



GOVERNMENT COLLEGE OF EDUCATION

Institute of Advanced Studies in Education

CLUSTER UNIVERSITY, SRINAGAR

Maulana Azad Road Srinagar (J&K)

(NAAC RE-ACCREDITED GRADE "A" (CGPA 3.24))

Email: principal-iase@jk.gov.in / gcoe.sgr@gmail.com / <http://www.gcoekmr.edu.in>



REPORT ON COMMUNITY OUTREACH PROGRAMME ON PERSONAL HYGIENE, HEALTH AND SANITATION AWARENESS AND DISTRIBUTION OF HYGIENE KITS

A **Community Outreach Programme** on Personal Hygiene, Health and Sanitation awareness was organized on **3rd June 2026** at Government Middle School (GMS) Malpora, Gundi Nowgam, Sumbal as part of the World Environment Day (WED) 2026 Pre-Campaign Activities under Mission LiFE. The programme was jointly organized by the Women's Studies Centre (WSC) and NSS Units of the College in collaboration with Saving the Future Organization. The objective of the programme was to create awareness among school students regarding personal hygiene, menstrual health management, sanitation practices, and the importance of maintaining a healthy lifestyle. The programme commenced with the departure of the outreach team comprising the NSS Volunteers, faculty members, resource persons and the members from Saving the Future Organisation (NGO), from the college campus at 10:00 am. On their arrival at the adopted school, they were warmly welcomed by the students and staff of GMS Malpora.

The first session was conducted by **Dr. Tawheeda Rasool, Convenor Women's Studies Centre**, on the topic "Menstrual Hygiene: Facts, Myths and Management." The resource person sensitized students about menstrual health, addressed common misconceptions and myths, and emphasized the importance of proper menstrual hygiene management for overall health and well-being.

The second session was delivered by **Adv. Barkat Rattan Kaur, High Court of J&K**, on "Personal Hygiene: Importance and Daily Practices." The speaker highlighted the significance of personal cleanliness, healthy habits, hand hygiene, nutrition, and sanitation in preventing diseases and promoting a healthy lifestyle.

The programme witnessed enthusiastic participation of the female students, their mothers and the female staff of the adopted school. An interactive question-and-answer session followed, during which students actively participated and sought clarification on various issues related to hygiene and health. The resource persons and NSS volunteers addressed their queries and encouraged them to adopt hygienic practices in their daily lives.

A key feature of the programme was the **distribution of hygiene kits** among the female students. The kits were distributed by the organizing committee and NSS volunteers with the aim of supporting personal hygiene and reinforcing the awareness messages delivered during the sessions. Besides, **Stationary kits** were also distributed among the underprivileged students of the school.

The programme concluded with a formal vote of thanks delivered by **Ms. Shawana Manzoor, NSS PO Unit-II**, who expressed gratitude to the resource persons, school administration, Saving the Future Organization, NSS volunteers, and all participants for their valuable contributions towards the success of the programme.

The outreach programme was conducted under the guidance and patronage of **Prof. (Dr) Seema Naz, Principal**, whose constant support and encouragement played a vital role in the successful organization of the outreach activity. The programme proved to be highly informative and impactful, promoting awareness about personal hygiene, health, and sanitation among school students while fostering community engagement and social responsibility among NSS volunteers.

Sd/-
Dr. Tawheeda Rasool
Coordinator WSC

Sd/-
Prof. Shawana Manzoor
NSS Prof. officer Unit-II

Sd/-
Prof. (Dr.) Seema Naz
Principal

No:- GCOE/IASE/26/1250

Dated: - 04-06-2026

PHOTOGRAPHS

