

SRINAGAR WOMEN'S COLLEGE, BATAPORA, ZAKURA.

AWARENESS PROGRAMME ON MENSTRUAL HYGIENE & HIV AIDS

The Department of Physical Education in collaboration with Women Development Cell of college organised awareness programme on “Menstrual Hygiene & HIV -AIDS” in continuation to on-going events under “My Constitution, My Pride”. Dr. Irfana Lateef, Medical Officer, AYUSH Gulabbagh was invited to deliver the lecture on the topic. She appraised students about consequences of consuming junk food which results in serious problems among females like PCOD . She discussed in detail health issues like amenorrhea, Irregular cycles , dysmenorrhea and pre-menstrual syndrome etc. Dr. Irfana Lateef also informed students regarding the status of HIV AIDS among the local population.

In the second session Yoga instructor Mrs.Nuzhat demonstrated several yoga exercises for maintaining relaxed physical and mental health during cycle. Principal Dr. Tehmina Yousuf also briefed participants' regarding the myths associated with menstrual cycle. She also insisted students to inculcate healthy food habits. During the event the pamphlets regarding menstrual cycle, diet, and overall female health were distributed among the students. The event concluded with an interactive session.



