

Vocational training events (lifelong learning)

In 2023, the Women University of Azad Jammu and Kashmir (WUAJ&K) hosted various vocational training events open to the general public, reflecting its commitment to lifelong learning and practical skill development. These events were designed to provide valuable knowledge and hands-on experience, supporting personal growth and community empowerment.

Skill Development in Mushroom Farming: A Vocational Pathway to Sustainability

This university is in Azad Kashmir, an ideal region for mushroom cultivation with its favorable climate and natural conditions. Recognizing this potential, this vocational training event offered comprehensive, hands-on instruction in mushroom farming, aligning with lifelong learning principles. In this training, Dr. Samiullah Khan, an Associate Professor of Botany with extensive relevant research experience, guided the audience, which included community members from the vicinity of the university, faculty members, staff, and students. Participants gained practical skills for sustainable agricultural practices and explored potential entrepreneurial opportunities in mushroom farming, fostering personal development and economic growth. **(Annex. I)**

Cancer Awareness Seminar

The seminar focused on raising awareness about cancer prevention, early detection, and treatment, particularly addressing the community's lack of understanding about cancer causes. A significant concern highlighted was the dangerous use of polythene bags for carrying hot food and tea, posing severe health risks. Emphasizing the need for education on these issues, the seminar provided vital information to improve community health outcomes and promote proactive health management. **(Annex. II)**

Mental Health Education Workshop

This workshop, a cornerstone of lifelong learning in mental health, offered strategies for emotional well-being and stress management and provided practical resources to address mental health challenges. By focusing on practical solutions, the workshop left the audience feeling equipped and prepared to tackle mental health issues, contributing significantly to the community's overall wellness. **(Annex. III)**

Breastfeeding Awareness Seminar

The seminar, aimed at enhancing maternal and child health, provided detailed education on the benefits and best practices of breastfeeding. Experts discussed the critical role breastfeeding plays in a child's development, boosting immunity and fostering a strong mother-child bond. The session also addressed common challenges faced by mothers and offered practical solutions. By equipping participants with essential knowledge, the seminar promoted informed health choices and encouraged supportive breastfeeding practices within the community, contributing to better health outcomes. **(Annex. IV)**

Climate Change and Water Resources Workshop

In Azad Jammu and Kashmir, where significant issues with water resources and climate change are observed, this workshop provided participants with practical knowledge of water conservation techniques and the effects of climate change. The workshop promoted lifelong learning and adopting sustainable practices for effective environmental stewardship by emphasizing the importance of addressing these challenges. **(Annex. V)**

Planting and Crafting Workshop

The “planting and crafting” workshop was organized to train participants in using natural materials for creative projects and home gardening. This hands-on event highlighted the importance of integrating sustainable practices into daily life by demonstrating how to cultivate plants and craft items using eco-friendly methods.



The workshop aligns with the SDG of promoting quality education through vocational training events by promoting skills contributing to environmental sustainability and personal creativity. It aimed to empower individuals with practical knowledge and skills that support sustainable development and encourage lifelong learning. **(Annex. VI)**

Kitchen Gardening Workshop

A kitchen gardening workshop was organized at the WUAJ&K Bagh to train community members and students in sustainable gardening practices. The workshop focused on cultivating vegetables and herbs at home, promoting self-sufficiency, and encouraging healthy eating habits. Participants learned practical techniques for soil preparation, plant selection, and organic pest control, empowering them to grow their food and reduce their environmental impact. **(Annex. VII)**



OPEN FOR
PUBLIC

Annex. I

SKILL DEVELOPMENT IN **MUSHROOM FARMING**



**A Vocational Path to
Sustainability**

SPEAKER

DR. SAMIULLAH KHAN

AGRICULTURE SEMINARS

2023

**Organized by
Department of Botany WUAJ&K Bagh**



MUSHROOM FARMING SEMINAR



SEMINAR ON DIAGONOSIS AND TREATMENT OF CANCER



**MENTAL HEALTH SCREENING ARRANGED BY
DEPARTMENT OF EDUCATION**



WORLD BREASTFEEDING WEEK WAS CELEBRATED AT WUAJ&K TO RAISE AWARENESS OF BREASTFEEDING AMONG STUDENTS AND THE PUBLIC.

WOMEN UNIVERSITY OF AZAD JAMMU & KASHMIR

SEMINAR

IMPACT OF CLIMATE CHANGE ON WATER RESOURCES PROBLEMS AND MITIGATIONS

DATE: March 21, 2023

TIME: 10:00am to 2:00pm

GUESTS

Eng. Zaheer Gardazi
Former DG WatSan ERRA
Former DG Local Government AJK

Mr. M. Shafique Abbasi
Director Environmental Protection Agency AJK

Mr. Akram Aziz
Incharge PCRWR Regional Office AJK
Muzaffarabad, Government of Pakistan

Organized by Green Youth Movement Club and Botanical Society

WATER RESOURCES PROBLEMS AND MITIGATION SEMINAR





PLANTING AND CRAFTING WORKSHOP



WOMEN UNIVERSITY OF AZAD JAMMU & KASHMIR BAGH

SEMINAR ON KITCHEN GARDENING

Prime Minister's Green Youth Movement

National Society of Horticulture

GUESTS

- Muhammad Zubair
Agriculture Officer-Bagh
- Nadeem Iqbal
Assistant Horticulture Officer-Bagh

Organized by
Green Youth Movement Club
Botanical Society
On 30-08-2023
Timing: 10:00 am to 01:00 pm

KITCHEN GARDENING WORKSHOP

