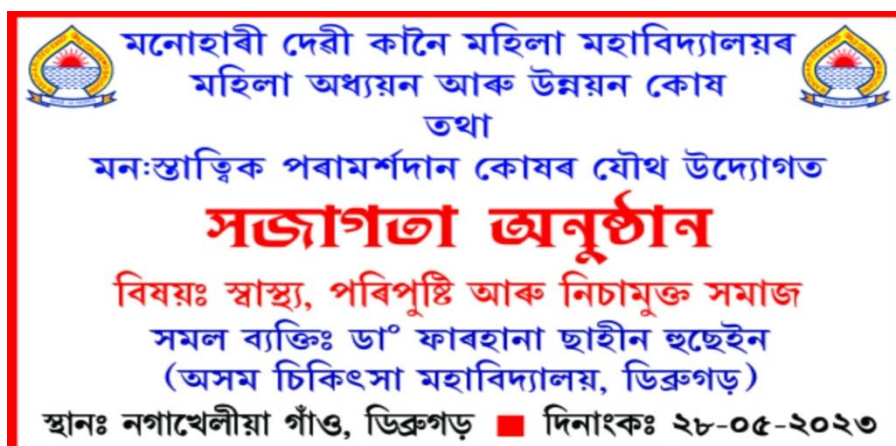


ACTIVITY NO: 01: AWARENESS PROGRAM ON 'HEALTH, NUTRITION AND ADDICTION FREE SOCIETY' (Held on 28th May, 2023)



- An awareness program on 'Health, Nutrition and Addiction Free Society' was organized by Cell for Women Studies and Development in collaboration with Psychological Counselling Cell of MDKG College, Dibrugarh, Assam on 28th May, 2023 at the adopted village of the College, Nagakhelia Gaon, Dibrugarh. Resource person (i) Dr. Farhana Shaheen Hussain of Assam Medical College Hospital (AMCH), Dibrugarh, accompanied by Dr. Sagolsem Marucharan Devi of Assam Medical College Hospital (AMCH), Dibrugarh was invited for the awareness program.
- The program was participated by **36 participants** (which includes the Resource Persons, Faculties & Members of the MDKG College, and the Villagers of Nagakhelia Gaon)
- **The delivery of the talk of the Resource Person (Dr. Farhana Shaheen Hussain)** highlighted the following:
 - ✓ Dr. Hussain asserted that health and nutrition should be prioritized by everyone for a healthy living. She also added the healthy nutrition intake such as eating right, eating well, eating healthy should be maintained by all. Further the intake of good amount of protein, carbohydrates and essential vitamins needed for the body was well explained. She also stated that improper consumption and an imbalance diet can lead to several health problems which can deteriorate a person's physical as well as mental health.
 - ✓ Further, talking about addiction and substance abuse, she pointed that such consumption imbalances a person's health. A large amount of such substances can lead to various health hazards, which ultimately results in the imbalance of nutrients that are needed for a healthy body. Hence, she cautioned the audience to take the matter seriously and addressed the availabilities and facilities that are provided by various Health Centers and Hospitals such as AMCH, Dibrugarh, V.G Hospital, Dibrugarh, for proper counselling and treatment at the right time.
 - ✓ Moreover, in support to the points of Dr. Hussain, Dr. S.M. Devi also added that when such abusive substance addiction becomes a habit, it can lead to several disorders in a human being such as stress, anxiety, depression, personal as well as family and societal problems. Therefore, such problems should be well addressed, and she requested the participants of the Village to spread the facilities that are provided by Government relating to health.

• **Interaction & Feedback from the Audience/Village People of Nagakhelia:**

- ✓ The audience present in the program appreciated the discussion, and interacted the resource person stating that, they are also against substance abuse which leads to different disturbance in the environment. Moreover, they thanked the resource person for addressing the centers and hospitals that can provide counselling to help a person from consumption of improper substances. Further, they applauded the program that was held on such an important topic.
- ✓ In addition to this, the Members of the College present there also suggested the Villagers to take proper initiative and become the voice to eradicate the use of substance abuse among the upcoming generation of the Village.

Therefore, the program highlighted numerous health related benefits and positive outlook for a healthy living. The awareness program was encouraged with a numerous queries, to which it was well addressed by the Resource persons as well as the members of the College present there.



PARTICIPANTS PRESENT:

- The program was participated by 36 participants (which includes the Resource Persons, Faculties & Members of the MDKG College, and the Villagers of Nagakhelia Gaon)

Date: 28th May, 2023.

Resource Person

① Dr. Farhana Shabeen Huseain - Farhana S. Huseain
② Dr. Sagobem Marycharan Devi - Sagobem Marycharan Devi

Members of the College:-

① Mondira Borah - Sarita
② Dr. Purnyapara Baruah
③ Dr. Anika Sharma
④ Dr. Mitali Baruah
⑤ Uday Kr. Jena
⑥ Jyoti K. Saikia

Participants :-

1/ Dornali Bhuyan	18/ Soujanya Bhuyan
2/ Rupajati Dutta	19/ Hem Chandra Bhuyan
3/ Ali Dutta	20/ Smita Dutta
4/ Anurupa Dutta	21/ Amiya Dutta
5/ Smita Dutta	22/ Anurupa Dutta
6/ Narmita Dutta	23/ Skandan Dutta
7/ Juna moni Chueyam	24/ Ritik Bhuyan
8/ Trinayan Bhuyan	25/ Bijoy Bhuyan
9/ Subham Das	26/ Himadra Guharzia
10/ Narmita Dutta	27/ Sani Bhuyan
11/ Drishti Guharzia	
12/ Madhujya Bhuyan	
13/ Hemant Guharzia	
14/ Keshab Guharzia	