



OFFICE OF THE PRINCIPAL  
**MANIKPUR ANCHALIK COLLEGE**

P.O.- MANIKPUR :: DIST.- BONGAIGAON (ASSAM)

PIN- 783392

**Accredited by NAAC with Grade 'B'**

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*Principal*

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**Affiliated to Gauhati University and Recognised under Section 2(f) and 12 (b) of UGC Act 1956.**

*Ref. No. MAC/*

*Date:*

22

05

2026

## **Report on Awareness Program on Issue and Solutions related to Women's Health**

### 1. Introduction

An awareness program on women's health was organized to educate and empower women regarding common health issues and their solutions. Such programs aim to promote preventive healthcare, early diagnosis, and healthy lifestyle practices among women.

### 2. Objectives of the Program-

- To create awareness about major women's health issues
- To educate participants on preventive measures and healthy habits
- To promote early detection of diseases
- To encourage open discussion and remove taboos related to women's health

### 3. Date, Venue, and Participants-

- Date: 04/11/2024
- Organized by Deptt of Education and English
- Venue: Hall-4, Manikpur Anchalik College, Manikpur
- Participants: Women, girl students, faculty.

### 4. Key Health Issues Discussed-

The program covered several important health concerns affecting women:

#### a. Menstrual Health and Hygiene

- Problems like irregular periods, infections, and poor hygiene
- Importance of using safe sanitary products and proper disposal
- Breaking myths and taboos around menstruation

#### b. Reproductive Health

- Awareness about pregnancy care and family planning
- Importance of regular gynecological check-ups

#### c. Nutrition and Lifestyle

- Balanced diet, iron intake, and prevention of anemia
- Avoiding junk food and adopting healthy eating habits

#### d. Cancer Awareness

- Breast and cervical cancer
- Importance of self-examination and screening (Pap smear, mammography)

#### e. Mental Health

- Stress, anxiety, and emotional well-being
- Coping strategies and need for psychological support



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5. Solutions and Preventive Measures Suggested-

Maintaining personal hygiene and menstrual care

Regular health check-ups and screenings

Balanced diet and physical exercise

Stress management techniques like yoga and meditation

Awareness and early detection of diseases

Seeking medical help without hesitation

Programs often emphasize lifestyle modification, early diagnosis, and self-care as key solutions to improve women's health outcomes.

6. Activities Conducted-

Expert lectures by doctors-

Interactive Q&A sessions-

Group discussions and feedback sessions-

7. Outcome of the Program

Increased awareness about women's health issues

Participants gained knowledge about preventive care

Reduced stigma around sensitive topics

Encouraged women to adopt healthy lifestyles and seek medical advice

8. Conclusion

The awareness program was successful in educating women about critical health issues and practical solutions. It played an important role in promoting health consciousness, empowering women, and improving overall community well-being. Continued efforts and regular awareness campaigns are essential for long-term impact.

Principal  
Manikpur Anchalik College  
Manikpur

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Manikpur Anchalik College  
Manikpur**

Awareness Programme on  
 Issue and Solutions Related to "WOMEN'S HEALTH"  
 04/11/2024

A meeting of Awareness Programme on "Issue and Solutions Related to 'Women's Health' of Education Dept. and English, Manikpur Anchalik College, Manikpur in collaboration with Manikpur Block PTC is held today by the chairman, Martyr Ali Ahmed principal, Manikpur Anchalik College, Manikpur.

Signature

1. Martyr Ali Ahmed
2. Azam Ali Ahmed
3. Jayanta Sarma
4. Soumita Nag - H.S 2nd year
5. Halima Khatun - H.S. 2nd year
6. Habib Fiazmin - B.A 1st Semester.
7. Momina Khatun - B.A 3rd Semester.
8. Ismina Khatun - B.A 5th Semester.
9. Mamoni Maitri - B.A. 3rd Semester
10. Priyanka Das - B.A. 3rd Semester
11. Kalpana Sarkar - B.A. 3rd Semester
12. Supriya Das - B.A. 1st sem
13. Sangita Mahala - B.A. 1st Sem
14. Sumitra Das - B.A. 1st sem
15. Sebita Burman - B.A 1st Sem
16. Sebita Balamajumdar - B.A. 1st Sem
17. Supriya Singh - B.A 1st sem
18. Mirasmita Sarkar - B.A 1st Sem

19. Sutapa Sarkar B.A 1st sem
20. Priyanka Baishya M.A 1st KKHOU
21. Poomila Sankar M.A 1st Sem KKHOU
22. Puja Das B.A 1st Sem
23. Nilima Khatun B.A 1st sem
24. Jannoni Shil B.A 1st Sem
25. Aprila Meremu B.A 1st Sem
26. Sangita Majumdar B.A 5th Sem
27. Barasha Nath B.A. 5th Sem
28. Parvati Saha B.A. 5th sem
29. Rajoskhi Bhowmik B.A. 5th Sem
30. Sohida Khatun B.A. 1st Sem
31. Purnami Barman B.A 3rd Sem
32. Rasmina Begum B.A 3rd Sem
33. Sabita Barman " "
34. Salamina Begum " "
35. Kaifa Begum " "
36. Serina Khatun " "
37. Manika Baishya B.A. 1st sem
38. Tulika Baishya B.A 1st sem
39. Sewali Das " "
40. Rimpi Kalita " "
41. Supriya Pathak " "
42. Anna Khatun " "
43. Jermima Khatun " "
44. Halima Khatun " "
45. Mirjuba Begum " "
46. Sayeda Khatun " "
47. Rehema Khatun " "
48. Deepanjali Ray B.A. 1st sem.
49. Deuji Ray B.A. 1st sem.
50. Nikumani Ray B.A. 1st sem.
51. Mammita Ray B.A. 1st Sem.
52. Jentirekha Ray B.A. 1st sem.
53. Marshida Khatun B.A. 1st Sem.

2005-2006-11

54/ Narijina khatun

55/ Ajmina khatun

56/ Wahida Akhtara parbi

57. Badlied Zaman Ahmad. Asst. Prof

~~Signature~~

Signature

1. Narijina khatun
2. Badlied Zaman Ahmad
3. Wahida Akhtara parbi
4. Ajmina khatun
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12. Ajmina khatun
13. Narijina khatun
14. Badlied Zaman Ahmad

