

GOVERNMENT OF INDIA
MINISTRY OF WOMEN & CHILD DEVELOPMENT

RAJYA SABHA
UNSTARRED QUESTION NO. 3825
TO BE ANSWERED ON 25.03.2026

EARLY DETECTION AND MANAGEMENT OF PCOS

3825. SMT. SUDHA MURTY:

Will the Minister of WOMEN AND CHILD DEVELOPMENT be pleased to state:

- (a) whether Government has taken note of studies indicating a high prevalence of Polycystic Ovary Syndrome (PCOS) among adolescent girls in the country and the associated long-term metabolic, reproductive and mental health risks;
- (b) whether any national guideline exist for the diagnosis and management of PCOS in adolescents, and if not, whether such guidelines are under consideration; and
- (c) whether any mechanism is in place under existing adolescent health programmes for early screening, counselling and lifestyle guidance related to PCOS?

ANSWER

MINISTER OF STATE IN THE MINISTRY OF WOMEN AND CHILD DEVELOPMENT
(SHRIMATI SAVITRI THAKUR)

(a) to (c): As per the information received from the Ministry of Health and Family Welfare, Polycystic Ovary Syndrome (PCOS) is a condition affecting women of reproductive age, including adolescents, and is associated with reproductive, metabolic and mental health concerns.

The Ministry of Health & Family Welfare implements Rashtriya Kishor Swasthya Karyakram (RKSK) under the National Health Mission (NHM), to address the health needs of adolescents in the age group of 10-19 years, across rural and urban areas, including in-school and out-of-school, married and unmarried adolescents. The programme adopts a comprehensive approach covering key thematic areas such as nutrition, sexual and reproductive health, non-communicable diseases and mental health, which are relevant to conditions such as PCOS.

Under RKSK, Adolescent Friendly Health Centres are established across the country wherein the adolescents are provided with the counselling services on major adolescent health issues including the nutrition, healthy lifestyle, menstrual hygiene, components of healthy and balanced diet and prevention of Non-Communicable diseases. In addition, the School Health and Wellness Programme (SHWP), implemented in convergence with the Ministry of Education, promotes health awareness among school-going children and adolescents through teachers trained as Health and Wellness Ambassadors, with a focus on nutrition, physical activity and emotional well-being. Information, Education and communication material is shared through the health facilities, schools and community platforms to ensure awareness on health issues and encourage health seeking behaviour among the adolescents and their parents and other stakeholders.
