

A Report
On
Free Health Check-up Camp

Organized by
Women Cell
Marangi Mahabidyalaya (Degree)
Date -07/03/2020

Introduction:

“Let's you be on top of your health and reduce the risk of falling ill.” Health is wealth. It is very essential to diagnose a disease before it advances to a critical stage, which also save money in the long run and motivates to lead a healthier and active life style.

Objectives of the programme:

The objectives of the programme are-

- 1.To give common knowledge about our health.
2. To give the opportunity of free health check-up to the students, faculties and nearby people of the college.

About the Programme :

To observe the International Women's Day, the Women Cell of Marangi Mahabidyalaya decided to organize a programme on free health check-up camp at college. Giving response to the invitation of Women Cell of the college, a health worker team including doctors and nurse from V.K.N.R.L Hospital came to the college. They check-up the health of students, teaching staff and nearby people of Marangi Marangi Mahabidyalaya with free of cost. They provide medicines with free of cost too.



Outcome of the Programme:

This programme is very much beneficial for the entire members of the college and nearby villagers. They are given the opportunity of free health check-up from V.K.N.R.L Hospital.

Conclusion:

In the conclusion it may be said that the programme organized by Women Cell of Marangi Mahabidyalaya are very much fruitful for the students, faculties and nearby people of Marangi Mahabidyalaya(Degree).

A Report
On
JE Vaccination Camp
and Counseling on Health and Hygiene

organized by
Women Cell,
Marangi Mahabidhyalaya(Degree)
Date-14/12/2021

Introduction:

Vaccination is the administration of a vaccine to help the immune system develop immunity from a disease. Vaccine contains a microorganism or virus in a weakened, live or killed state or proteins or toxins from the organism. Japanese Encephalitis (JE) Vaccine is a vaccine that protects against Japanese Encephalitis, which is very common in the local area of Marangi. One of the most effective ways we have to protect ourselves and other from illness is good personal hygiene. This means washing hands, especially but also the body, personal hygiene for women.

Objectives:

The objectives of the programme are-

1. To discuss about the importance of vaccine.
2. To discuss about the need of taking Japanese Encephalitis Vaccine.
3. To discuss about the importance of counseling on health and hygiene.
4. To know about how to maintain health hygiene mainly by women.



About the Programme:

For maintaining health and hygiene, a JE Vaccination and counseling programme has arranged by the Women Cell of Marangi Mahabidyalaya on 14/12/2021 in association with

Marangi Primary Health Centre, Golaghat. In this programme counseling was given by a programme manager Aftab Hussaion about the importance of VE Vaccine. Afterward near about 60 vaccine were given to the students as well as teaching and non-teaching staffs of the college. At last GNM nurses deliberated theoretically and showed practically to the girls about maintaining health and hygiene during menstruation period.



Outcome of the Programme:

Through the programme about 60 students, teaching and non-teaching members were vaccinated and all the girls students were given counseling by the GNM nurses about maintaining personal hygiene during menstruation.

Conclusion:

The programme done by Women Cell of Marangi Mahabidyalaya (Degree) was seen to be a very fruitful one. All the beneficiaries of the programme were got highly benefitted from the programme.

**A Report
On
Mental Health and Awareness**

**Organized by
Women Cell
Marangi Mahavidyalaya(Degree)
Date:08-03-2019**

Introduction:

Mental health is the ability which helps us to seek adjustment in the different situation of our life—Catts and Moslay

Women's Day is a day where women are recognized and celebrated in their fields. On the very day of International Women's Day, Women Cell of Marangi Mahabidyalaya decided to organize a programme on Mental Health and Awareness.

Objectives of the Programme:

The objectives of the programme are-

- 1 To know about mental health and hygiene.
2. To aware the students as well as faculties of MMB about maintaining mental health.



About the Programme:

On the special occasion the Women Cell of Marangi Mahavidyalaya organized the programme with the help of Golaghat Kushal Konwar Civil Hospital. In the programme resource person psychiatric Dr. Dipak Dutta, Mrs. Bulti Saikia and social worker Miss Gitanjali Borah deliver their valuable speech on maintain mental health and different types of mental diseases. To maintain mental health they give emphasis on conversation, positive

thinking, diary writing, enjoying present life etc. They also give emphasis on eight fold yoga to maintain mental health and hygiene.

Conclusion:

A very successful day was celebrated at Marangi Mahavidyalaya with the help of Golaghat Kushal Konwar Civil Hospital. All the students and faculties (teaching and non-teaching) are very much benefitted by the speech of the resource persons.

A Report
on
Felicitation cum Workshop Programme

Organized by
Women Cell
Marangi Mahabidyalaya (Degree)

Date 8th March 2022

Introduction:

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. It is celebrated in variety of ways worldwide, observed socially or locally to celebrate and promote the achievements of women. This year the Women Cell of Marangi Mahabidyalaya(Degree) decided to felicitated a local rural energetic women and organized a workshop by the energetic self variant personality and her self help group to some of the students of Marangi Mahabidyalaya.

Objectives:

The Women Cell has fixed three objectives for the programme-

1. To encourage good behavior and competitive spirit.
2. To encourage the local energetic women and her role played in society.
3. To give vocational knowledge to the students.

