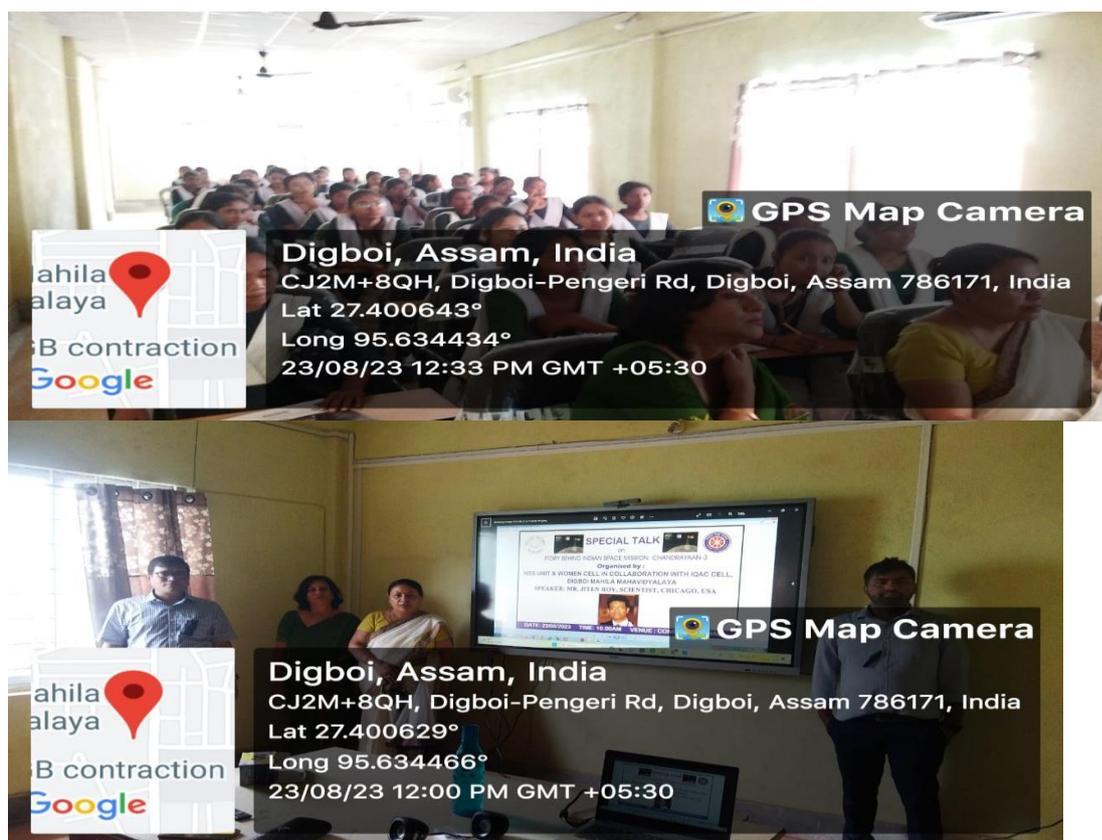


PROGRAMME ORGANIZED BY WOMENS' CELL, DMM (2023-24)

1. VIRTUAL TALK ON CHANDRAYAN-3

DATE-23/08/2023



Resource Person: Jiten Roy, Chicago, US

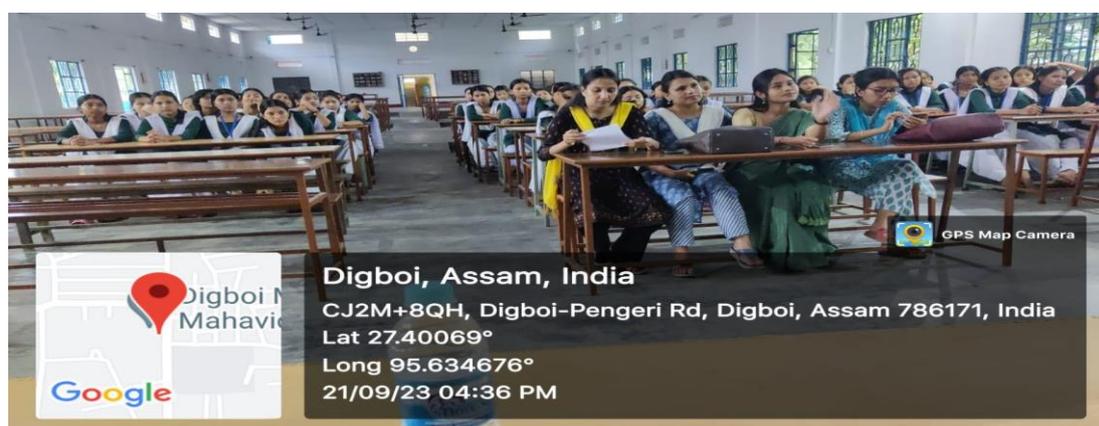
Women's cell and NSS Unit in collaboration with IQAC Cell of Digboi Mahila Mahavidyalaya organized a virtual talk on 'The story behind Chandrayan-3' at 10.00AM on 23/08/2023 in the conference hall. The Speaker was Jiten Roy Scientist of Chicago, USA.

Mr. Roy explained how Chandrayan-3 was attempting to perform safe landing and having on the lunar surface. He also briefed the goal of Chandrayan-3.

The students found the session very interesting and was enjoyed by one and all.

