



Gandhi Memorial College Srinagar

(NAAC Accredited)

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One Day Menstrual Health Awareness Programme organized by the Department of Education on 31st of March 2026 at Gandhi Memorial College, Srinagar.



The Department of Education, Gandhi Memorial College, organized a Menstrual Health Awareness Program in the Conference Hall to promote menstrual well-being and dismantle surrounding social stigmas. The event was conducted under the supervision of Prof. Sakeena, Head of the Department, Education. The session opened with an introductory lecture by the Principal, Prof (Dr) Masood Ahmad Malik, who underscored the critical importance of menstrual health in a students life. This was followed by a comprehensive keynote address from Dr. Zahida , a certified lifestyle and weight management consultant from ACE (USA) , who provided expert guidance on hygiene, addressed serious health concerns like PCOD and cervical cancer, and debunked prevalent myths. Moderated by Dr. Humaira, the event concluded with a formal vote of thanks by Dr. Osia.

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Principal