

Awareness Program on Menstrual Health and Hygiene held at GDC Sankoo

Sankoo, September 22, 2025: Sankoo campus, Government Degree College Kargil, organized an Awareness Program on Menstrual Health and Hygiene today at the college campus. The session was specially conducted for the girl students of the college, with the objective of creating awareness about safe and sustainable menstrual practices.

The program was organized under the guidance and support of Dr. Salim Ahmad, Nodal Officer, GDC Sankoo.

The resource person for the program was Dr. Nasreen, a renowned Gynaecologist, who addressed the students on the importance of menstrual health, personal hygiene, and breaking the stigma around menstruation.

Dr. Nasreen emphasized that menstrual health is a crucial aspect of women's overall well-being and encouraged students to adopt hygienic practices to prevent infections and discomfort. She also highlighted the advantages of menstrual cups such as reusability, environmental sustainability, and affordability, while clarifying common myths and doubts associated with their usage.

The entire program was coordinated and conducted by Farida Banoo, Librarian and Co-Convener of the Cultural and Seminar Committee.





Sankoo

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