

International Women's Day (08/03/2024)

On 8th March, 2024 NSS Unit, Mariani College in collaboration with Women Cell, Mariani College celebrated International Women's Day by organising an awareness programme on "Menstrual Health and Hygiene" among the female students. The programme was held under the guidance of NSS Programme Officer and all members of Women Cell. Dr. Pranabika Mahanta Goswami, MD, Assistant Professor, Gynecologist, JMCH, was the Resource Person of this programme. The programme started at 11:00 am. About thirty (30) teachers and One Hundred Eighty (180) female students and volunteers participated in the programme.

The event began with a welcome speech by Ms. Kritika Agarwal, NSS P.O, highlighting the significance of International Women's Day and the importance of menstrual health education. Dr. Pranabika Mahanta continued the session enlightening on menstrual health and hygiene. She highlighted the biological understanding of menstruation, common menstrual disorders and their management and importance of menstrual hygiene to prevent infections. She also emphasised the need for open conversations about menstruation to break the stigma and encourage a supportive environment for women. An interactive and Question-Answer Session was also held. Students and Teachers actively participated, sharing their experiences. The programme educated the participants on menstrual health and hygiene and Dr. Mahanta's expertise made the session very informative and impactful. The event successfully ended at 2:00 p.m. with a vote of thanks by the Secretary of Women Cell, Mariani College. A light refreshment was provided to all.





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