

KU-SKIMS organises PCOS awareness, free consultation camp at Main Campus

Need wider public outreach to address misconceptions & promote early management of PCOS: VC KU, Director SKIMS



Srinagar Nov 28: The Department of Clinical Biochemistry, University of Kashmir (KU), in collaboration with the Department of Endocrinology, SKIMS Srinagar, organised a day-long awareness and consultation programme on “Understanding and Managing PCOS” at the Main Campus.

The initiative aimed to address the growing prevalence of Polycystic Ovary Syndrome (PCOS) among young women in the region by offering scientific awareness, early intervention strategies, and free clinical consultations. A free PCOS consultation camp was also held at the Diagnostic Centre, Department of Clinical Biochemistry, where students and staff received medical assessment and guidance.

Speaking at the inaugural session, Vice-Chancellor KU, Prof. Nilofer Khan, said that spreading awareness about women's health concerns is an institutional priority.

“Access to accurate medical guidance empowers young women to make informed health decisions. Universities must create more spaces where students feel supported in managing such conditions,” she said.

Director SKIMS, Prof. Ashraf Ganaie, highlighted the importance of strengthening PCOS research and community outreach, noting that people must stay away from misinformation and depend on credible, evidence-based medical advice.

“There is a need to debunk myths and recognise PCOS as a manageable condition. Awareness at the community level is as important as medical treatment,” he said, highlighting the role of collaborative academic-medical efforts.

Registrar KU, Prof. Naseer Iqbal, highlighted the significance of regular health counselling sessions on campuses, noting that such initiatives contribute to a healthier academic environment.

Earlier, Head, Department of Clinical Biochemistry KU, Dr Tanveer Ali Dar, said that the programme was designed to bridge the gap between clinical knowledge and public understanding of PCOS, encouraging early diagnosis and lifestyle-based management.

The event featured expert lectures by Dr. Cimona Lyn Saldanha, Professor & Head, Obstetrics and Gynaecology, SKIMS; Dr. Farah, Associate Professor, Dermatology, SKIMS and Dr. Saleem Baba, DM Endocrinology, SKIMS. They discussed the gynaecological, dermatological, and metabolic dimensions of PCOS, offering practical guidance for students and participants.

The event proceedings were conducted by Dr. Syed Hussain Mir, organiser of the event and faculty at the Department of Clinical Biochemistry.

The event was attended by deans, heads, faculty members, endocrinology experts from SKIMS, research scholars, and students from campus and various degree colleges of Kashmir.