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Date: 10/10/2019

CIRCULAR



This is for the information of all the concerned that an awareness programme on Women Health and Hygiene is organized by Women Cell in association with IQAC, Abhayapuri College, Abhayapuri from 17th Oct, 2019 to 21st Oct, 2019 from 11 an onwards in the Purna Chandra Seal Seminar Hall, Abhayapuri College, Abhayapuri.

So, all the Teachers, Staff and Students are requested to attend the session.


(Dr. S. Nath)
Principal
Abhayapuri College
PRINCIPAL
ABHAYAPURI COLLEGE
ABHAYAPURI



Awareness Program on women's Health and Hygiene

Date 19/10/2019

The 2nd (Second) Series of talk on awareness on women's Health and hygiene ~~was~~ is organised on 19/10/2019 in college Seminar hall at 11 AM.

The Program is organised into 3 series.

① Awareness of Health and hygiene in content to Menstruation; A general talk - prof. Surety Brahmas Choudhury.

② Psychological effects during the Menstruation period. - Rejina Suttana Dept of Education.

③ Biological process of Menstruation process - Dr. Pari Devi (Dept of Zoology).

The members present -

- 1 D. Moral.
- 2 Sewali Devi
- 3 Anur Rahman Bhuyan
- 4 Pratima Ray
- 5 S. Anurama
- 6 Bhagabati Nayyar, 19/10/2019
- 7 Nayim Ahmed.
- 8 ✓ Rejina Suttana
- 9 Pari Devi.
- 10 Bishakha Das.
- 11 Rashmona Parkin
12. Adari Bepari
13. Ratna Das.
14. Abida Khatun.
- 15 Udeshma Ray Medhi
16. Ritumoni Goswami
17. Ankita Devi
18. Rijumoni Ray



19. Dharmeswari Ray
20. Sanghamitra Das
21. Miyamoni Ray
22. Jonaki Roy
23. Consha Singha
24. Zarshama Roy
25. Rumki Sen
26. Muralmoni Ray
27. Shabita Rahman
28. Sangita Ray
29. Karabi Ray
30. Sahana Paribeen
31. Hosina Khatun
32. Deepa Akash
33. Yasmina Parbin
34. Moriom Begum
35. Hemajyoti Barman
36. Selima Akter
37. Moghataz Begum
38. Nilufa Parvar
39. Sharosina Sultana
40. Rashida Khatun
41. Haripriya Ray
42. Dharipriya Nath
43. Shoma Sikder
44. Nazima Ahmed
45. Chandana Mondal
46. Ruma Roy
47. Nandita Ray
49. Archana Ray
50. Anupama Ray
51. Dipanki Sarkar
52. Sagatika Baruah
53. Anjana Ray
54. Pampa Barman



55. Irena Das
56. Nikita Ray
57. Memika Das
58. Pashmi Khatun
59. Hemalata Das
60. Anusha Khulum
61. Krishna Medhi
62. Iyemoni Ray
63. Jintamani Ray
64. Priyanka Singha
65. Manashi Das
66. Pannali Ray
67. Rangumoni Ray
68. Jitu moni Ray
69. Nabazila Goswami
70. Bhakti Palpa Ray
71. Janali Ray
72. Gorima Medhi
73. Nazjina Akter
74. Habiba Khatun
75. Protonomi Ray
76. Fazizan Nessa.
77. Jahanana Khalum
78. Mousina Kausar
79. Azanora Begum.
80. Kalyani Bala Paexman.
81. Chimpi Sarma.
82. Namrata Das.
83. Dipamoni Singha
84. Golapsi Mondal.
85. Anita Satradhar
86. Jonali Kalita
87. Nayim Ahmed
88. Provati Sutradhar



89. Manisha Singha.
90. Jyotsna Khatun
91. Kuma Nasrin.
92. Dilysa Khanom
93. Manjira Juman
94. Dipa Ray
95. Hasan Bilal Zahar
96. Jasmira Khatun
97. Kakali Nath
98. Nikumami Ray
99. Kanaka Barman
100. Deepamani Barman
101. Bivanjali Das
102. Sanjita Das
103. Mehamas Begum.
104. Monika Ray
105. Momtaz Begam.
106. Mili Sutradhar.
107. Rupa Bhoomick
108. Shikha Biswas
109. Moni Sutradhar
110. Sushma Das
111. Bedika Devi
112. Nelufas yesmin.
113. Shikha Das.
114. Chandanrita Das.
115. Papita Paul
116. Nabarita Banikya
117. Shima Das.
118. Sonia Jermine.
119. Madhusmita Kalita
120. Azma Begum.
121. Jomani Kalita.
122. Halima Khatun
123. Sobita Ghosma
124. Nisha Das.
123. Chandini Devi



