



# Government Degree College Kargil

Bagh e Khomeani Kargil, Ladakh Kargil-194103

## ACTIVITY REPORT

### GDC Kargil Launches Five Days Health & Wellness Workshop on Menstrual Hygiene.

<b>Date</b>	October 27, 2025	<b>Category</b>	Academic
<b>Department</b>	N/A	<b>Committee</b>	PM-USHA/UGC AISHE/Academic Projects

Government Degree College Kargil Launched Five Days Workshop on Health and Wellness on the theme of "Menstrual Hygiene under Pradhan Mantri Uchcharat Shiksha Abhiyaan (PM-USHA).

A program was organised in the college seminar hall on the inaugural day where more than 120 girl students participated besides the college faculty members.

Principal Degree College Drass and District Nodal Officer PM-USHA Mr. Nasir Ul Mehdi Shabani was the chief guest on the occasion.

In her welcome address Principal GDC Kargil Prof. Disket Angmo stressed on the importance of breaking the silence surrounding the topic that is both universal and deeply personal:menstruation.She further reiterated that menstruation is a cornerstone of womanhood, a natural rhythm that signifies resilience, vitality and the miracle of life itself.

She termed the workshop as a clarion call to change the false narrative that often been shrouded in stigma, myths and discomfort. Principal madam further stated that this five-day initiative is not merely about hygiene practices or medical facts but also about empowerment, education and equity.

She extended her deepest gratitude to the chief guest, distinguished speakers, faculty and organisers for their tireless efforts in bringing this significant initiative to life.

A group of students from the college presented a beautiful group performance resonating the agony and challenges of being a girl in patriarchal society.

Chief Guest on the occasion, Mr. MNM Shabani (Distt. Nodal Officer PM-USHA) appreciated the efforts of GDC Kargil for organising such an important program under PM-USHA gender inclusive equity initiative. He said that the menstrual hygiene is being largely ignored despite some religious obligations being obeyed related to menstruation. He urged that society should focus on the menstrual hygiene for ensuring a healthy society.

Mr. Shabani informed the gathering that adequate funding has been sanctioned under the theme of gender equity for the colleges of District Kargil and several significant programmes and activities being organised under PM-USHA.

### Photo Gallery (4 Photos)



