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**Press Release**

**NSS wing of GDC Gurez** organized an awareness program on **Women Health Issues** in Collaboration with **Sub District Hospital Gurez** to aware the female students about various female health issues on 02-11-2022. The resource person for the session **Dr. Tahira BMO Gurez** delivered a lecture exclusively to the female participants on maternal health and hygiene.

Speaking on the occasion, the resource person focused about the dire need of counselling regarding the balanced diet availability, reproductive health, thyroid problems, infertility issues, heavy and painful menstrual cycles, maternal deaths, anaemia, emotional abuse and breast cancer. She also urged the participants to shun away shyness and express the gynaecological issues to the medical consultants. The event concluded by vote of thanks by Prof. Zameer Mumtaz Lone.



*[Signature]*  
 NSS Officer

*[Signature]*  
 Principal  
 GOVT. DEGREE COLLEGE  
 GUREZ