

ACTIVITY NO: 01: An interactive session on 'Development & Care of Physical & Mental Health among Girl's (Held on 8th March, 2023)



মহিলা কোষ
মনোহাৰী দেৱী কানৈ মহিলা মহাবিদ্যালয়
আৰু



ইলোৰা বিজ্ঞান মঞ্চ, ডিব্ৰুগড় শাখাৰ যৌথ উদ্যোগত আয়োজিত

আলোচনা সত্ৰ

যুৱতীৰ শাৰিৰীক আৰু মানসিক স্বাস্থ্যৰ যতন

আলোচকব্ৰয় : ডাঃ ৰীণা আহমেদ, স্ত্ৰীৰোগ বিশেষজ্ঞ
ডাঃ হেমচন্দ্ৰ কলিতা, হৃদৰোগ বিশেষজ্ঞ
ডাঃ ধ্ৰুবজ্যোতি ভূঞা, মনোৰোগ বিশেষজ্ঞ
অসম চিকিৎসা মহাবিদ্যালয়

স্থান : মনোহাৰী দেৱী কানৈ মহিলা মহাবিদ্যালয় প্ৰাঙ্গণ | সময় : পুৱা ১১ বজা
তাৰিখ : ৪ মাৰ্চ, ২০২৩

An interactive session on 'Development & care of Physical & Mental Health among Girl's' was organised by Cell for Women Studies & Development, MDKG College & Elora Bigyan Mancha of Dibrugarh Unit on 4th March, 2023 at the college premises (Arts campus, room no: 1 at 11:00 a.m onwards). Invited Resource Persons of the session were: Dr. Rina Ahmed (Gynecologist, AMCH), Dr. Hem Chandra Kalita (Cardiologist, AMCH) and Dr. Dhrubojyoti Bhuyan (Psychiatrist, AMCH). The session was participated by the members of Elora Bigyan Mancha, Faculties of MDKG College and 104 students of MDKG College.

The session laid emphasis on the following aspects:

1. Dr. Hem Chandra Kalita highlighted the following

- Sir mentioned the various reasons and causes of heart diseases.
- The valid amount of consumption of salt in every diet keeps a person healthy.
- Frequent check up of blood pressure and weight as per age and its measure to control.
- Pointed the various reasons and causes of obesity and its prevention.
- Benefits of exercise and its impact on health.
- Have also mentioned about the various experiences of camps and awareness programs conducted related to heart diseases.
- He also elaborated the birth and the objectives of 'Elora Bigyan Mancha', mentioning Elora Rai Choudhury. The forum mainly focuses on the spread of scientific outlook and aware the mass for better and healthy living.

2. Dr. Rina Ahmed highlighted the following

- She briefly pointed out the concept of adolescence, its characteristics, the rights of adolescence.
- Concept of puberty and its characteristics
- Concept of menstruation. Here she pointed out to Emphasise on exercise, hygiene, good use of sanitary pads, reducing body and foot odor during menstruation, skin care and also keeping hair healthy, consumption of water. Moreover, she has talked about handling cramps during periods where exercise, warm bath, medication or heating pad can be a solution to solve cramps.

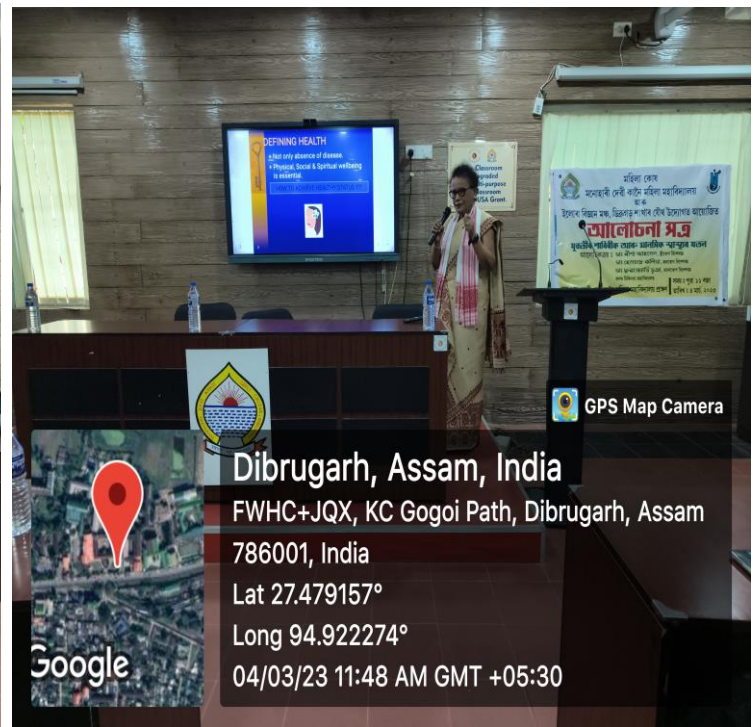
- Further, she also added the healthy nutrition intake where the best practices such as eating right, eating well, eating healthy should be given priority.