About the Programme:

On the special day, the Women Cell of Marangi Mahavidyalaya (Degree) decided to give honor a local brave energetic rural women named Srimoti Swarnalata Dutta. She was felicitate by the Women Cell Of the college and the workshop programme was started. In this programme 25 girls students were trained about making different product like bags, flower, pot, decorative goods etc. by using water hyacinth by Swarnalata Dutta and members of self help group. After that a small celebration of tea and snakes party was held by the Women Cell of Marangi Mahabidyalaya(Degree) with all the members present there in the programme.



Outcomes of the Programme :

Felicitations are acknowledgements for the achievements done and also make confident when it is publically recognized. Swarnalata Dutta and her helping hands women were very much happy for this felicitation programme. All the trainees of Marangi Mahabidyalaya were also get a practical knowledge of using this water hyacinth to make various beautiful products.



Conclusion:

At last it has been concluded that Women's Day celebration has a great importance for the welfare of the women community. The nearby local women as well as the girls students of Marangi Mahabidyalaya (Degree) were very much benefitted by this programme.

Women Cell Report 2018

On

“Sanitary Pad distribution and speech on menstrual hygiene.”

Organized by Woman Cell

Marangi Mahabidyalaya (Degree)

Date: 08.03.2018

“I believe that education on menstrual health and hygiene should be a priority to address our girls’ needs while in school. --Ivana Orolicki, a school principal of Serbia.

Introduction:

Women’s Day should be celebrated by every woman as her existence and contribution to the society is priceless. Women’s day is celebrated every year on 8th March. There are so many different ways to celebrate this day. This year our college women cell has decided to do certain new activities relating to the school girls’ students.



Menstruation is still clouded by taboos and socio-cultural restrictions resulting in adolescent girls remaining ignorant of the facts of menstruation and hygienic practices, which sometimes results in adverse health outcomes. Therefore, each and every adolescent girl should have sound knowledge on menstruation and menstrual hygiene related practices like using sanitary napkins and taking bath during these special days.

Objectives of the Programme:

As per the fourth National Family Health Survey 2015-16, only 57.6% Indian girls and women aged between 15 and 24 years use hygienic methods of protection during their menstrual periods. Hence providing students with adequate and timely information and promoting menstrual health is of utmost importance.

1. To distribute sanitary pads among the teen aged girls student of Ponka Girls High School.
2. Provide an awareness speech on health care and menstrual hygiene of the girls.

About the Programme:

Management of menstruation can present substantial challenges to girls in low-income settings. Many girls in primary and secondary schools in rural areas skip school when their monthly menstrual cycle is in full swing. They are subjected to embarrassment and fear of teasing related to menstruation. This together with menstrual pain and lack of effective materials for menstrual hygienemanagement leads to school absenteeism and thus impeding their academic performance. Marangi Mahavidyalaya(Degree) women cell members have decided to distribute sanitary pads among the girls of the school as a menstrual hygiene intervention to reduce school absenteeism. On the other hand poor menstrual hygiene can lead to urinary or reproductive tract infections and affect the well-being of students.

For fulfilling the objectives of our cell , a group of women cell members visited the respected school and distributed the sanitary pads among the girls of class viii to class x .Also our president of the cell has delivered a beautiful speech on health care and menstrual hygiene. Principal of the respective school has also delivered an important speech on puberty. After that, we wind up our programme with tea and snacks arrange by us and by the school.

Outcomes of the Programme:

This programme is proved to be a very fruitful one. Girl students of the respected school had got lots of knowledge on puberty, health care and menstrual hygiene. Receiving sanitary pads from us also make them happy and smile.

**Report
On
“Felicitation”**

**Prepared by
Women cell
Marangi Mahabidyalaya (Degree)**

Date:8.03.2017

“A strong woman knows she has strength enough for the journey, but a woman of strength knows it is the journey where she will become strong”

Introduction:

Women are the epitome of courage, hope and life. 8th march is international Women's day devoted to celebrating the achievements of women and seeking gender equality. International women's day is about to celebrate activities on a global level, raising awareness of their work and the challenging they face.

Every March 8th the world recognizes International Women's Day. It's a day to celebrate the accomplishments of women in areas like culture, politics, the economy and society at large.

On this special occasion, Marangi Mahavidyalaya (Degree) women cell has decided to arrange a felicitation programme where two women personalities are selected for felicitation.

Objectives of the Programme:

People believe, felicitation is a way to encourage good behaviour and competitive spirit. Awards are the way to encourage desired behaviour and inculcate competitive spirit. Regarding this our Women cell has fixed two objectives for the purpose.

1. To inspire mother guardians in nearby villages.
2. To felicitate an enthusiastic woman teacher to inspire the women teacher community.

About the programme:

On this special occasion, we the women Cell has decided to honour the two women brave personality .one is our successful guardian Mrs.TiTi Thengal of Bokial village under Marangi Block; Mother of our former talented student Mr.Dharmindra Thengal. This poor lady always works hard for achievement of her three children.



Another personality is retired school teacher Mrs. Anima Bora of Doigrung, under Marangi Block. she is a social worker and is connected with many social organizations. She always works for the poor students by donating books and others. On this occasion we felicitate each mother with one chellengsador one Fulamjapi and a Certificate of honour. After that a small celebration of tea and snacks party with both the families.



Conclusion:

A successful day was celebrated with our women team members. We congratulate the two successful ladies, for their success and achievements. The ceremony was totally entertaining and inspiring for all mothers and teacher community in the nearby society.