2. AWARENESS PROGRAMME ON MENSTRUAL HYGIENE

Date: 21/09/2023



Women's cell of Digboi Mahila Mahavidyalaya in collaboration of IQAC DMM organized awareness programme on 'Menstrual Hygiene' on 21/09/2023. The resource person of the programme was Dr. Nirjza Saikia. This programme was held in the college auditorium in the presence of around 180 students along with the teachers. In this programme, the resource person delivered a very useful lecture towards the students. She talked about many tricks to maintain hygiene during periods. She also suggested to use bio-degradable pads to fight with the infection and for the easy disposal of pads. Moreover, she talks about Re-usable cloth pads for long time use and it will helpful for fighting against various infections. For the periods cramps she suggested to do yoga and for the regularity of period she advised to change our food habit. Lastly, this programme became a beneficial one for every student.

3. AN ENVIRONMENTAL AWARENESS PROGRAMME

Date: 28/09/2023



Women Cell of Digboi Mahila Mahavidyalaya in collaboration with Lions Club of Digboi organized an Environmental Awareness Programme on 28/09/2023. This Programme was held in the College Auditorium in the presence of Principal, Faculty Members and almost 200 students of Digboi Mahila Mahavidyalaya. The resource person of the programme was Mr. Raj Sonowal, Secretary of Lions Club at Digboi. In this programme Mr. Sonowal began by discussing the importance of understanding the distinction between poisonous and non-poisonous snakes in the local region. He emphasized the significance of co-existing with these reptiles while ensuring safety. The discussion shifted to the ongoing conflicts between human and wildlife. He discussed various factors contributing to conflict between wildlife and human population such as habitat loss, encroaching etc.

4. CELEBRATION OF CHILDRENS' DAY

Date: 14/11/2023



The Women Cell, DMM, in collaboration with Unnat Bharat Abhiyan, organised a meaningful Children's Day celebration in Dhekiajan village. The event aimed to enrich the educational environment and promote the importance of book reading and sports among children. On this day, the members of the Women Cell visited five schools at Dhekiajan village, spreading joy and empowerment among the students. They generously donated books, stationery, and sports equipment to the schools. This act aimed to support the academic and physical development of the students, ensuring they have access to necessary resources for their growth and well-being.

5. AN AWARENESS PROGRAMME ON 'BETI PADHAO, BETI BACHAO'

DATE: 25/01/2024



Women Cell of Digboi Mahila Mahavidyalaya organized a significant program titled "Beti Padhao, Beti Bachao" at 2 No. Barbill L.P School. The event aimed to raise awareness about the importance of educating and empowering girls and to discuss government initiatives in this regard. Dr. Jhuma Borthakur, the President of Women Cell, Digboi Mahila Mahavidyalaya, presided over the event and delivered an enlightening speech on the significance of the "Beti Padhao, Beti Bachao" initiative. She emphasized the crucial role education plays in empowering girls and ensuring their safety and well-being. A healthy and engaging discussion took place among parents, teachers, and members of the organizing committee regarding the theme of "Education for All." Participants exchanged ideas on how to overcome barriers to girls' education and promote inclusive learning environments. Dr. Borthakur also highlighted various government initiatives aimed at promoting education for all, particularly focusing on initiatives directed towards the education and welfare of girls. She encouraged the community to actively participate in these initiatives and support the cause of girls' education.

6. CELEBRATION OF INTERNATIONAL WOMENS' DAY

DATE: 08/03/2024



International Womens Day was celebrated by the Women Cell, Digboi Mahila Mahavidyalaya with great fervor and involvement. It was a moment of introspection and jubilation. The women cell tried to sensitize the students of the college by facilitating them to view women empowerment related movie. The movie Nil Battey Sannaata was shown to the students much to their pleasure and learning. Students gathered at the smart classroom to see the movie along with the teachers. After the cast of the movie the teachers gathered at the conunon room where the office bearers of the cell deliberated upon the relevance of International Women's Day. Gifts were distributed as part of lucky draw event organized by the cell where the teachers participated with the spirit of togetherness and commitment to gender equity.

7. A MOTIVATIONAL TALK ON WHAT IS DEPRESSION; CAN WE PREVENT IT

DATE: 18/03/2024



The Women Cell, of Digboi Mahila Mahavidyalaya in collaboration with IQAC organised a motivational talk titled "What is Depression; Can We Prevent it?" on 8/03/2024 at college auditorium. The programme was attended by the college principal, teachers, and students. The esteemed resource person of the programme was, Mrs. Minati Barthakur, a retired professor from Cotton University. The resource person led the session with profound insights into the meaning and contributing factors of depression, and she also offered pragmatic approaches for its prevention. Following Mrs. Barthakur's enlightening talk, a dynamic discussion was held among the teachers, students and resource person, fostering an atmosphere of open dialogue and knowledge exchange.

8. Programme on 'Mental Health' in collaboration with Yumetta Foundation and Jivan Siksha

Date: 28/03/2-24





On 28/3/2024 Women cell of Digboi Mahila Mhavidyalaya, and the department of Philosophy organised a program on 'Mental Health' in collaboration with Yumetta Foundation and Jivan Siksha, an NGO of Tinsukia at the college auditorium at 10 am. They presented movies - the 'Mind Talkies' as per their schedule activity of organising 'Travelling Youth Mental Health Film Festival'. The films were based on various themes like Common Mental illness, Addiction, Social problems causing Mental distress etc. After every film, there was an interactive session with the students. Furthermore, Dr. Manjit Singh, Psychiatrist, who was also accompanying the team, delivered a talk on 'mental health'. He said that like physical health, mental health is also very important and should be kept healthy. So for any problem related to mental health one should not hesitate to take advice from a psychiatrist . It can be cured if one takes medicine at the proper time.