

## **KU organises outreach programmes in Srinagar's Shanpora, Batpora localities**



**Srinagar, Mar 29:** Two awareness programmes were organised jointly by Centre for Women's Studies (CWSR) and Institute of Home Sciences, University of Kashmir, at Shanpora and Batpora areas of Hazratbal, Srinagar, in continuation to the University's celebrations related to Y20 and G20.

The theme of the awareness programme at Shanpora locality was 'Common Health Issues of Women' while the awareness camp held at Batpora was titled 'Nutritional Needs of Adolescent Girls'.

The programmes, held on directions of Vice-Chancellor Prof Nilofer Khan, were organised to bring awareness and provide completely free medical consultation and nutritional advice to womenfolk, especially from underprivileged areas.

Dr Roshan Ara, Coordinator CWSR, said good hygiene is an indispensable component of women's overall health in general and her menstrual health in particular.

Dr Shazia, Dr Nyla Masoodi, Dr Nyra and Dr Fatima also spoke on the occasion and emphasised the importance of personal health from a multitude of dimensions.

The team was accompanied by Dr Suraya, Medical Officer, University Health Centre, who highlighted the importance of daily intake of calcium, iron and folic acid for women.

She further explained about hygiene during menstruation and its co-relationship with miscarriage and abortion during pregnancy.

The team also distributed calcium, iron, folic acid, analgesic and Vitamin -D supplements among the participating women.

Student volunteers from Institute of Home Science and CWSR participated in the programme to have first-hand experience of important outreach programmes.