

**Title of the programme:** ONE DAY AWARENESS PROGRAMME ON “WOMENS’ HEALTH AND HYGIENE (MARGINALIZED SECTION)”

**Objective:** To create awareness on maintaining personal hygiene and proper sanitary practices

**Date:** 08-03-2021

**Time:** 2.00 p.m.-3.00 p.m.



Fig.1: IQAC Team along with students gathering in the house of the beneficiary

It is a well-known fact that maintaining personal hygiene and proper sanitary practices play a key role in building healthy communities. Hygiene is nothing but a set of practices for wellness of health. In many developing countries such as India there is a lack of education as well as awareness about proper hygiene and sanitary practices. Menstruation hygiene is one of them. Though menstruation is a normal and a healthy part of life yet girls and women in India go through extreme struggles to manage their period every month. A large chunk of the Indian population believes this natural cycle to be a ‘curse’, ‘impure’ and ‘dirty’, courtesy of the ancient myths surrounding menstruation in our country. When a girl faces challenges in managing her period in every month in a healthy manner, it can cause a number of problems to her physically as well as mentally. All these things will not only lead to a high risk of infection but her education, self-esteem and confidence also suffer in a major way. To prevent illness and have positive health attitude, correct and complete knowledge of hygiene is necessary.

Keeping all these things in mind the IQAC team of Dispur Law College, Guwahati, Assam took the initiative to aware the women from the marginalized section on menstrual hygiene and as such organized an awareness programme with the title “ONE DAY AWARENESS PROGRAMME ON WOMENS’ HEALTH AND HYGIENE (MARGINALIZED SECTION)” at the Dispur Harijan Colony, Dispur, Last Gate, Guwahati, Assam.



Fig.2: IQAC Team along with students and the beneficiaries of the marginalized section

This awareness programme was led by Pallabi Baruah Assistant Professor of Sociology, Jyotshna Saloi and Dr. Nijumoni Das Assistant Professor of Law. Nibedita Kalita and Indrani Bortamuly, Lecturer of Law, Pallavi Neog Librarian,



Rinku Goswami Office Superintendent, Debajani Devi Office Assistant and ten numbers of students.



Fig.3: The programme coordinator delivering her speech on Women's health and personal hygiene

In the beginning, Mrs. Baruah narrated the purpose of their arrival to the women from the marginalized section of the colony and explained the objectives of the programme. She also delivered a speech on women's health and menstrual hygiene. The various queries of the women from the colony were answered by the IQAC Team of Dispur Law College.



Fig.4: The team distributing sanitary pads and energy drinks to the beneficiaries

The IQAC team along with the students distributed sanitary pads and packet lunches among the beneficiaries. The awareness programme was concluded by a vote of thanks delivered by Pallabi Baruah. The programme ended at 3.00 p.m.

Authenticated by:

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