

'KU's CWSR holds outreach programme on women's health and hygiene



Srinagar, July 23: Kashmir University's Centre for Women's Studies and Research (CWSR) organised a mega outreach programme on women's health and hygiene in Fakir Gujri area of Srinagar.

The day-long programme, led by Coordinator CWSR Dr Shazia Malik, mainly focussed on raising community-level awareness on promoting and safeguarding menstrual health by removing stigmas associated with it and providing safe access of women to proper sanitation and disposal facilities.

The CSWR team included Dr Roshan Ara, Assistant Professor CWSR, Dr Azhar Ahad Wani, Medical Officer, University Health Centre and Sadaf Yusuf, state coordinator of NGO 'Wise Trust'.

The team first visited a local Government High School, where girl students of menstrual age were imparted awareness on issues related to menstrual health and hygiene.

During their medical evaluation, Dr Azhar detected malnutrition among several students and advised them on addressing the same.

Later, adult young women in the area were separately counseled on better hygiene practices.

The team also distributed medicines and sanitary napkins among the participants, who were encouraged to discuss issues related to their health and hygiene amongst themselves and in the community for their healthy wellbeing. The target group included girls and adult women of menstrual age.

150 sanitary napkin packets, provided by 'Wise Trust', were distributed free of cost among the participants while 50 more packets were handed over to the staff of the high school.

In the concluding remarks, Dr Shazia thanked the Vice-Chancellor Prof Nilofer Khan and Registrar Dr Nisar Ahmad for their continuous support to the outreach programmes organised by CWSR.