



গড়গাঁও মহাবিদ্যালয়

GARGAON COLLEGE

NAAC accredited with 'B' Grade

**Webinar on
“Menstrual Health and Hygiene
Management”**





INTRODUCTION

On the occasion of International Women's Day, 2023 the NSS unit, Eco Club and Chaw Ching Konwari Chatri Nivas of Gargaon College organized a webinar on Menstrual Health and Hygiene Management for the girls students of the college. The aim of the webinar was to create awareness among girl students about various aspects of menstruation and the need to maintain menstrual health and hygiene.

The webinar was moderated by Dr. Rimjim Borah, Programme Officer of NSS Unit and Assistant Professor, Department of Economics, of Gargaon College. Dr Monami Das, a faculty in the department of Pharmacology, Assam Medical College and Hospital Dibrugarh was invited as the resource person. Inaugurating the webinar, noted academician and Principal of Gargaon College, Dr. Sabyasachi Mahanta appreciated the initiative taken by the NSS unit in organising the programme on a relevant area concerning the health of girl students. He also spoke on the necessity to remove gender-based discrimination in order to achieve gender equality. Speaking about the significance of the theme for International Women's Day this year, he said that in order to bring about the development of society and the world at large, we need to bring about gender equality by eliminating the digital gender gap.

Dr. Monami Das in her presentation explained the intricacies of the menstrual cycle, changes which occur in the female body before and during menstruation, various measures which one should take to ensure clean and healthy menstruation cycle and also about various taboos surrounding menstruation. She also spoke on the nutritional needs of girls during menstruation. In a question and answer session moderated by Dr. Kabita Phukan, Assistant Professor, Dept. of Mathematics, students raised several queries related to menstrual problems which were answered effectively by the resource person. A considerable number of participants including teachers and students joined the webinar.



□ Participants registered/Participants present (scanned copy of the attendance sheet):

Dr. Sabyasachi Mahanta (Principal)	Priyakhee Dutta (Education)	Bishnu Bikash (Geology)
Dr. Rimjim Borah (Programme Officer)	Puja Boruah (Education)	Ankur Raj Gogoi (Geology)
Dr. Kabita Phukon (Warden,Girls' Hostel)	Joyshree Borgohain (Education)	Hirokkyoti Saikia (Economics)
Dr.Monami Boedoloi	Diksha Gogoi (Education)	Kopil Konwar (Geology)
Jahnabi Phukan (Political Science)	Himadri Mohan (Mathmatics)	Bhargab Chetia (Geology)
Krishna Rani Boruah (Assamese)	Debprokesh Khodal (Education)	Manash Jyoti Konwar (Geology)
Ankita Gogoi (Assamese)	Podmakanta Handique (Education)	Gouranga Chetia (Chemistry)
Puja Borpatra Gohain (Education)	Prostuti Gogoi (Education)	Jenee Gogoi (Economics)
Baby Dutta (Political Science)	Pancharika Mohan (Education)	Mritrandini Chetia (English)
Joyshree Rajkumari (English)	Gargi Kashyap Bora (English)	Prity Sonowal (Geology)
Kalpana Borah (Assamese)	Sneha Gogoi (English)	Riki Saikia (English)
Kalyani Konwar (Education)	Kristina Singh (Political Science)	Jenee Gogoi (Economics)
Indrani Saikia (Sociology)	Vaishali Dey (English)	Bidisha Gogoi (Economics)
Annapriya Dutta (Assamese)	Kristina Dowarah (English)	Rishika Khongia (Economics)
Deepshikha Gharphalia(Education)	Disha Borah (English)	Dikhita Gogoi (Economics)
Rishashree Chetia (Education)	Shrimasri Buragohain (English)	Debashree Saikia (Economics)
Munmi Duwarah (Assamese)	Prastuti Phukan (English)	Gitashree Tamuli (Zoology)
Arfina Ahmed (Economics)	Aditya Dutt (English)	Muskan Rahman (Zoology)
Niharika Borgohain (Education)	Eureka Gogoi (English)	Sikha Ehutia (Zoology)
Subhankhi Chetia (Education)	Samudri Hazarika (English)	Horishikesh Dowari (Geology)
Donipal Panitula (Sociology)	Ankita Gogoi (Assamese)	Ambarish Buragohain (Political Science)
Jeshi Gogoi (Zoology)	Puwati Rabha (Sociology)	Rani Bora (Economics)
Pronoy Dutta (Assamese)	Pujarani Sonowal (Geography)	
Barbee Konwar (Education)	Nikita Hazarika (Education)	
Bhargav Jyoti Borgohain (Physics)	Dhoritree Chetia (Geography)	
Bakhishtha Chetia (Botany)	Samyadeep Konwar (English)	
Sonali Koiri (Botany)	Manashpran Saikia (Geography)	
Niha Mech (Botany)	Durgeshwar Boro (Sociology)	
Barakha Buragohain (Botany)	Anamika Roy (Political Science)	
Prity Konwar (Botany)	Jupitora Bailung (Education)	
Jintu Mech (Education)	Muskan Koinat Ali (Political Science)	
Dimpi Rajkhowa (Education)	Sunayya Ahmed (Political Science)	
Dipika Boruah (Education)	Divyanka Buragohain (Assamese)	
Luit Jyoti Moran (Zoology)	Priyanshu Paul (Chemistry)	
Anindya Pratim Dowarah (Zoology)	Jyotimoi Buragohain (Geology)	
Kanistha Mili (Zoology)		
Chanjuua Priya Boruah (Zoology)		
Abismita Borah (History)		
Nikita Phukan (Zoology)		
Jadap Ch Nayak (Zoology)		
Pinki Boruah (Zoology)		
Bristi Chetia (Zoology)		
Roshmi Borgohain (Zoology)		

