



**CENTRE FOR WOMEN'S STUDIES & RESEARCH**  
**University of Kashmir**

**OUTREACH PROGRAMMES**

**AWARENESS  
CAMPAIGN**

**FEMALE  
HEALTH & HYGIENE**

Organized By  
Centre For Women's Studies and Research  
**UNIVERSITY OF KASHMIR**

ON *March* **2021**

at  
Dedarpora, Souinard Aripal, (Tral) District Pulwama

CWSR team debriefing the local population about "Female Health and Hygiene" in Nargistaan, Dedarpora, Tral (District Pulwama)



CWSR team including both the faculty members as well as the Ground Volunteers interacting with the local population in Nargistaan Dedarpora, Tral (District Pulwama).





CWSR team including both the faculty members as well as the Ground Volunteers interacting with the local population in Soulnad, Aripal, Tral (District Pulwama).



CWSR team in action during an awareness camp on "Female Health and Hygiene" at Kathi Wangath, Baba Nagri, Kangan (District Ganderbal).



Awareness Campaign on

# BREAST CANCER WOMEN

& Reproductive Health of

ORGANIZED BY

**CENTRE FOR WOMEN'S STUDIES & RESEARCH**  
UNIVERSITY OF KASHMIR

A PROJECT UNDER

**RUSA**

AT LADROO, PAHALGAM (DISTRICT ANANTNAG)

ON **21ST** OCTOBER, 2021





CWSR Team debriefing during the awareness camp "Breast Cancer and Reproductive Health of women" at Lidhroo, Wangidar, Pahalagam (District Anantnag).



**CWSR Team and the local beneficiaries together after the establishment of a Skill Development Centre in Nargistan Tral (District Pulwama).**



CWSR Team and the local beneficiaries together after the establishment of a Skill Development Centre in Nargistan Tral (District Pulwama).



Local Beneficiaries in action at a newly established Skill Development Centre, Nargistan Tral.



**CWSR established 3rd Skill Centre Lidaroo Pahalgham (District Anatanag, Kashmir). The centre intends to give skill training in embroidery (Ari & Souzni Work) to women**

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# CWSR team interacting with Leper patient at the Leper Colony, Bahrar, Lal Bazar, Srinagar

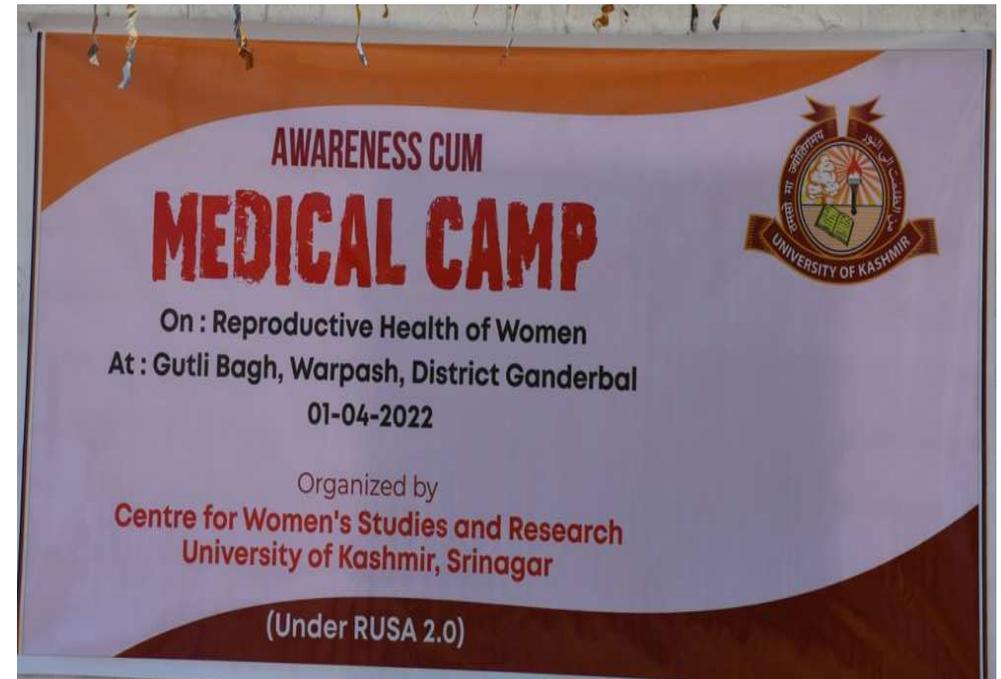
CWSR team interacting with Leper patient  
at the Leper Colony, Bahrar, Lal Bazar,  
Srinagar



In the upcoming week, CWSR is going to  
open Skill Centre at Leper Colony. The  
Centre will provide tailoring skills to the  
Leper women.



