

Report on the One-Day Seminar on PCOD/PCOS

The Department of Psychology successfully organized a **One-Day Seminar followed by Consultation on Polycystic Ovarian Disorder/Syndrome (PCOD/PCOS)** on December 3rd 2024, in collaboration with **Paras Hospital, Srinagar**. The event was graced by the esteemed Dr. Komal Rathore, Senior Clinical Dietician, as the keynote speaker.

The seminar revolved around the theme:

"PCOD/PCOS: Exploring the Nexus of Psychology, Lifestyle, and Behavioral Health."

The session began with a warm welcome to the guests, followed by an insightful talk by Dr. Rathore. She provided a comprehensive overview of PCOD/PCOS, discussing its prevalence, causes, and effects on both physical and mental health. The emphasis was placed on the psychological impact, including stress, anxiety, and body image issues, as well as the importance of lifestyle modifications for better management of the condition.

The interactive Q&A session that followed was a major highlight, where students and faculty eagerly sought advice on various aspects of PCOD/PCOS. The consultation segment further allowed attendees to engage with Dr. Rathore on a one-on-one basis, addressing individual health concerns.

The objectives of the seminar were effectively achieved, as it raised awareness about PCOD/PCOS and its holistic management. The participants appreciated the practical tips and the balanced approach to dealing with this common yet often misunderstood condition.

This event would not have been possible without the esteemed guidance and unrelenting support of our Worthy Principal Madam Prof. (Dr.) Neelofar Bhat, whose visionary leadership and encouragement continue to inspire excellence in every endeavor undertaken by the college.

The Department of Psychology extends heartfelt gratitude to the Principal Madam, the Protocol Committee, and the entire college administration for their support in making this event a success. A special thanks to Dr. Rathore for her valuable contribution and to the students and faculty for their enthusiastic participation.

Reported by:

Head, Department of Psychology

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