

## Awareness Programme on, "Reproductive Health"

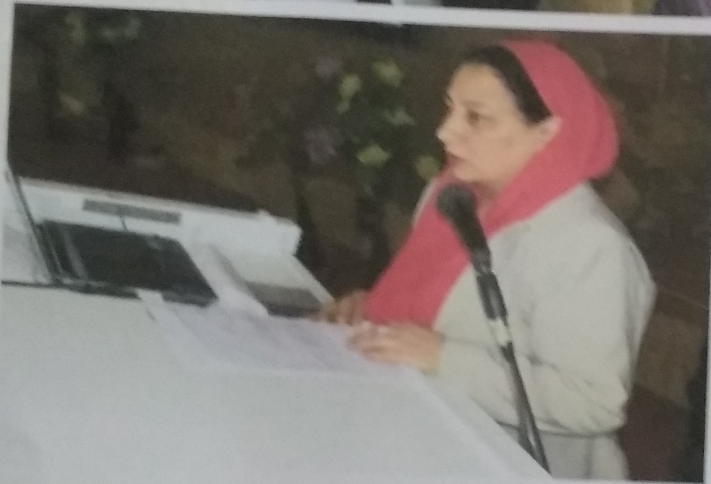
One day awareness programme on Reproductive Programme was organized by IQAC cell of GDC Sopore on 5 April, 2017. The main objective of the programme was to identify the reproductive health issues among the female. The programme also aimed to mitigate the identified reproductive issues.

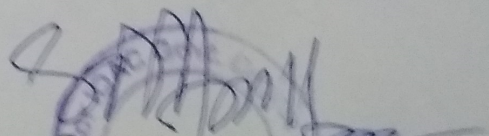
The gynecologist addressed the female students by saying that Adolescence is an appropriate time to build healthy habits and lifestyles relating to Sexual and Reproductive Health, as it is the transition from childhood to adulthood and is associated with physical and psychological changes.

Now a days it is very important to address the concern like menstrual hygiene, knowledge on consequences of early marriage, risk of teenage pregnancies, sexually transmitted infections, HIV and AIDS, unsafe abortions and breast feeding. The gynecologist also emphasized that an awareness session is required to assess the knowledge of adolescent girls regarding menstruation, pregnancy, contraception, STD's, AIDS, and breast feeding and to study the effect of health education program in terms of improvement in their knowledge. A high prevalence of risky sexual behaviour is reported in association with substance misuse, as alcohol and drug consumption may impair decision-making.

The session was followed by an interactive session with the students to clarify doubts. It is very important that our girls who are going to lead the society tomorrow should be fit and completely aware of their health. She concluded the session by stressing that school based sexuality educational programmes are most effective for creating positive effects, including increasing knowledge about different aspects of sexuality, behaviours and risks of pregnancy or HIV and other STIs.

Prof. Mushtaq Ahmad Lone, Principal Govt. Degree Sopore Concluded the session and opined opined that session has definitely achieved its goal of creating awareness about reproductive health among the women.



  
Coordinator IQAC