



KU holds workshop on women's reproductive health, PCOS awareness

Need for intersectoral collaboration between clinicians, researchers, social workers & policy makers: Director SKIMS



Srinagar, June 30: To promote greater awareness around women's reproductive health, the Department of Social Work, University of Kashmir (KU), organised a one-day research dissemination workshop on "Women and Reproductive Health with Special Reference to Women with Polycystic Ovarian Syndrome (PCOS)" at the main campus on Monday.

The event included participation from experts, resource persons, research scholars, and students from various departments. Two technical sessions were held during the day, featuring presentations, discussions, and interactive dialogues to develop the understanding of PCOS-related health issues.

In her message, Vice-Chancellor KU, Prof. Nilofer Khan, highlighted the importance of such workshops and said, "The growing incidence of PCOS among young women in our region is a serious concern that requires greater awareness, early diagnosis and community support. It is essential to destigmatise such conditions and empower women to seek timely care and guidance."

Speaking at the inaugural session, Dean Research KU, Prof. Mohammad Sultan Bhat, in his presidential address, called for collaborative and socially engaged research on women's health issues.





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"Workshops like these play a key role in informing policy, creating awareness, and guiding future research on gendered health experiences," he said.

Keynote speaker, Prof. M. Ashraf Ganie, Director SKIMS, and a leading endocrinologist, called for urgent attention to the rising issue of PCOS and the need for inter-sectoral collaboration between clinicians, researchers, social workers and policy-makers.

"Poor body image and the psychological burden associated with PCOS are compounded by societal attitudes that are often dismissive or uninformed," he said. Dr. Abdul Majid Ganai former Professor, Community Medicine, SKIMS Srinagar, in his remarks, highlighted the growing prevalence of PCOS and the urgent need for awareness, timely diagnosis, and lifestyle interventions to manage the condition effectively.

Dr. Arshad Hussain, a noted psychiatrist and professor, Department of Psychiatry, GMC Srinagar spoke about the mood anxiety complex associated with PCOS, while other medical experts highlighted various clinical and hormonal aspects of the condition.

Earlier, in her welcome address, Head, Department of Social Work KU, Prof. Shazia Manzoor, stressed on the importance of adopting a bio-psycho-social lens to understand the complexity of PCOS.

Dr. Aadil Bashir, faculty at Department of Social Work KU, convener of the workshop and Principal Investigator of the research project on PCOS carried out by the department provided an overview of the project while Dr. Sarfaraz Ahmad, faculty at Department of Social Work KU, co-convener and co-PI, conducted the proceedings of the event.

The formal vote of thanks was delivered by Dr. Javaid Rashid, faculty at Department of Social Work KU.



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