

GDC Kargil concludes five-days long workshop on menstrual hygiene

Kargil, October 31, 2025: The valedictory session of the five-days workshop on Health and Wellness on theme of menstrual hygiene under PMUSHA held in college seminar hall today where 142 students participated besides college faculty members.

The workshop, conducted from 27th October to 31th October 2025, aimed to create awareness about menstrual hygiene practices, and the need to free social taboos surrounding mensuration. Various talk sessions were held by medical professionals, educators and social workers during the workshop.

The valedictory session was graced by noted Academician and Former Rector UoL Kargil Campus, Kaneez Fatima as the chief guest. The session commenced with a welcome to the chief guest with traditional khatak by the college Principal Disket Angmo, followed by a choir 'Bekhauf' hindi song to dignify the role of a girl in a society.

Later, an overview on the five-days workshop was presented by Ms. Spalzes Angmo (AP Sociology) and Ms. Nayeema Manzoor (AP Psychology).

A group of girl students recited "Phenomenal Women" by Maya Angelou which focuses on celebrating womanhood.

The Chief Guest, Kaneez Fatima, spoke to the students about the importance of menstrual hygiene and shared her thoughts on why women empowerment is essential. She appreciated the effort of the college principal and encouraged her to continue organizing such programs in future as well in order to promote menstrual hygiene and dignity of the women.

Participants also shared their feedback expressing how the workshop enhanced their knowledge and change their perception about menstruation.

A yoga session was also held at the beginning of the program in college yoga hall. Sanitary Pads, specially designed hygienic garments and Iron Tablets were also distributed to the participants.

The session concluded with a vote of thanks delivered by Assistant Professor Ms. Saba Sharif acknowledging the contribution of all resource persons, participants and organizers.