124. Bhurmika Ray
125. Kabita Das
126. Tinamoni Das
127. Puja Ray
128. Ikumani Ray
129. Tajmin Rahmani
130. Sonia Parbin
131. Ribha Ray
132. Nassrin Sultana
133. Dharmistha Choudhury
134. Kankana Ray
135. Sengmina Marak
136. Pinky Bala Ray
137. Shyamli bala Barman
138. Sabita Sarker



Awareness program on Women's Health and Hygiene.
Date 21/10/19

The 3rd Series of talk on Women's Health and Hygiene is organized in College Seminar Hall at 11AM. Dr. Pooja Devi (Prof. of Zoology dept) delivered a lecture on Biological process of Menstruation with a powerpoint presentation.

The members present -

- 1 Prof. Moral.
- 2 Seewali Devi
- 3 Nur Rahman Khayum
- 4 Bhagabati Nazary.
- 5 Anzad Hussain.
- 6 S. Anand
- 7 Nazmia Ahmed
- 8 Rajina Sultana
- 9 Pari Devi.
- 10 Bishakha Das.
- 11 Roshmiana Parbion
- 12 Adoni Bepoori
- 13 Ratna Das.
- 14 Akida Khatun.
- 15 Udesha Ray Medhi
- 16 Ritumoni Goswami



17. Ankita Devi
18. Rigumoni Ray
19. Dharmeswari Ray.
20. Sanghamitra Das.
21. Hiyamoni Ray.
22. Janali Roy.
23. Barsha Singha
24. Janshona Roy.
25. Runki Sen
26. Hiramoni Ray
27. Shabita Rahman.
28. Sangita Ray.
29. Karabi Ray.
30. Sahana's Patbeeh.
31. Hasina Khatun.
32. Deepa Akhosh.
33. Yesmina Parbin
34. Moriom Begum
35. Hemajyoti Basma
36. Selima Akter
37. Momotaz Begum
38. Nelli Ba Daskan
39. Shannima Sultana
40. Rashida Khabun.
41. Hari Priya Ray.
42. Dhawalpriya Nath
43. Shoma Sikder
44. Nazzima Ahmed.
45. Chandana Mondal
46. Reema Ray
47. Nandita Ray.
48. Archana Ray.
49. Anupama Ray
50. Anupama Ray
51. Dipanti Sarkar
52. Sagatika Baruah
53. Anjana Ray



54. Purnali Ray
55. Harna Das
56. Nikita Ray
57. Manika Das
58. Rasmi Khatun
59. Hemolata Das
60. Anusha Akhram
61. Krishna Medhi
62. Tyanneni Ray
63. Jintimani Ray
64. Priyanka Singha
65. Manashi Das
66. Barnali Ray
67. Rangini Moni Ray
68. Jita moni Ray
69. Nabesita Goswami
70. Bharti Priya Ray
71. Janali Ray
72. Gecima Medhi
73. Nazjina Akter
74. Hafijin Khatun
75. Pranavi Ray
76. Fazirah Nona
77. Jahomara Khatun
78. Meemina Kausar
79. Ananta Rangan
80. Kajjari Bala Barman
81. Chimpi Sarma
82. Namrata Das
83. Dipamoni Singha
84. Gopalini Mandal
85. Anita Sutarshan
86. Jonali Kalita
87. Nazjin Ahmed
88. Pranati Sutarshan



89. Manisha Singh.
890. Jyotana Khatun
91. Luma Nasrin.
92. Arliya Khanom.
93. Manjhin Jaman
94. Liza Ray.
95. Hasan Bilki's Zahan
96. Jasmina Khatun
97. Kakali Nath
98. Nikumoni Ray
99. Kanaka Barman
100. Deepamani Barman
101. Bivanjali Das
102. Sanjita Das
103. Mehanas Begum.
104. Monika Ray
105. Momtaz Begam.
106. Mili Sutradhar.
107. Rupa Bhoomick
108. Shikha Biswas
109. Momi Sutradhar.
110. Bedika Dewi
111. Sushona Das.
112. Nilufa yesmin
113. Shitima Das.
114. Chandamita Das
115. Papiga Paul
116. Nabanita Banikya
117. Shima Das.
118. Sonia Jesmine.
119. Pinki Bala Ray.
120. Sengmina Morak
121. Shyomi bala Barman.
122. Dutga Shyannal
123. Bandana Das



