



**OFFICE OF THE PRINCIPAL  
GOVT. DEGREE COLLEGE FOR WOMEN  
PULWAMA**



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**Outreach Programme for Rural Women**

The institution is committed to providing quality higher education encompassing capacity building for knowledge economy towards progress of rural populace particularly socio-economically disadvantaged groups with special focus on rural women. Rural women are provided with educational opportunities to become economically and socially equal. Majority of the students are from the rural belts of Districts Pulwama, Shopian & Budgam and are from socio-economically disadvantaged in terms of education and women empowerment. In order to generate awareness among rural women on different health, hygiene and nutrition related issues, Department of Sociology and Social Work, Govt. Degree College for Women Pulwama in collaboration with college IQAC organised a two days Outreach Programme on “Awareness of Rural women on Health, Hygiene and Nutrition” on 11<sup>th</sup> of October, 2021 at village Boonura and Bandzoo of district Pulwama. On first day of the programme different aspects of health and nutrition were highlighted. Dr. Shabana, lecturer department of social work deliberated on menstrual health of women. She elucidated that it is very important for women to maintain proper hygiene especially during menstruation. Dr. Umer Jan Sofi, Assistant professor department of sociology highlighted the significance of nutrition and balanced diet for maintaining the healthy lifestyle. At the occasion some referrals were also done with the help of local ASHA and Anganwadi workers.

On day second of the programme Dr. Umer Jan Sofi, deliberated upon the various state sponsored policies and programmes (like POSHAN Abhiyaan, Beti Bachao Beti Padhao, Ladli Beti, SSY etc.) being run by the government for the benefit of the women and children and other underprivileged sections of the society



