

KU's CWSR holds health outreach programme in Poonch



Srinagar, May 25: Kashmir University's Centre for Women's Studies and Research (CWSR) organised an outreach programme on 'Breast Cancer and Reproductive Health of Women' in Poonch.

The day-long programme, organised as part of a RUSA project, was held at Government Girls Higher Secondary School Mandi to create awareness among adolescent girls and women on key health issues.

Director CWSR Prof Tabasum Firdous educated the participating women about prevention of breast cancer.

She said breast cancer is one of the most prevalent cancers in J&K and it is therefore important to raise awareness among young women on how it can be prevented. She said early detection is the key to prevention of breast cancer.

Prof Firdous said the Vice-Chancellor Prof Nilofar Khan has assured her full support to such outreach programmes which are aimed at educating underprivileged and marginalised sections of the society about important health issues.

Dr Roshan Ara, senior faculty at CWSR, focused on socio-cultural manifestations of health in general and reproductive health in particular.

Dr Firdous Hameed, Surgeon District Hospital Poonch spoke about several health issues including reproductive tract infections due to improper menstrual hygiene, sexually transmitted infections (STIs), human immunodeficiency virus (HIV), unexpected pregnancies from lack of awareness about contraceptive practices and lack of proper

guidance about sexual health. He also highlighted causes, prevention and treatment of breast cancer amongst women.

Dr Anju Reshi, Principal Government Girls Higher Secondary School Mandi and Ghulam Mustafa Shah, Lecturer, were also present on the occasion. Dr Barkat Choudhary, Vice Principal conducted proceedings of the programme.