



Government Degree College Kargil

Bagh e Khomeani Kargil, Ladakh Kargil-194103

ACTIVITY REPORT

GDC Kargil concludes 5-Day Workshop on Menstrual Hygiene!

Date	October 31, 2025	Category	Academic
Department	N/A	Committee	PM-USHA/UGC AISHE/Academic Projects

GDC Kargil successfully wrapped up a five-day workshop on *‘‘Health and Wellness: Menstrual Hygiene’’* under the PM-USHA initiative. The valedictory session, graced by *Madam Kaneez Fatima*, Former Rector, UoL Kargil Campus, highlighted the importance of menstrual hygiene and women’s empowerment.

The event began with a refreshing *yoga session*, followed by performances, recitations, and insightful talks by faculty and students.

Prof. Disket Angmo, Principal GDC Kargil, welcomed the Chief Guest, and *Ms. Saba Sharif** delivered the vote of thanks, appreciating all contributors — including *District Hospital Kargil* for providing free iron tablets and the *Shaqpa Foundation* for donating reusable sanitary pads.

Together, we celebrate awareness, dignity, and empowerment!

Photo Gallery (4 Photos)

