



Office of the Principal
Govt. Degree College, Sumbal
Sonawari Bandipora, Kashmir—193501

Dated: 18-09-2025

Report on PCOS Awareness Program

The Department of Biochemistry and Health and Wellness Committee of Government Degree College Sumbal, in collaboration with the Departments of Endocrinology and Clinical Research, SKIMS Soura, organized a PCOS Awareness Program for female students and staff of the college under the banner of Sewa Parv.

The program was held under the patronage of Prof. (Dr.) Shabeena Iqbal Shawl, Principal, GDC Sumbal, in the college auditorium. The session was effectively moderated by Dr. Mehvish Showkat, Head, Department of Biochemistry. About 150 female students from different streams actively participated in the event.

Renowned experts from Sher-I-Kashmir Institute of Medical Sciences (SKIMS), Srinagar were invited as resource persons:

- Dr. Waseem Ahmad, Endocrinologist, Department of Endocrinology, SKIMS
- Dr. Shahid Ali Wani, Research Scientist, Department of Clinical Research, SKIMS

The experts delivered comprehensive lectures on Polycystic Ovary Syndrome (PCOS), covering its symptoms, diagnosis, treatment options, and long-term health implications.

Key Takeaways of the Program:

- Increased general awareness of PCOS among students and staff, especially young women.
- Education about the symptoms, causes, and associated long-term health risks such as diabetes and cardiovascular diseases.
- Promotion of the importance of early diagnosis and lifestyle modifications (healthy diet, exercise, and stress management) for effective management of PCOS.

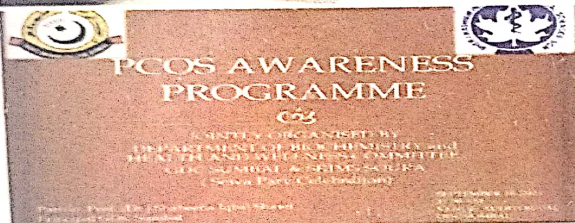
The session concluded with an engaging Question-Answer session, followed by a face-to-face consultation, enabling participants to clarify individual queries and concerns.

The PCOS Awareness Program successfully achieved its objectives by serving as an informative platform for the college community. It significantly contributed to improving women's health literacy and highlighted the importance of early intervention in managing PCOS.

The event concluded with a Vote of Thanks delivered by Dr. Mehvish, who expressed heartfelt gratitude to the esteemed Principal, Prof. (Dr.) Shabeena Iqbal Shawl, the experts from SKIMS Srinagar, the participating students, the teaching and non-teaching staff of the college for their valuable support in making the program a grand success.



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Mehwish

Head
 Dept. of Biochemistry

Sakshi

Convener
 Health and Wellness

Seva Parv

Nodal Officer
 Seva Parv

Shebeera

Principal