3. Dr. Dhrubojyoti Bhuyan highlighted the following

- Pointed out the concept of mental health care: healthy minds for healthy people
- Talked about Causes of stress
- Pointed some problems faced by College/ University students
- How stress can impact our body which can be both normal as well as abnormal
- Importance of Time management for good health, good sleep for body, building positive thinking within oneself, dealing with failure and also valuing our self.

Therefore, the session highlighted numerous health benefits and positive outlook for a healthy living. The session was also encouraged with numerous queries put forwarded by our student participants, which were related to periods, heart diseases, and also day to day life stress management solutions. The Resource persons have initiated and rendered multiple solutions to the students regarding how to deal and solve the problems and when to consult a professional Doctor in a positive manner.





AN INTERACTIVE SESSION ON
"DEVELOPMENT & CARE OF PHYSICAL & MENTAL HEALTH
AMONG GIRLS"

An interactive session on "Development & Care of Physical & Mental Health among girls" was organised by CWSD, MDRG College and Flora Science Forum of Dibrugarh unit on 4th March, 2023 at the college premises (ARL Campus, Room No. 1 at 11 a.m onwards).

Resource persons of the session were:-

- 1/ Dr. Rina Ahmed (Gynecologist, AMCH)
- 2/ Dr. Hem Chandra Kalita (Ordiologist, AMCH)
- 3/ Dr. Shrubijyoti Bhuyan (Psychiatrist, AMCH)

Resource Persons Signature

- 1/ Dr. Rina Ahmed
- 2/ Dr. Hem Chandra Kalita
- 3/ Dr. Shrubijyoti Bhuyan

[Signatures and dates: 4/3/23]

1/ Dr. Anju Borah (Vice-Principal, MDRG College) - *[Signature]*
4/3/23

Members Present

- 1/ Manasi Shama
Prothoma Chubra
- Anindha Datta
- Suresh Bhattacharyya
- Samudra Ahmed
- Jyoti Phukan
- Salin Borah
- Manisha D. Hazarika
- Rajib Newar
- Ikebana Konwar
- Bhagyashree Borah

[Signatures and dates: 4/3/23]

SN	Name & Dept	SN	Name & Dept
	Jafreen Froya Bhagyashree Borah Dr. Nikeli Goswami		J. Froya 4/3/23 BR 6/3/23 4/03/2023
	Surajita Handique Gogoi		Abhisree Bhattacharyya Bhagyashree
1	1. Ananya Shah (Zoology 2 nd sem)	25	25. Dipika Mitra (Philosophy 4 th Sem)
2	2. Sasima Gogoi (Zoology 2 nd sem)	27	27. Riva Bhowmik (Phil 4 th Sem)
3	3. Anadhana B. Choudhury (Zoology 2 nd sem)	28	28. Swarnita Paul (Home Science 4 th sem)
4	4. Mehak Sonari (Zoology 2 nd sem)	29	29. Priya Das (Philosophy 4 th sem)
5	5. Pahar Saitika (Zoology 2 nd sem)	30	30. Bhagyashree Sonowal (Mathematics 6 th sem)
6	6. Rajlakshmi Sinia (Botany 4 th sem)	31	31. Rashmi Nayak (Mathematics 4 th sem)
7	7. Nayommoni Meek (Zoology 2 nd sem)	32	32. Baby Rani Mili (Physics 2 nd sem)
8	8. Haripriya Sonowal (Zoology 2 nd sem)	33	33. Sini Gogoi (Chemistry 2 nd sem)
9	9. Pabi Konwar (Sociology 2 nd sem)	34	34. Chayanika Borah (Sociology - 6 th sem)
10	10. Srishiti Deb (Education 2 nd sem)	35	35. Juktarani Deha (Assamese Dept - 4 th Sem)
11	11. Poozora Roy (Education 2 nd sem)	36	36. Haripriya Boudalei (6 th Sem)
12	12. Kastury Phukan (Education 2 nd sem)	37	37. Anannya Gogoi (4 th sem: Economics)
13	13. Anam Hazarika (Education 2 nd sem)	38	38. Gitanee Doreah (4 th Sem: Political Science)
14	14. Himabri Samra (Education 2 nd sem)	39	39. Trishna Kakoty (2 nd sem, Chemistry)
15	15. Jayshree Moran (Assamese 4 th sem)	40	40. Pratikshi Krishnalekhon (")
16	16. Anshana Das (Economics 2 nd sem)	41	41. Shikha Nath (")
17	17. Sagarika Paul (Economics 2 nd sem)	42	42. Dipika Sharma (6 th sem: Geography)
18	18. Pranika Borah (Zoology 2 nd sem)	43	43. Sweta Yadav (6 th sem, Geography)
19	19. Anushree Borah (Zoology 2 nd sem)	44	44. Jayu Sharma (6 th sem: Sociology)
20	20. Priya Choudhury (Philosophy 4 th sem)	45	45. Jhosna Neach (6 th sem Sociology)
21	21. Anushka Neog (Economics 2 nd sem)	46	46. Simani Moran (4 th sem Assamese)
22	22. Kritika Sharma (Economics 2 nd sem)	47	47. Jagadisha Biringia (6 th sem: Ad Sci)
23	23. Sampati Pal (Assamese: 4 th sem)	48	48. Rajashree Datta (6 th sem: Pol. Sci)
24	24. Anu Phukan (Assamese 4 th sem)	49	49. Priyanka Paul (6 th sem: Pol. Sci)
25	25. Anu Meek (Chemistry 2 nd sem)	50	50. Natasha Chandrai (6 th sem: Pol. Sci)

