

Work towards creating society where menstruation is understood, talked about freely

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ne 28: To encourage and informed environment and to eliminate and menstruation by girls, the Department of Health, University of Kashmir, in collaboration with the Department of Global Shapers (GSC), an initiative of the University Model Forum, organised the University Model Forum here.

Prof. Nilofer Khan, under the 'Don't Stigmatise the Monthly Cycle' project, focussed on awareness and education revolving around menstruation and related issues. She emphasised the need to tackle the stigma of menstrual health among school-going girls in Kashmir. The project is led by Syed Uzma and other members from the Department of Health, Mansha Syed and



strupedia as its education partner and Noida Hub of GSC as the capacity building partner.

KU Vice Chancellor Prof Nilofer Khan, in a statement issued here, emphasised the need to empower school-going girls with comprehensive and accurate knowledge about menstruation and encouraging a

“We must work towards creating an inclusive society where menstruation is understood and talked about without shame or barriers,” Prof Khan said, adding that our mission is to break stigmas while ensuring their physical and emotional wellbeing and ultimately contributing to gender equality.

School, KU, Prof A also spoke on the occasion, highlighting the importance of menstruation in educational settings.

“Educational institutions have a responsibility to ensure children are equipped with comprehensive knowledge and hence can make informed decisions to improve their quality of life, ultimately achieving all-round development.”

Head, Department of Health, KU, Dr Shazia Manzoor, highlighted the pivotal role such programs play in dismantling stigmas surrounding menstruation.

“We need to encourage a culture of openness around menstrual health education,” she said while acknowledging the contributions of Syed Uzma and her team for their initiative in spreading awareness about menstrual health and education.

Need To Empower Girls With Comprehensive, Accurate Knowledge Encourage Culture Of Openness: KU Vice-Chancellor

‘Must work towards creating society where menstruation is understood, talked about freely

NEWS SERVICE

AGAR : The Department of Social Work, University of Kashmir in collaboration with Srinagar Hub of Shapers Community Shapers Community (GSC), an initiative of World Economic Forum, organised a workshop at the University of Kashmir High School here.

The workshop, under the guidance of the monthly ‘Whisper: Empowering the Monthly Menstrual Health Project’, focused on awareness and education revolving around menstruation and related issues among adolescents to tackle the critical issue of menstrual health among school-going girls in Kashmir.

The project is led by Uzma Hamid, a social worker, along with other two members from Srinagar Shapers Community, Mansha Syed and Masood.

The project is supported by the Department of Social Work, University of Kashmir, as a part of its education partner initiative. The Shapers Community (GSC) is a capacity building



partner.

KU Vice Chancellor Prof Nilofer Khan, in a statement issued here, emphasised the need to empower school-going girls with comprehensive and accurate knowledge about menstruation and encouraging a culture of openness.

“We must work towards creating an inclusive society where men-

struation is understood and talked about without shame or barriers,” Prof Khan said, adding that our mission is to break stigmas while ensuring their physical and emotional wellbeing and ultimately contributing to gender equality.

Principal, University Model High School, KU, Prof Adil Amin Kak also spoke on the occasion

reinforcing the importance of such initiatives in educational settings. “Educational institutions have a responsibility to equip young children with the required knowledge and skills, hence empower them to make informed decisions to improve the quality of health care, ultimately achieving the goal of the Sustainable Development Round Development,” he said.

Prof. Nilofer Khan, Head, Department of Social Work, KU, Iqbal Campus, Srinagar, Prof. Zia Manzoor, Deputy Vice-Chancellor, KU, Iqbal Campus, Srinagar, the pivotal role of such programmes play in dismantling the taboos surrounding menstruation.

“We need to encourage a culture of openness by supporting menstrual health education,” she said, acknowledging the contributions of Syed Uzma Hamid and her team for their inspiring work in raising awareness about menstrual health and educating youth about the issues related to it.

the Monthly Rhythm': KU hosts workshop

Monitor News Bureau

SRINAGAR: To encourage a supportive and informed environment for youth and to eliminate stigma around menstruation by empowering girls, the Department of Social Work, University of Kashmir (KU), in collaboration with Srinagar Hub of Global Shapers Community (GSC), an initiative of World Economic Forum, organised a workshop at the University Model High School here.

The workshop, under the 'Don't Whisper: Embracing the Monthly Rhythm' project, focussed on awareness and education revolving around menstruation and related issues among adolescents to tackling the critical issue

Masood. The project is supported by Menstrupedia as its education partner and Noida Hub of GSC as the capacity building partner.

KU Vice Chancellor Prof Nilofer Khan, in a statement issued here, emphasised the need to empower school-going girls with comprehensive and accurate knowledge about menstruation and encouraging a culture of openness. "We must work towards creating an inclusive society where menstruation is understood and talked about without shame or barriers," Prof Khan said.

Principal University Model High School, KU, Prof Acil Amin Kak also spoke on the occasion reinforcing the importance of such initiatives

‘Don’t whisper: Embracing the Monthly Rhythm’:

Need to empower girls with comprehensive, accurate knowledge to encourage culture of openness: KU VC

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SRINAGAR, JUNE 28: To encourage a supportive and informed environment for youth and to eliminate stigma around menstruation by empowering girls, the Department of Social Work, University of Kashmir (KU), in collaboration with Srinagar Hub of Global Shapers Community (GSC), an initiative of World Economic Forum, organised a workshop at the University Model High School here.

