

KU's NSS organises awareness camp on women's health at Shalimar#



Srinagar, April 19: To promote health awareness and encourage open conversations on women's health-related issues, the National Service Scheme (NSS), University of Kashmir (KU), organised a one-day awareness camp on 'Reproductive Health and Menstrual Hygiene' at Pazalpura, Shalimar, Srinagar. #

The camp was aimed at educating women, particularly adolescent girls, about the importance of menstrual hygiene and reproductive health. #

The initiative focused on dispelling myths and misconceptions surrounding menstruation, encouraging informed and respectful dialogue. #

Participants were given demonstrations on the correct use and safe disposal of sanitary products. Free sanitary napkins were also distributed to women and girls of reproductive age. #

In her message Vice Chancellor KU Prof Nilofer Khan said "At KU we remain deeply committed to addressing critical health and social issues, particularly those impacting women's health and overall well-being. Through our sustained community engagement and awareness programmes, we aim to break stigmas, educate and empower individuals—especially women—with knowledge and support that fosters a healthier and more inclusive society." #

The awareness session included an interactive Q&A segment where attendees asked questions in a supportive and respectful environment. #

"The purpose of this camp was to break the silence and stigma surrounding menstrual health and create awareness among women across age groups," said Dr. Waqar Amin Zargar, Coordinator, NSS, KU. #

Dr. Iqra Mehraj, Medical Officer, Health Centre, KU, delivered an informative session highlighting key aspects of reproductive health, menstrual hygiene, and the





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importance of debunking common myths.#

The programme was managed by NSS Programme Officers KU and saw enthusiastic participation from the local women of the area.#

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