124. Nasrin Sultana
125. Dharmatha Choudhary
126. Ankana Ray
127. Bibha Ray
128. Sonia Parbin
129. Tajmim Rahmani
130. Akumani Lay
131. Moushumi Ray
132. Nikita Chakraborty
133. Arma Begum
134. Madhusmita Kalita
135. Jomani Kalita
136. Halima khatun
137. Sobita Sharma
138. Nisha Das
139. Chandini Devi
140. Bhumiika Ray
141. Kabita Das
142. Tinamoni Das
143. Puja Ray
144. Sobita Sarkar
145. Bhaniupriya Ray
146. Karabi Ray



Awareness Program on Women's Health and Hygiene.
Date: 17/10/2019.

A series of Awareness program on Women's Health and Hygiene is organized by Women's Cell in collaboration with the IQAC, Abhayapuri College on 17th, 19th, 21st October 2019 at 11 AM in Seminar Hall for the girl students of the college.

The purpose of organizing this program is to make aware about the health issues and hygienic conditions to be adopted by women as an individual in keeping herself clean and healthy. The program focussed on Health issues during Menstruation and on Menstrual Hygiene Management.

The Members present are

1. Dr. S. Nath (Principal)
2. Prof. S.K. Kalita (Vice-principal)
3. Bhagabati Nayak 17/10/19
4. Mr. Rahman, Bongaigaon 17/10/19
5. S. Anuradha
6. Nazmia Ahmed 17/10/19
7. Rejina Sultana
8. Priyanka
9. Nirintra 17/10/19
10. Joyal Akachi
11. Rohini Das
12. Shyamee bala Barman
13. Marufa Rabbani
14. Mahmuda Yesmin
15. Bandana Das
16. Mampi Mondal
17. Moushumi Ray
18. Nikita Chakraborty



19. Annu Begum
20. Radhika Khatun
21. Tajmala Rahman
22. Anuragi Ray
23. Sonu Prabin
24. Bibha Ray
25. Nusrat Sultan
26. Dharmika Choudhary
27. Ankana Ray
28. Sangmita Meek
29. Pinki Bala Ray
30. Bedika Devi
31. Sushma Das
32. Shikha Biswas
33. Rupa Bhosmick
34. Nilufa Yesmin
35. Zhitima Das
36. Chandamita Das
37. Papriya Paul
38. Nabanita Banikya
39. Shima Das
40. Sonia Karmine
41. Jannani Kalita
42. Halima Khatun
43. Sobita Sharma Sharma
44. Kabita Das
45. Nisha Das
46. Chandini Devi
47. Deepshikha Das
48. Kakali Nath
49. Mami Satriadhar
50. Mili Satriadhar
51. Marmata Begum
52. Monika Ray
53. Mehamas Begum
54. Bivrajali Das



55. Durga Chyannal
56. Alema Khatun
57. Moriom Khatun.
58. Nitumoni Ray
59. Yamina Boshin
60. Moriom Begam
61. Narjina Akter
62. Bhummika Ray
63. Tinamoni Das
64. Paja Ray
65. Priyanka Singh
67. Jintimani Ray.
68. Zyamoni Ray.
69. Krishna Medhi
70. Nabaxila Goswami
71. Jitumoni Ray
72. Rangumoni Ray
73. Manashi Das.
74. Barnali Ray
75. Gorima Medhi
76. Janali Ray
77. Bharti Praya Ray
78. Neha Sarkar
79. Hafiza Khatun
80. Anamoni Ray
81. Jahamara Khatun
82. Fazimam Nessa.
83. Mausina Kausar
84. Azarion Begum.
85. Namrata Das
86. Dipamoni Singha
87. Chimpi Sarma.
88. Kalyani Bala Barman.
89. Gopalani Mandal.
90. Anita Subradhar
91. Jonali Kalita



