

GDC Kargil holds program on menstrual health, hygiene.

PUBLISH DATE: July 21, 2023



Kargil, July 21, 2023: Govt. Degree College Kargil in collaboration with Baqiryia Health Care and Research Centre Kargil organized an event on "Program for Sisters on Menstrual Health and Hygiene" on July 19.

The program, was inaugurated by Dr Amina Qari, Principal Government Degree College, Kargil in the presence of Dr Ahmad Ali, President, Baqiryia Health Care and Research Centre Kargil, Dr Nasreen Fatima, Vice President Baqiryia Health Care and Research Centre Kargil, Dr Aaliya Gul, Incharge Diagnostics B.H.C.R.C.K, Jigmet Spaldon, District Youth Officer, Nehru Yuva Kendra and several faculty members of GDC Kargil.

The program was attended by three hundred girl students of college along with the female staff. Dr Amina Qari welcomed the esteemed guests by presenting traditional Khataks followed by a welcome address.

Dr Ahmad Ali, President B.H.C.& R.C.K presented an introductory speech about the health organization. Established in the year 2007, it is the only health voluntary organization that received State Award in the Y-20 pre-summit held in Leh.

It has several projects to its credit including Hepatitis B-free Kargil, free eye surgery, joint replacement, dental health etc. To excel in these fields, he urged the students to become the future ambassadors of the same starting with the program on menstrual health and hygiene.

Dr Nasreen Fatima, Gynaecologist and Vice President B.H.C&R.C.K presented a PowerPoint presentation on menstrual health and the benefits of menstrual cups.

Dr Aaliya Gul demonstrated how to use menstrual cups using a short precise video. Jigmet Spaldon, District Youth Officer, Nehru Yuva Kendra, Taira Bano, Assistant Professor GDC, Kargil, Dr Aaliya Gul shared their personal experience of using menstrual cups which is a pastiche of fear, curiosity and laughter. All of them assured that once we get to use it properly it is the best thing ever.

A question-answer session was held focusing on the usage of menstrual cups and health and environment benefits. Life of a menstrual cup is almost 7 to 10 years, best for students keeping in view the limitations. Pertinently, the B.H.C&R.C.K has made a generous distribution of 200 menstrual cups worth Rs 1 lakh. The program was hosted by Taira Bano, Assistant Professor GDCK. Archo Fatima, Assistant Professor, GDCK presented the vote of thanks.



Mushroom Cultivation Workshop at GDC Kargil

In Ladakh, In an effort to promote entrepreneurial skills, the Department of Botany at Government Degree College Kargil organized a one-day workshop on Mushroom Cultivation Technology. The workshop aimed to foster interest in mushroom entrepreneurship among students.

Sonam Gyalson, Assistant Professor of Commerce, was the Chief Guest.

Leela Bano, a 6th-semester student, presented on the "Introduction to Mushroom," covering topics such as systematic position, morphology, and the potential farming business in Ladakh.

The chief guest, Sonam Gyalson, delivered an insightful talk on the entrepreneurship scope in Mushroom cultivation, emphasizing the government's initiatives in skill-based courses. He motivated students to explore skill courses, paving the way for Mushroom cultivation startups in their careers.

Arif Ali, another 6th-semester student, presented "Mushroom Cultivation Techniques," delving into spawn preparation, substrate preparation, and the packaging process. A video showcasing the scope of mushroom cultivation in Ladakh was also screened during the event.

The workshop included a tour of the tissue culture laboratory, where students witnessed demonstrations on spawn preparation instruments. Ms. Razia Parveen, HOD Botany, shared plans for establishing a culture section in the research center and encouraged students to contribute actively.

Certificates were awarded to presenters and volunteers during the certificate distribution ceremony. The event concluded with a vote of thanks by Hasina Bano, a 6th-semester student, highlighting the successful coordination of the workshop by Kaniz Fatima, also a 6th-semester student.

This workshop not only provided valuable insights into mushroom cultivation but also showcased the collaborative efforts of the faculty and students at GDC Kargil.

Why do teens try drugs?

Peer Pressure

Media

Friends/Family

To relieve stress/relax

Celebrations

Past Emotional/Physical Traumas

THE ADMINISTRATION OF UNION TERRITORY OF LADAKH
LADAKH AUTONOMOUS HILL DEVELOPMENT COUNCIL, KARGIL

**AWARENESS PROGRAMME
ON SUBSTANCE ABUSE**

on 28th March 2024
Organised by
District Nodal Officer Mental Health & Substance Abuse
In Collaboration with Health Society Kargil
Department of English Government College Kargil








 THE ADMINISTRATION OF UNION TERRITORY OF LADAKH
 LADAKH AUTONOMOUS HILL DEVELOPMENT COUNCIL KARGIL
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Department of English GDC Kargil in collaboration with Mental health Unit District Hospital Kargil organized a program on Substance/Drug abuse today on 28th of March to share the information among college going students.

GDC Kargil organizes awareness program on substance abuse

Kargil, March 29, 2024: Department of English, Government Degree College Kargil, in collaboration with District Nodal Officer Mental Health, District Society Kargil on Thursday organized an awareness program on substance abuse in the college's seminar hall.

The event's key speakers were Dr Fatima Nissa, Nodal Officer District Mental Health Program, Dr Jalil Wani, Block Medical Kargil and Dr Murtaza Ali, Consultant Neuro-Psychiatrist.

