



# Nazir Ajmal Memorial College of Education, Hojai

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## Report on Awareness Program on Women's Health and Hygiene

**Organized by:**

**Women's Cell, Nazir Ajmal Memorial College of Education, Hojai, Assam-782435**

**In collaboration with:**

**Dept. of Health Services, Hojai & Integrated Counselling & Testing Centre(ICTC), Hojai**

Date: 2<sup>nd</sup> September, 2025

Time: 10:30 A.M Onwards

Venue: Ajmal Adarsha Jatiya Vidyalaya, Akashiganga (The adopted school of Nazir Ajmal Memorial College of Education, Hojai)

### Objectives of the programme:

- To create awareness among students & guardians about women's health and hygiene.
- To sensitize young learners to the importance of maintaining good personal hygiene.
- To highlight the role of proper nutrition and healthcare in women's overall well-being.
- To provide accurate information on reproductive health and dispel common misconceptions.
- To encourage open discussions on women's health issues and reduce stigma surrounding them.

### Resource persons for the Programme:

- i. Dr. Mukta Debnath, AYUSH CHO, District Health Society, Hojai, Assam,
- ii. Mrs. Nayan Moni Boruah, ICTC Counsellor, SA-ICTC, Hojai FRU,

### Detailed Description of The Programme:

The programme started with a welcome address delivered by Mr. Mahbubur Rahman, Principal of Ajmal Adarsha Jatiya Vidyalaya, Akashiganga. This was followed by the Felicitation of the Resource Persons. Firstly, Dr. Mukta Debnath, AYUSH CHO, District Health Society, felicitated by the Principal of Ajmal Adarsha Jatiya Vidyalaya, Akashiganga, then Mrs. Nayan Moni Boruah, ICTC Counsellor, SA-ICTC, Hojai FRU & Principal of Ajmal Adarsha Jatiya Vidyalaya, Akashiganga were felicitated by Ms. Anuradha Roy, Assistant Professor, Nazir Ajmal Memorial College of Education. The Programme was divided into two sessions, first session was taken by Dr. Mukta Debnath, AYUSH CHO, District Health Society, Hojai, Assam. Throughout the session she addressed the importance of menstrual hygiene, common health challenges faced by women, and

preventive health measures. Then a small interaction session was there with students and guardians and Dr. Debnath tried to provide best solutions to them.

The second session was taken Mrs. Nayan Moni Boruah, ICTC Counsellor, SA-ICTC, Hojai FRU she highlighted issues related to reproductive health, general awareness on the transmission process of HIV/AIDS, and the significance of safe health practices in a very interactive manner. Following that, the Principal Of the school also added some important points regarding the awareness programme.

The programme officially concluded with the vote of thanks delivered by Anuradha Roy who thanked all the students, guardians and school administration for turning up and making the event a success.

### Geo-tagged photos from the event:







Akakhi Ganga, Assam, India  
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