



Government Degree College Kargil

Bagh e Khomeani Kargil, Ladakh Kargil-194103

ACTIVITY REPORT

Day 4 of the five-day health and wellness workshop on menstrual hygiene on the theme "Menstrual health and hygiene".

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| Date | October 30, 2025 | Category | Academic |
| Department | N/A | Committee | PM-USHA/UGC AISHE/Academic Projects |

The 4th day of menstrual health and hygiene week was held at college seminar hall where 187 students participated along with college staff.

The program commenced with the welcome of the guest speaker with traditional khatak by college principal Prof. Disket Angmo.

During the session the guest speaker Dr. Zahra Banoo Gynecologist District Hospital Kargil emphasized the importance of menstrual health and hygiene in order to prevent themselves from severe diseases in future. In her talk she stressed on choosing the menstrual products that fit to their body and lifestyle considering reusable options like menstrual cups, cloth pads and period under-wear as eco-friendly and cost effective. In addition to that she talked about the essential hygiene practices to be followed during menstrual cycle. She focused on the disposal of used products in a sanitary way like dumping of the pads. She advised the students not to use scented sanitary products or wash the vaginal area with anything other than water. She stressed to adopt healthy life style, eat balanced diet, engage themselves in light to moderate exercise which help them to reduce period cramps. Following these guidelines promotes not only menstrual hygiene but also general reproductive and overall health. She also gave insightful information about ca cervix a type of cancer that effects the cervix and also share preventive measures of the disease.

In the afternoon, a yoga session was also conducted in yoga Hall of the college where yoga instructor Ms. Niharika taught the students about various asanas to reduce period cramps, cure PCODs.

The fourth day of the workshop was both informative and engaging. Students actively took part in discussions and gained fruitful information about the topic. Light refreshment was also served to the participants. The session ended with a vote of thanks delivered by Assistant Professor Saba Sharif.

Photo Gallery (3 Photos)