The program commenced with a formal welcome to the guests with traditional khataqs, presented by Parveen Fatima, Head Department of English.

Dr Fatima Nissa deliberated on causes of substance abuse that have adversely affected society in general and youth in particular.

She further highlighted the malefic consumption of substances such as cannabis, nicotine, cocaine, opium drug, alcohol etc. that has resulted from multiple factors such as parental conflict, poor school climate, poor community bonding and sexual abuse.

Dr Jalil Wani presented his talk on the uses and drawbacks of tobacco. He insisted on strong community bonding and parental assistance to mitigate tobacco consumption among youth. He also emphasized on the collective responsibility of the community to bring awareness and fight the evils of substance abuse.

Dr Murtaza Ali, extensively spoke about the physical, psychological and social dependency of drugs. Some of them are peer pressure and influence of media, to relieve stress, to cope with past emotional and physical trauma and familial disputes.

He further highlighted the consequences of drug abuse in society that result in criminal acts such as drug possession, drug trafficking, theft, robbery and murder.

An interactive session with students followed it. Dr Azra Khatoon, Assistant Professor, Department of English moderated the program while Taira Bano, Assistant Professor Department of English presented vote of thanks. A total of 150 students participated in the program.



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Drugs and Food Control Organization Ladakh in collaboration with College Cultural & Seminar Committee, along with Department of Commerce & Sociology today organized an event titled “Awareness/Testing Through Food Safety on Wheels Vehicle” at GDC Kargil.



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9-day Usha Silai school capacity building programme kick-starts at GDC Kargil

Kargil, October 20, 2023: A nine-day Usha Silai School capacity building programme organised by Ladakhi Craft and Design Skill Centre Govt. Degree College Kargil and supported by Usha International Ltd.

The programme was formally inaugurated by Prof. Tashi Ldawa, Director College Affairs and Prof. Deskyong Namgyal, Controller of Examination, University of Ladakh.

The capacity building training will focus on three major components i.e sewing machine installation and repairing, Stitching and Soft Skills development.

On the occasion, Dr Javed Iqbal Naqi, Field Coordinator Usha Silai Schools Kargil briefed the gathering about the agenda of the training being provided to the women folk of Kargil.

Shaista Ayoob, State Manager Usha Care gave an overview of the program and talked about scopes of the training program.

Addressing the participants, Prof. Tashi Ldawa, Director College Affairs appreciated Ladakhi Craft and Design Skill Centre and Usha International Ltd. for the joint initiative of Silai Schools to enable the women of Kargil to be self-reliant and empowered.



USHA SILAI SCHOOL

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USHA SILAI SCHOOL

USHA
USHA SILAI SCHOOL
Nine Days Capacity Building Programme
19th Oct to 27th Oct 2023
Organized by
LADAKHI CRAFT AND DESIGN SKILL CENTRE
GOVT. DEGREE COLLEGE KARGIL
Sponsored by
USHA INTERNATIONAL LTD.



USHA
USHA SILAI SCHOOL
Capacity Building Programme
10th Oct to 27th Oct 2023
CRAFT AND DESIGN SKILL CENTRE
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Nine Days Capacity Building Programme
19th Oct to 27th Oct 2023
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Nine Day Usha Silai School, capacity building program concluded at Government Degree College Kargil.



Nodal officer for Swachta-he-Seva Dr.Amina Qari Principal GDC Kargil flag of swachta program at poyen colony.NCC Cadets GDC KARGIL attended the mega swachta abhiyan.



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Under the swatch Pakwada mission NCC unit GDC Kargil participated in cleanliness drive at Baroo Kargil.

@lg_ladakh @LadakhSecretary @DIPR_Kargil @EduMinOfIndia @EduMinOfIndia



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Inspiring Seminar on Solid Waste Management by Bisleri's CSR Representative at GDC Kargil! Learn about the global plastic scenario, recycling initiatives, and environmental responsibility. [#BisleriCSR](#)
PlasticFreeFutureGDCKargilsemina





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GDC Kargil organizes awareness program on stress management, drug abuse

Kargil, July 25, 2023: Govt. Degree College, Kargil in collaboration with Mental Health Unit, District Hospital Kargil today organized an awareness program on stress management and drug abuse.

The program started with a welcome note by Khadija Tamanna, a student of 3rd Semester.

Dr Fatima Nissa, Coordinator of Mental Health Unit, District Hospital Kargil gave a brief introduction about the cause of stress and drug abuse.

She appraised the audience about the severity of the stress related problems which can be the cause to addiction to substance/drug abuse particularly among the adolescent group.

Syed Hassan and Syeda Banoo gave a detailed presentation concerning the causes and the importance of stress management and also the effects of illicit substance/drug abuse.

Later, students of history and psychology departments presented a song related to mental health issues and exemplified a small skit to share information and spread awareness related to mental health stigma and taboo among the public, especially among adolescent group.

Moreover, a Nukad Natak was presented by the Ranthaq Theatre Group in the library lawn to spread awareness regarding stress management and impact of drug abuse.

The program was moderated by Kaneez Fatima and Khatija Banoo, students of psychology under the supervision of Gulzar Hussain and Dr Syed Ali Shah, Assistant Professor GDC Kargil. The program concluded with a vote of thanks presented by Mohammed Tawheed, student of history department.

