

OFFICE OF THE PRINCIPAL GOVT. DEGREE COLLEGE PAMPORE

گورنمنٹ ڈگری کالج پانپور (کشمیر)

Tulbagh, Pampore - 192121 - (Distt. Pulwama)- Kashmir

Cell: 9419022133, Web: gdcpampore.com Email: principalgdcpampore@gmail.com



Report on Awareness Programme on Menstrual Health and Hygiene.

Under the able guidance and dynamic leadership of worthy Principal **Prof. (Dr.) Gazala Gaiys**, an awareness programme on Menstrual Health and Hygiene for girls was successfully organized on 2nd April 2026 in the college auditorium. The programme was conducted by the Health and Hygiene Committee in collaboration with the Discipline Committee of the college. The primary objective of the programme was to educate and sensitize girl students about the importance of maintaining proper hygiene during menstruation and to promote healthy practices. The event witnessed active participation from a large number of students.



The programme commenced with a warm welcome, followed by informative sessions. The Convener of the Health and Hygiene Committee delivered a lecture informing the students about proper hygienic practices during menstruation, the importance of cleanliness, and the use of safe sanitary products. The Worthy Principal of the college Prof. Dr. Gazala Gaiys delivered an insightful lecture highlighting the significance of menstrual hygiene, proper sanitation practices, and the need to break social taboos associated with menstruation. The

lecture emphasized the importance of using hygienic products, maintaining cleanliness, and adopting a healthy lifestyle during menstrual cycles. Students were encouraged to ask questions and share their concerns, making the session interactive and informative. The programme helped in spreading awareness and empowering the students with essential knowledge regarding their health and well-being. The event concluded with a vote of thanks, expressing gratitude to the Principal, organizing committees, and participants for making the programme a success.

Mrs. Sakeena Bashir

Prof. Dr. Gazala Giays

Convener Health committee

Principal

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