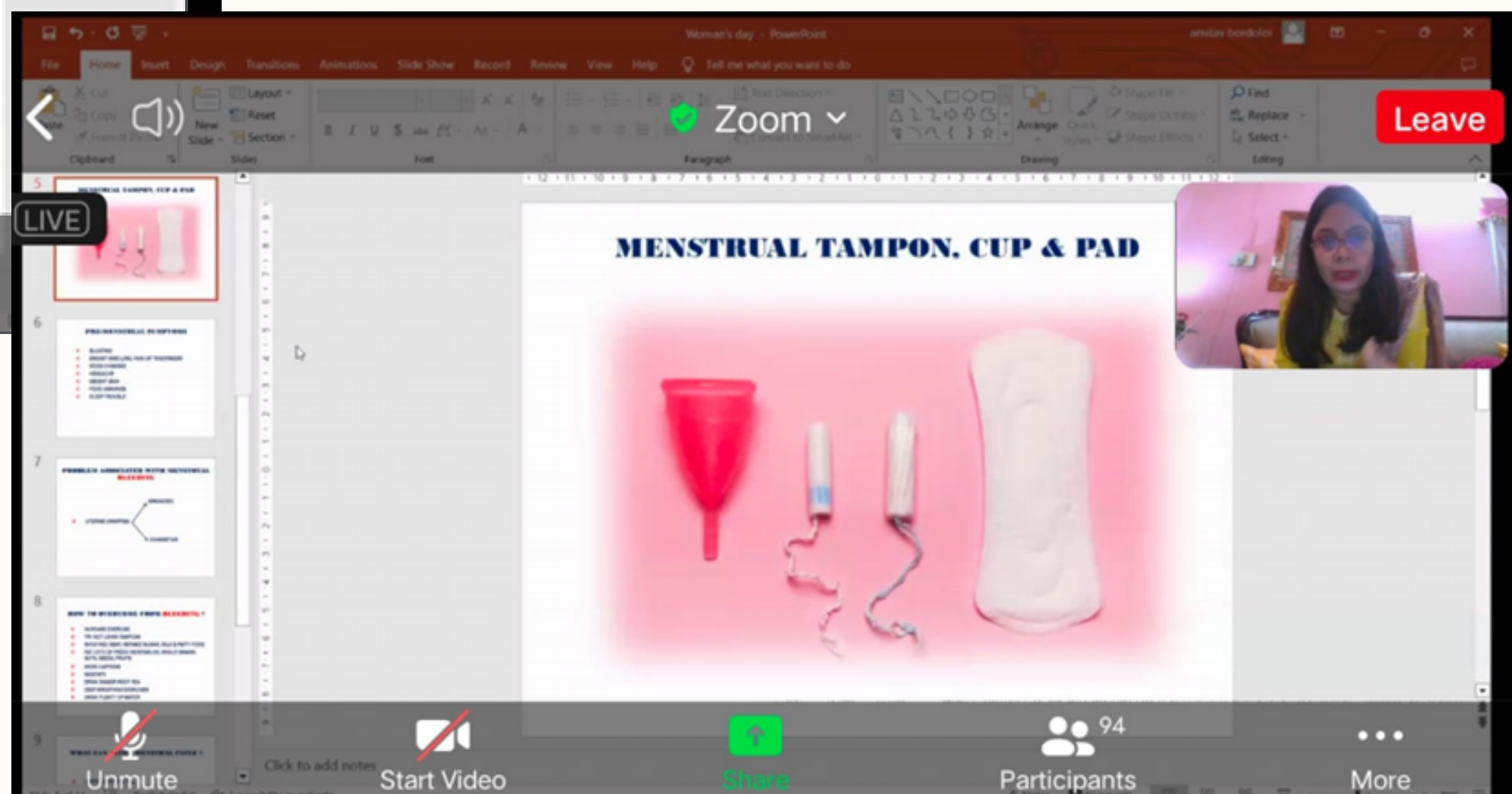
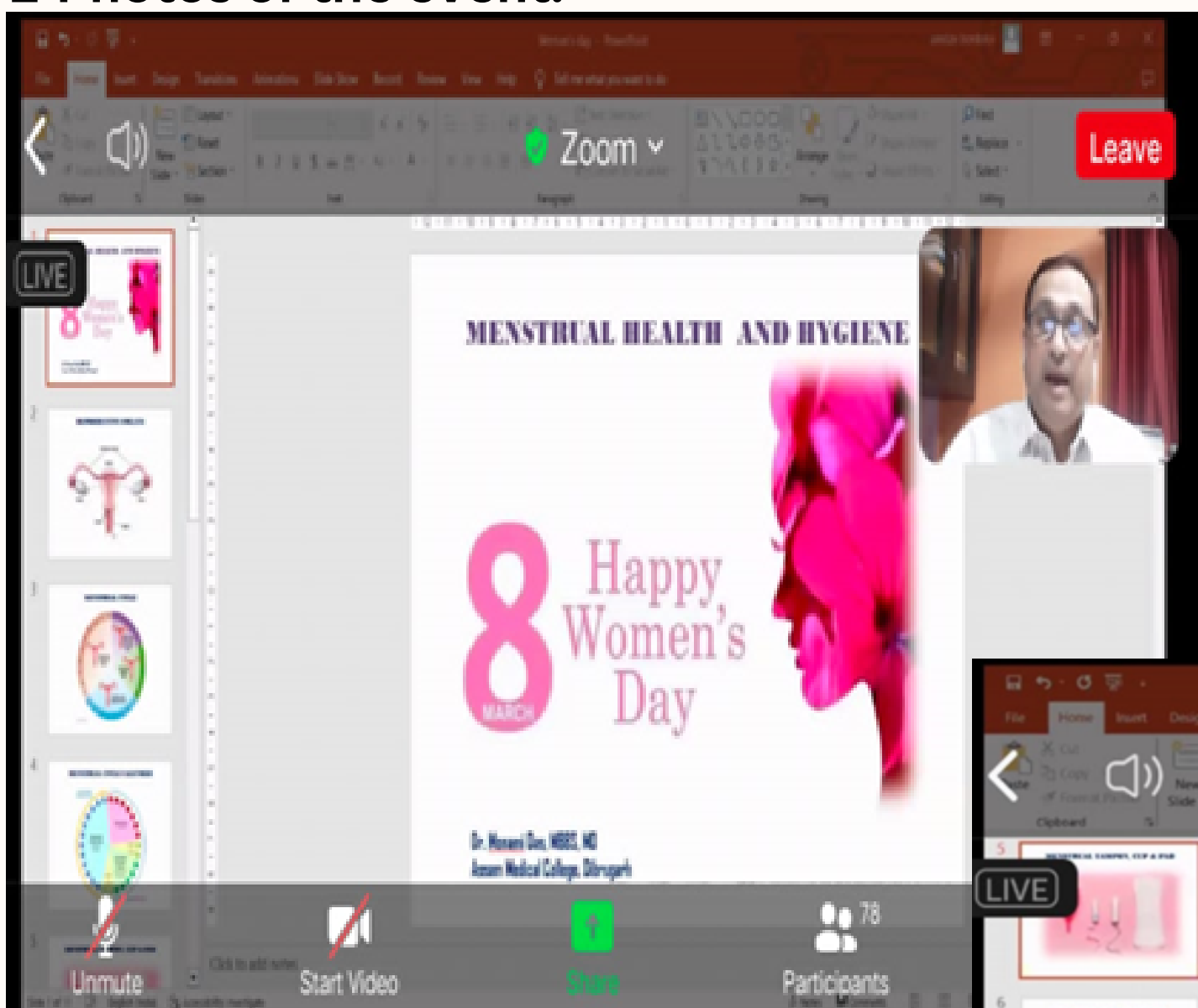


