

## **KU VC inaugurates free health camp on PCOD, calls for mass awareness**



**Srinagar, Mar 10:** Vice-Chancellor University of Kashmir Prof Nilofer Khan on Friday inaugurated a free health camp on Polycystic Ovarian Disease (PCOD) as part of varsity's ongoing celebrations related to International Women's Day.

The day-long camp was organised jointly by Centre for Women's Studies and Research (CWSR) and Institute of Home Sciences KU in collaboration with the Department of Obstetrics and Gynecology, Government Medical College, Srinagar.

Addressing the female student participants from various teaching departments of the University, Prof Nilofer said women should look after their health concerns as equally as they look after their professional and family responsibilities.

She said given the enormity of the problem, such health awareness programmes must be held regularly both within the University and outside the University so that women in society are truly benefited from expert talks and interactions.

She congratulated CWSR, Institute of Home Science and GMC Srinagar for organising the joint health camp.

Dr Rizwana Habib, Head, Department of Obstetrics and Gynecology, Government Medical College, Srinagar, said PCOD is rampant among the young women population which necessitates the need to raise large-scale awareness about the disease in the society.

Quoting ICMR figures, Dr Rizwana said the prevalence of PCOD among Kashmiri women is reported to be 34.5 percent or more and “it is therefore very important that we all understand this disease and go for constant, continuous and focused lifestyle changes.” She also called for doing away with “social inhibitions associated with the disease”.

Registrar Dr Nisar A Mir also addressed the gathering and highlighted the role of institutions in raising awareness on PCOD. He said departments like Social Work, Psychology and others can be roped in further to widen the ambit of awareness.

Coordinator CWSR Dr Roshan Ara delivered the welcome address and highlighted the objectives of holding the collaborative awareness programme.

Medical experts including Dr Rizwana Habib, Dr Shahla and Dr Samar evaluated several female students on the occasion. Dr Farhana and Dr Rubeena rendered their assistance to the medical experts.

The programme was attended by Coordinator Institute of Home Sciences Dr Humaira Azim, besides faculty and students of CWSR.