



Today on 24th November, 2023 Women Development Cell of Government Degree College Sopore organized an awareness Programme on Menstrual Hygiene, HIV and AIDS under the ambit of My Constitution My Pride in the Conference Hall of the College under the able Leadership of Prof. (Dr.) Salma Ahad. The programme was inaugurated by Dr. Nowsheen Hamid, Department of Bio-Technology, member of Women Development Cell.



Dr. Rakshanda Rashid, Consultant Gynecologist, Sub-District Hospital, Sopore was the resource person who educated the students about maintenance of hygiene during menstrual cycle. She suggested very useful techniques and methods for maintaining reproductive health. The speaker also shed light on HIV and AIDS. The students got highly benefitted with the lecture and at the end they had one to one interaction with the Doctor. They discussed their health issues and got useful advices. She also enlightened the students about some bad food habits and life style which may lead to some serious health related issues like PCOS. A large number of students and all the female faculty members, Committee members as well as non-teaching female staff attended the programme and got benefitted. The event reached to a successful ending with vote of thanks by Dr. Suzana Bashir, Department of Botany and member Women Development Cell.

