



**A Brief Report on  
Awareness Programme on Health and Menstrual Hygiene for Girl Students  
Organized By  
Women Cell & Students' Grievance and Redressal Committee (SGRC)  
Chilarai College, Golakganj  
Date: 01-10-2024  
Venue: Chilarai College Auditorium**



**Time 11.00 AM**

**Invited Resource Person**

- 1. Dr Rakhee Bora, Assistant Professor, Dept of Obstetrics & Gynecology, Dhubri Medical College & Hospital, Dhubri, Assam**
- 2. Dr Sabrina Yasmin, Assistant Professor, Dept of Community Medicine, Dhubri Medical College & Hospital, Dhubri, Assam**

An awareness programme on health and menstrual hygiene of girls students is held today (01-10-2024) in the college auditorium. The programme is organized by the Women Cell & Students Grievance and Redressal Cell(SGRC). The programme begins with welcoming the invited Resource Persons to the dias by Dr Umesh Das, Assistant Professor, Department of Assamese. This is followed by the lighting of lamp by Dr Bharat Bhusan Mohanty, Principal, Chilarai College, Golakganj. A prayer is also sung by the female teachers of the college. Mrs Krishna Bhowmick, Assistant Professor & Convener, Women Cell felicitates the invited speakers with fulam gamocha.

Inaugurating the programme, Dr Bharat Bhusan Mohanty, Principal of the college calls upon the students to be aware of the hygiene that they are required to maintain during the period. He expresses thanks and gratitude to the invited speakers for acceptance of invitation letter of the college for the programme. He is hopeful that the discussions on the issues relating to health and hygiene of the girls students will definitely help the girls & female teachers of the college to overcome various complications. He urges the students to disseminate their learning and exposure with their peers.

While delivering her speech, Dr Rakhee Bora, Assistant Professor, Assistant Professor, Dept of Obstetrics & Gynecology, Dhubri Medical College & Hospital addresses the girls students by focusing on menstrual cycle. She says that menstruation is a natural process and girls should be aware of the hygiene. She also touches upon the use of sanitary pad. She discusses at length on menstruation and says that it is a part of women's reproductive system. During the periods women should take care of their health. She again requests the students that they should not feel ashamed of the biological process and students need to consult the doctors if they face complications during the periods. The session is highly interactive and students very freely asks questions relating to their health and hygiene. Dr Bora appreciates the eagerness of the students for clarifying their doubts.

Dr Sabrina Yasmin, Assistant Professor deliberates on diet and food habits. She shares her understanding of the symptoms of anemia and its causes. She urges the students to take care of their health. This is followed by interactions. Some of the students ask questions relating to their health and menstrual hygiene

Sultana Yesmin and Moupriya Debnath of B. A 3<sup>rd</sup> Semester students share their feedback on the programme.

The programme ends with vote of thanks from Mrs Krishna Bhowmick, Convener of Women Cell. She expresses her sincere thanks and gratitude to the Principal & Chief Superintendent, Dhubri Medical College & Hospital for her active co-operation for nomination the invited Resource Persons for the programme. She offers her sincere thanks to Dr Sabrina Yasmin and Dr Rakhee Bora for their interest and enthusiasm to deliver fruitful speeches among the girls students of the college. The Resource persons appreciate the efforts of the college in conduct of the awareness programme relating to health and hygiene of the girl students.

Snapshots



GPS Map Camera

Golakganj, Assam, India  
01, Golakganj, Assam 783334, India  
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**AWARENESS PROGRAMME ON  
HEALTH AND MENSTRUAL  
HYGIENE OF GIRL STUDENTS**

**Resource Persons -** **Dr. Rakhee Sora**  
Assistant Professor, Dept. of Obstetrics & Gynaecology, DMCH, Dhubri  
**Dr. Sabrina Yasmin**  
Assistant Professor, Dept. of Community Medicine, DMCH, Dhubri

Organized by -

**WOMEN STUDENTS' GRIEVANCE REDRESSAL COMMITTEE (SGR)**  
Golakganj College, Golakganj, Dhubri, Assam


Date- 01/10/2024

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A handwritten signature in black ink, appearing to be 'S. Sankar', written in a cursive style.

**Principal  
Chitarai College, Golakganj**