The workshop, under the ‘Don’t Whisper: Embracing the Monthly Rhythm’ project, focussed on awareness and education revolving around menstruation and related issues among adolescents to tackling the critical issue of menstrual health among school-going girls in Kashmir.

The Project is led by Syed Uzma Hamid, a certified menstrual educator with her other two members from Srinagar Hub, Mansha Syed and Tabia

The project is supported by Menstrupedia as its education partner and Noida Hub of GSC as the capacity building partner.

KU Vice Chancellor Prof Nilofer Khan, in a statement issued here, emphasised the need to empower school-going girls with comprehensive and accurate knowledge about menstruation and encouraging a culture of openness.

“We must work towards creating an inclusive society where menstruation is understood and talked about without shame or barriers,” Prof Khan said, adding that our mission is to break stigmas while ensuring their physical and emotional wellbeing and ultimately contributing to gender equality.

Principal, University Model High School, KU, Prof Adil Amin Kak also spoke on the occasion reinforcing the importance of such initiatives

“Educational institutions have a responsibility to ensure young children are equipped with the required knowledge and hence empowered to make informed decisions to improve their quality of health and ultimately achieving the goal of their all-round development,” he said.

Head, Department of Social Work, KU, Dr Shazia Manzoor, emphasised the pivotal role such programmes play in dismantling the taboos surrounding menstruation.

“We need to encourage and promote a culture of openness by supporting menstrual health education,” she said while acknowledging the contributions of Syed Uzma Hamid and her team for their inspiring work in spreading awareness about menstrual health and educating youth about the issues

Need to empower girls with comprehensive, accurate knowledge: KU VC

News Service

Srinagar, June 28

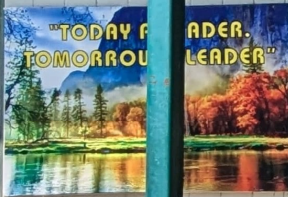
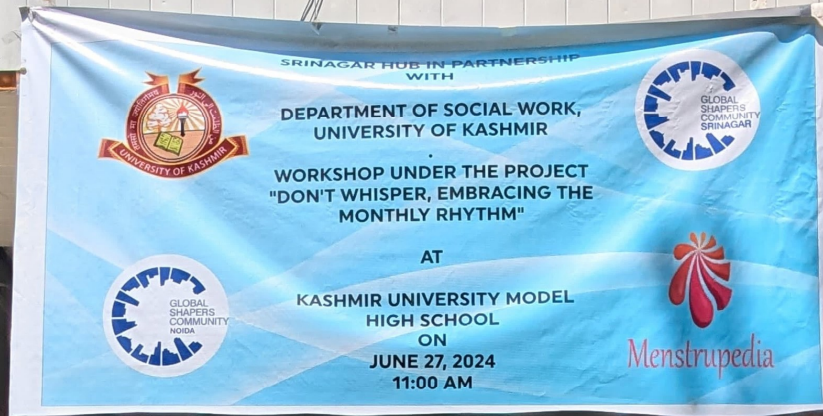
To encourage a supportive and informed environment for girls and to eliminate stigma around menstruation by empowering girls, the Department of Social Work, University of Kashmir (KU), in collaboration with Srinagar Hub of Global Shapers Community (GSC), an initiative of World Economic Forum, organised a workshop at the University Model High School here.

The workshop, under the theme 'Whisper: Embracing Menstruation', was part of the Monthly Rhythm project, aimed at increasing awareness and education on awareness and edu-



cation revolving around menstruation and related issues among adolescents to tackle the critical issue of menstrual health among school-going girls in Kashmir. The Project is led by Syed Uzma Hamid, a certified menstrual educator, and her other two members from Srinagar Hub, Mansha Sadiq and Tabia Masood.

Full text on greaterkashmir.com



Don't Whisper: Embracing the Monthly Rhythm'

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KU Vice Chancellor Prof Nilofer Khan, in a statement issued here, emphasised the need to empower school-going girls with comprehensive and accurate knowledge

about menstruation and encouraging a culture of openness.

"We must work towards creating an inclusive society where menstruation is understood and talked about without shame or barriers," Prof Khan said, adding that our mission is to break stigmas while ensuring their physical and emotional well-being and ultimately contributing to gender equality.

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The workshop, under the 'Don't Whisper: Embracing the Monthly Rhythm' project, focussed on awareness and education revolving around menstruation and related issues among adolescents to tackling the critical



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The project is supported by Menstrupedia as its education partner and Noida Hub of GSC as the capacity building partner. KU Vice Chancellor Prof Nilofer Khan, in a statement issued

and accurate knowledge about menstruation and encouraging a culture of openness. Principal, University Model High School, KU, Prof Adil Amin Kak also spoke on the occasion reinforcing the importance of such initiatives in educational settings. Head, Department of Social Work, KU, Dr Shazia Manzoor, emphasized the pivotal role