheduling priorities, giving yourself time, rejuvenation, getting regular exercise regimen and adequate balanced diet.



**Question & Answer with the attendees:-**

<b>Name of the Students</b>	
Ayushi Jaiswal	Hema Thapa
Bhadra Vijayan	Hiral Khatri
Binish Siddiqui	HP-PC
Devika	Kavya
Dibyarpita Ghosh	Khushbu Tulsian
Divyani Yadav	Krina
Durgesh Nandini	Lakshmi Lavanya
Ellora Gogoi	Manasa B
G Uthara	Sriya Kota
Gandhali Girme	Riya Agrawal
Garima Grover	Asima Majhi
Gayatri Chillara	Niti
Haritha Haridas	Sayali Ubgade
Harshitha Anullekha	Sumitra
Heena Ghosal	Harika