92. Nargis Ahmed
93. Luma Nasrin
94. Jotsna Khatun
95. Manisha Singha
96. Prerati Saha
97. Dilya Khanom
98. Manjira Jaman
99. Bipul Ray
100. Anisha Khatun
101. Hemolata Das
102. Rashmi Khatun
103. Monika Das
104. Abida Khatun
105. Haana Das
106. Nikita Ray
107. Pampa Barman
108. Anjana Ray
109. Anupama Ray
110. Dipanki Sarkar
111. Sagatika Baruah
112. Archana Ray
113. Nandita Ray
114. Reema Ray
115. Shoma Sikder
116. Nargis Ahmed
117. Chandana Mondal
118. Charipriya Nath
119. ~~119~~ Haripriya Ray
120. Musnuba Ahmed
121. Rashida Khatun
122. Sharmista Sultana
123. Moklima Khatun
124. Moneta Begum
125. Selima Akter
126. Hemajyoti Barman
127. Jesmina Khatun



128. Hasina Khatoon.
129. Deepa Ghosh.
130. Sahana Parveen.
131. Karabi Ray
132. Sangita Ray.
133. Shabila Rahman
134. Rumki Sen
135. Hasan Bilki's Zahan
136. Hiramoni Ray.
137. Zarokha Ray.
138. Barsha Singha
139. Janali Roy.
140. Sharmeswari Ray
141. Sanghamitra Das.
142. Hiyamoni Roy.
143. Ankita Devi
144. Rijamoni Ray
145. Udesha Ray Meeki
146. Ritumoni Goswami
147. Amira Khater.
148. Ratna Das.
149. Bishakha Das.
150. Roshonima Parbin
151. Adarshi Bepari
152. Rashmi Ray.
153. Sabita Soekore



Photo: Programme on women health and hygiene





REPORT ON AWARENESS PROGRAMME ON WOMEN'S HEALTH AND HYGIENE

1. Name of the Programme : Awareness Programme On Women's Health And Hygiene
2. Date : 17/10/2019 to 19/10/2019
3. Place : College Seminar Hall
4. Organized by : Women Cell in association with IQAC Abhayapuri College
5. Resource Person : Mrs. Surity Brohmo-choudhury, Mrs. Rejina Sultana and Dr Pori Devi

A Brief Report on the Awareness Programme:

An Awareness program on Women's Health and Hygiene in context to menstrual hygiene was organized by women cell in association with IQAC Abhayapuri College for the Girl Students in the seminar hall. The Programme was graced by Mr. Simanta Kalita (Vice-Principal) of the college.

The cell organized this series of talk program on menstrual hygiene with an aim to create awareness on adopting hygienic practices amongst girl students.

Many girls in India do not have access to safe menstrual hygiene products, endangering their health, curtailing their education and putting their livelihoods at risk.

The program was divided into three series of talk for an hour for three consecutive days.

Date	Topic	Resource Person	Number of Participants
17/10/2019	General awareness talk on Health and Hygiene	Mrs. Surity Brohmo-choudhury	SP=152 TP=11
18/10/2019	Psychological Effects	Mrs. Rejina Sultana	SP=132 TP=8
19/10/2019	Biological Process	Dr Pori Devi	SP=143 TP=10


Mrs. Surity Brohmo-choudhury delivered a lecture on General awareness talk on Health and Hygiene. She discussed on daily Practices in use of sanitary napkins, washing, cleaning, disposing and precautions to be taken during the period days and dietary habits to be followed.

Mrs. Rejina Sultana another speaker spoke on Psychological Effects faced by women during those days. The Lecture discussed on the Psychological issues covered by the hormones that rise and fall in rhythmic patterns, influencing the variety of physical sensations and emotional shifts.

On 3rd day of the series of talk Dr Pori Devi delivered a lecture on Biological Process of menstruation cycle with a PowerPoint presentation. The talk focused on the biological process that a woman's body undergoes during Menstruation.

The outcome of this programme is:

- Minimization of the medical illnesses related to reproductive tract infections in women and girls.
- Training and habit formation to use sanitary napkins and maintain hygiene during periods.
- Ensure that the girl child does not miss her classes which results in reduction in absenteeism.


(Dr. S. Nath)
Principal
Abhayapuri College
PRINCIPAL
ABHAYAPURI COLLEGE
ABHAYAPURI



Photographs of the Programme are shown below.



An Awareness Program on Women's Health and Hygiene
Organized by Women Cell Abhayapuri College in association with IQAC Abhayapuri College::
Date:17-10-2019 to 19-10-2019

(Dr. S. Nath)
Principal
Abhayapuri College
ABHAYAPURI COLLEGE
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