

Session: 2018-19

Report of Programmes Conducted by Women's Cell, Golaghat Commerce College

1. International Women's Day 8th March, 2019

The **International Women's Day, 2019** was celebrated by Women's Cell, Golaghat Commerce College in association with Golaghat Zonal Women's Cell at Kacharihat Girls' High School on 8th March, 2019. A speech competition among the girl students was held on the theme "**Balance for Better**". The Speech competition was judged by Ms. Julee Dutta and Ms. Swadhinata Gogoi. Ms. Moonmoni Baruah delivered the keynote speech on the aforementioned theme. Dr. Karabi Devi, Dr. Nabami Gogoi and a few members of Women's Cell were felicitated on the programme for their contribution to academia in the session 2018-19. Around 170 people including the students and staff of Kacharihat Girls' High School and Golaghat Commerce College were present in the programme.



2. Workshop on “Understanding Mental Health of Students: Coping with Stress and Building Resilience”

Date	24 th September,2019
Number of beneficiaries	150
Name and details of the Resource Person	Mr. Anjan Chaudhury, Senior Empanelled Trainer of IIT Guwahati and vising/ guest faculty of the Department of Commerce, Tezpur University
Organizer	Women’s Cell, Golaghat Commerce College

To address stress and mental health issues of students, an interactive workshop titled **Understanding Mental Health of Students: Coping with Stress and Building Resilience**” was organized for all the students of Golaghat Commerce College. The objective of the workshop was to educate students on ways with which they can deal and relieve stress to excel in their day-to-day activities and their examinations. Addressing the students, Resource Person, Mr. Anjan Choudhury, said that anxiety is a part of human nature, but it is important to know how to overcome it. In the interactive session, he talked about the types of stress and how to deal with them by giving real life examples to help students relate and understand. He also emphasized about the stress relaxation therapies which can be easily followed by the students. He suggested the students to always share their problems with whom they trust. In the interactive session that followed, students asked their various queries on stress management. The information imparted during the seminar served to be an eye-opener for the young students on how to effectively manage stress and anxiety.





Photo: Resource Person Mr. Anjan Choudhury

3. Awareness camp on Women's Health and Hygiene

Date	30 th June, 2019
Number of beneficiaries	70
Name and details of the Resource Persons	Ms. Munmi Dutta, Trainer, Golaghat Nurse Training Centre
Organizer	Women's Cell

An Awareness camp on Women's Health and Hygiene was organized at Abhayapuri Lower Primary School with the objective of addressing women's hygiene and other health issues impacting rural women. The Resource Person, Ms. Munmi Dutta, Trainer, Golaghat Nurse Training Centre spoke on topics of menstrual health and hygiene, sexual wellness, maternal and reproductive health and mother-child nutrition. The local village women were made aware of resources to reach out for help and government schemes and provisions focused on women's welfare and development.



Signatures of People Present

সকলগত তাৰিখ : মান্ননাৰ স্কুল অফ
পৰিষ্কাৰতা .

তাৰিখ :- অত্মসুখীয়া আশ্ৰমিক বিদ্যালয় .

উপস্থিতৰ সাক্ষৰ

- ১/ ~~১১~~ Saikia
- ২/ Anamoni Bora Saikia.
- ৩/ Lokpriya Saikia .
- ৪/ Karati Bora Hazarika .
- ৫/ Anamoni Bora Saikia
- ৬/ Anamoni Saikia
- ৭/ Anamoni Bora .
- ৮/ Anamoni Saikia
- ৯/ ~~১১~~ Saikia
- ১০/ Rupali Bora
- ১১/ Nira Saikia (A.W.W)
- ১২/ Rashmi Saikia
- ১৩/ Nirjyoti Saikia
- ১৪/ Gokapi Neog
- ১৫/ Anamoni Bora
- ১৬/ Anamoni Bora
- ১৭/ Anamoni Bora
- ১৮/ Anamoni Bora
- ১৯/ Anamoni Bora
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৩০/ Sri Ranjita

৩১/ Manalika Hazarika Bora.

৩২/ Anamoni Bora

৩৩/ Jina Saikia

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