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Flyer of the program

The flyer is a vertical poster with a green and white color scheme. At the top left is the Gargaon College logo, and at the top right is the National Service Scheme (NSS) logo. The main title 'International Women's Day' is in a large, bold, black font, with the date '8th March, 2023' below it. The webinar title 'Webinar on Menstrual Health and Hygiene' is in a bold, red font. Below this, two speakers are listed: Dr. Sabyasachi Mahanta, Principal of Gargaon College, and Dr. Monami Das, MD, Faculty of the Department of Pharmacology at AMCH, Dibrugarh. The event is organized by the NSS Unit, Eco Club, and Chaw Ching Konwari Chatri Nivas at Gargaon College. The time is 7 P.M. on the Zoom platform. At the bottom, there are three icons: a woman with the text 'EMBRACE EQUITY', a group of people, and a circular image of a group of people.

Photos of the event:





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Newspaper cutting of that news

The Sentinel
of this land, for its people

Awareness programme on menstrual health and hygiene held

OUR CORRESPONDENT

SIVASAGAR, March 9: On the occasion of International Women's Day, 2023 the NSS unit, Eco Club and Chaw Ching Konwari Chatri Nivas of Gargaon College organized a webinar on Menstrual Health and Hygiene Management for the girls students of the college.

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YouTube link

