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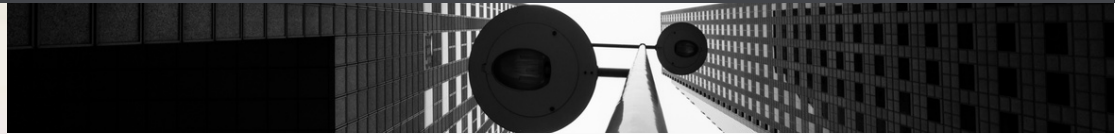
# CIU-WEC NEWSLETTER

BY HAUWA BASHIR



## PROF. DALAL IRIQAT'S ENLIGHTENING SPEECH AT CIU

In a recent enlightening visit to Cyprus International University, Dr. Dalal Iriqat, a renowned academic and political figure, delivered a powerful speech addressing the harrowing impacts of the war in Palestine, with a special focus on women and children. Her presence at CIU not only added academic value but also brought to light the poignant realities of conflict zones.



## WOMEN AND CHILDREN IN CRISIS

Dr. Iriqat, known for her extensive expertise on Palestinian issues and her advocacy for peace and human rights, eloquently outlined the multifaceted effects that the ongoing conflict has on the most vulnerable segments of society. Her insights drew a vivid picture of the resilience and suffering experienced daily by every Palestinian including women and children.

During the Q&A session, her responses to questions about creating awareness were particularly impactful. When asked about the influence of the war on women and children, Dr. Iriqat responded with both compassion and authority. She highlighted the psychological trauma and the disruption of basic human rights, emphasizing that women often become the bearers of emotional and societal burdens, while children's development and access to education are significantly hampered.

Dr. Iriqat's suggestions for raising awareness were pragmatic and action-oriented. She called for increased international dialogue, educational initiatives, and media coverage that truthfully represents the struggles faced by Palestinians. Moreover, she urged global citizens to engage in informed conversations and support organizations working on the ground. The role of social media was underscored as a powerful tool in amplifying the voices of those who are often unheard.

## CREATIVE SOLUTIONS

Dr. Iriqat added that addressing the challenges faced by women and children during crises requires creative and innovative solutions. By implementing initiatives such as mobile health clinics, community-based childcare centers, digital education programs, and entrepreneurship training for women, we can empower and support vulnerable populations, fostering resilience and sustainable recovery in the midst of adversity.





# WOMEN IN CRISIS

## FEMININE HYGIENE DURING CRISIS

Dr. Iriqat highlighted the severe hardships that emerge during crises such as natural disasters, conflicts, or humanitarian emergencies, which frequently obstruct women and girls' access to essential feminine hygiene products and suitable sanitation facilities. This disruption greatly hinders their ability to maintain proper menstrual hygiene.

She outlined how crises amplify existing struggles with feminine hygiene, explaining that:

- Essential hygiene products become harder to procure as supply chains are interrupted or as the financial ability to purchase them diminishes.
- The scarcity of safe, gender-sensitive washing facilities compromises the privacy and security necessary for women and girls to manage their hygiene.
- Poor water, sanitation, and hygiene infrastructures raise the risk of health complications, notably increasing the likelihood of infections.
- Deep-seated societal stigmas and taboos surrounding menstruation are intensified.

## HOW TO SUPPORT

Supporting feminine hygiene in crisis situations is crucial for preserving the health and dignity of women and girls affected. Here are effective ways to offer support:

**Supply Distribution:** Ensuring the availability of sanitary products through donations and the distribution of menstrual health kits containing essential items such as pads, tampons, soap, and underwear.

**Education:** Providing vital information and education on menstrual health management, including safe usage and disposal of feminine hygiene products, as well as techniques for making alternative products when commercial options are unavailable.

**Facilities:** Establishing clean and private sanitation facilities that afford women and girls the ability to manage their menstrual hygiene with dignity.

**Alternative Products:** Advocating for sustainable menstrual hygiene options such as menstrual cups and washable cloth pads, offering training on their safe use and maintenance, and reducing the dependence on continuous supply.

**Advocacy and Awareness:** Emphasizing the need for strong advocacy and awareness-raising efforts to dismantle taboos, destigmatize menstruation, and ensure that the menstrual health needs of women and girls during crises are met with compassion and responsiveness.



The topics covered in this newsletter exemplify our ongoing commitment to championing positive change and fostering a community dedicated to progress. From spotlighting individuals who are blazing trails in the face of adversity to addressing critical issues affecting vulnerable populations, we have witnessed the power of unity and compassion in action. As we reflect on the stories shared and the initiatives highlighted, let us recommit ourselves to being advocates for peace, agents of empathy, and drivers of meaningful impact. Together, we can continue to shape a future where every voice is heard, every challenge is met with resilience, and every triumph is celebrated as a collective victory. Thank you for being part of our journey towards a brighter tomorrow.