51. Anwesha Borah
52. Sneha Kalita
53. Anshu Kakoti
54. Simani Kumari Singh (3rd Semester) (Home Science)
55. Sanjima Padua (3rd Semester) (Home Science)
56. Isha Upadhyay 4th sem (Physics)
57. Dhruv Baruah 4th sem (Physics)
58. Jharina Rajput 4th sem (Economic)
59. Shriman Nisha 4th sem (Geography)
60. Sukanya Gogoi 4th Sem (Geography)
61. Ankita Dey 4th Sem (Economics)
62. Tanmoni Anowari 4th Sem (Economics)
63. Binita Basak 4th Sem (Economics)
64. Sangukta Sen 4th Sem (Economics)
65. Anwesha Roy 4th Sem (Economics)
66. Barakha Kakoti 5th Sem (Political Science)
67. Priya Goswami 6th Sem (Political Science)
68. Lucky Gogoi 4th sem (Economic)
69. Bisakha Das 2nd Sem (Home Science)
70. Nishita Das 2nd Sem (Home Science)
71. Kritika Sharma 2nd Sem (Home Science)
72. Shreemayee Chetry 4th Sem (Economics)
73. Samistha Konwar 4th sem (Economics)
74. Sunmoni Sonowal 4th Sem (Economics)
75. Pujia Robi Das 4th sem (Economics)
76. Ruhaniha Handique 4th sem (Economics)
77. Akalimpia Kalita 4th sem (Economics)
78. Ditimoni Deoti 4th Sem (Economics)
79. Dr. Supriya Lahon 2nd Sem (Philosophy)
80. Bidisha Chetia 4th Sem (Economics)
81. Khushi Borgohain 4th Sem (Economics)
82. Priyanka Konch 4th Sem (Assamese)
83. Aniketa Konwar 4th Sem (Pol Science)

84. Mrudushmita Kalita 4th Sem (English)
85. Ankita Rajkonwar 2nd Sem (English)
86. Nishita Gogoi 2nd Sem (English)
87. Chandrita Borah 2nd Sem (English)
88. Dakshana Gogoi 2nd Sem (Sanskrit)
89. Nibiksha Sainia 2nd Sem (Geography)
90. Farheen Sultana 2nd Sem (Geography)
91. Parismita Gogoi 2nd sem (Sanskrit)
92. Priyanka Gogoi 2nd Sem (Sanskrit)
93. Debina Sonowal 6th sem (Assamese)
94. Prathana Handique 6th sem (Assamese)
95. Manisha Chelia 6th Sem (Assamese)
96. Bonali Gogoi 6th Sem (Assamese)
97. Trishna Sarma 6th Sem (Assamese)
98. Zubani Gogoi 6th Sem (Sociology)
99. Isha Bhadua 6th Sem (Sociology)
100. Vanshi Sainia 4th Sem (Economics)
101. Loni Dewryia 4th Sem (Economics)
102. Gargee Senapati 4th Sem (Economics)
103. Liza Gogoi 2nd Sem (Economics)
104. Rajakshi Chetia 2nd Sem (Economics)