

## **KU's NSS office holds day-long awareness camp on personal health, hygiene**



**Srinagar, Dec 10:** The office of National Service Scheme (NSS) University of Kashmir organised an awareness camp in Dar Mohalla, Shalimar, Srinagar.

The day-long camp was organised on the directions of Vice-Chancellor Prof Talat Ahmad to sensitise the local residents about vital social and health issues, especially those related to personal health and hygiene.

Dr Musavir Ahmed, KU's Programme Coordinator underscored the importance of spreading awareness on issues pertaining to health and hygiene, particularly amongst the vulnerable sections of the society.

Dr Heena Basharat, organiser of the programme, referred to several issues including poor menstrual hygiene caused by lack of education on the issue, persisting taboos and stigma, limited access to hygienic menstrual products and poor sanitation infrastructure which need to be addressed through proper planning, coordinated efforts and mass awareness at the community level.

Dr Azhar Ahad Wani Medical Officer, University of Kashmir sensitised the gathering about practices to be adhered to by women to maintain their overall health and wellbeing as well as their personal health and hygiene. She also addressed the queries by the participants.

During the camp, free sanitary pads, facemasks and hand sanitisers were distributed among women.

The programme, which drew a good response and appreciation, was coordinated by Dr Shazia Mallik, Programme Officer NSS KU.