**Awareness Cum Medical Camp on  
Reproductive Health of Women at Gutli  
Bagh, Warpash,  
District Ganderbal.**



# One Day Awareness Programme on Health and Hygiene of Rural Women at Fakir Gulri, Dara, District Srinagar.



# One Day Awareness Programme on Health and Hygiene of Rural Women at Wangat, Kangan, District Ganderbal.





**CWSR  
visited to  
the two  
craft  
centres of  
Airpal and  
Bangidor  
Nargistan  
areas of  
Tral  
(District  
Pulwama)**



# Awareness Campaign on Breast Cancer & Reproductive Health of Women At Govt. Girls Higher Secondary School Mandi (District Poonch)

## KU's CWSR holds health outreach programme in Poonch

**SRINAGAR:** Kashmir University's Centre for Women's Studies and Research (CWSR) organised an outreach programme on 'Breast Cancer and Reproductive Health of Women' in Poonch.

The day-long programme, organised as part of a RUSA project, was held at Government Girls Higher Secondary School Mandi to create awareness among adolescent girls and women on key health issues.

Director CWSR Prof Tabasum Firdous educated the participating women about prevention of breast cancer.

She said breast cancer is one of the most prevalent cancers in J&K and it is therefore important to raise awareness among young women on how it can be prevented. She said early detection is the key to prevention of breast cancer.

Prof Firdous said the Vice-Chancellor Prof Nilofar Khan has assured her full support to such outreach



programmes which are aimed at educating underprivileged and marginalised sections of the society about important health issues.

Dr Roshan Ara, senior faculty at CWSR, focused on socio-cultural manifestations of health in general and reproductive health in particular.

Dr Firdous Hameed, Surgeon District Hospital Poonch spoke about several health issues including reproductive tract infections due to improper menstrual hygiene, sexually transmitted infections (STIs), human

immunodeficiency virus (HIV), unexpected pregnancies from lack of awareness about contraceptive practices and lack of proper guidance about sexual health. He also highlighted causes, prevention and treatment of breast cancer amongst women.

Dr Anju Reshi, Principal Government Girls Higher Secondary School Mandi and Ghulam Mustafa Shah, Lecturer, were also present on the occasion. Dr Barkat Choudhary, Vice Principal conducted proceedings of the programme.



### سنٹر فار ویمن اسٹڈیز اینڈ ریسرچ کشمیر یونیورسٹی کی جانب سے منڈی میں آگاہی تقریب کا اہتمام

سنٹر فار ویمن اسٹڈیز اینڈ ریسرچ کشمیر یونیورسٹی کی جانب سے منڈی میں آگاہی تقریب کا اہتمام کیا گیا۔ تقریب میں ڈائریکٹر، سینٹر فار ویمن اسٹڈیز اینڈ ریسرچ، یونیورسٹی آف کشمیر، سرینگر، پروفیسر تابسم فیردوس، ڈپٹی ڈائریکٹر، ڈی ایچ ایچ، منڈی، ڈاکٹر رشادہ بیگم، ڈپٹی ڈائریکٹر، ڈی ایچ ایچ، منڈی، ڈاکٹر فیردوس ہامید، ڈپٹی ڈائریکٹر، ڈی ایچ ایچ، منڈی، ڈاکٹر انجی ریشی، پرنسپل، گورنمنٹ گرلز ہائیئر سیکنڈری سکول، منڈی، ڈاکٹر غلام مصطفیٰ شاہ، لیکچرار، گورنمنٹ گرلز ہائیئر سیکنڈری سکول، منڈی، ڈاکٹر بارکات چوڈھری، وائس پرنسپل، گورنمنٹ گرلز ہائیئر سیکنڈری سکول، منڈی، ڈاکٹر رشان آرا، سینیئر فیکلٹی، سینٹر فار ویمن اسٹڈیز اینڈ ریسرچ، یونیورسٹی آف کشمیر، سرینگر، اور دیگر افسران اور عملے کی شرکت تھی۔ تقریب میں ڈاکٹر فیردوس نے شرکت کنندہ خواتین کو بریسٹ کینسر اور ریپروڈیوٹو ہیلتھ کے بارے میں آگاہی دی اور ان کی ذمہ داریاں بتائی۔ انہوں نے کہا کہ بریسٹ کینسر ایک عام بیماری ہے اور اس کی تشخیص اور علاج کے لیے جلد سے جاکر طبی مشورہ لینا ضروری ہے۔ تقریب کے اختتام پر ڈاکٹر فیردوس نے شرکت کنندہ خواتین کو ہارڈ کاپس تقسیم کیے۔



### ظہیر عباس