



ITUWTSA
NEW DELHI 2024

Government of Jammu & Kashmir

ڈگری کالج سوپور کشمیر

GOVT. DEGREE COLLEGE SOPORE

-----NAAC ACCREDITED GRADE- "A"-----

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REPORT

Introduction

On 12th March-2025, **Women's Development Cell of the college in collaboration with IQAC, NSS and Health and Hygiene Committee** organized an interactive session of health awareness with a renowned gynecologist, Dr. Nusrat, exclusively for female students. The event aimed to create a safe and open platform for girls to discuss their health concerns, clarifying myths and gain valuable insights into women's health.

Session overview

The session began with a brief introduction by Prof Saima Khan, followed by an engaging presentation on various aspects of women's health. The presentation was followed by an interactive Q and A session, where students posed thoughtful questions on various topics like nutrition and wellness, PCOS etc. Dr Nusrat addressed each question with sensitivity, providing detailed explanations and offering valuable advice. She stressed the need of girls to prioritize their physical and mental health. The session helped clarify common misconceptions surrounding women's health and promoted a more empowered approach. The girls of the college were of the opinion that similar sessions addressing emerging concerns should be organized regularly.

The expert speaker was felicitated at the end of the session.

Conclusion

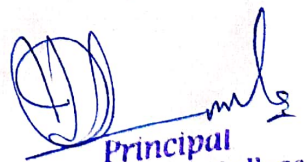
The interactive session was a resounding success, providing a unique opportunity for college girls to engage with a medical expert and address their health concerns.

Report Presented by:

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