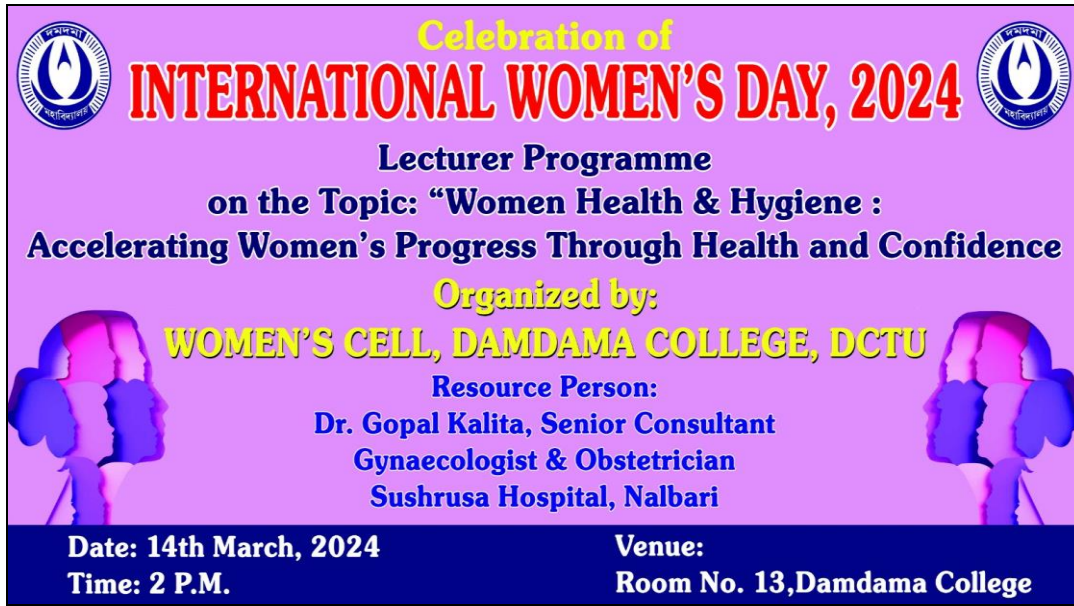


CELRBRATION OF INTERNATIONAL WOMEN'S DAY, 2024



Celebration of
INTERNATIONAL WOMEN'S DAY, 2024

Lecturer Programme
**on the Topic: "Women Health & Hygiene :
Accelerating Women's Progress Through Health and Confidence**

Organized by:
WOMEN'S CELL, DAMDAMA COLLEGE, DCTU

Resource Person:
Dr. Gopal Kalita, Senior Consultant
Gynaecologist & Obstetrician
Sushrusa Hospital, Nalbari

Date: 14th March, 2024 **Venue:**
Time: 2 P.M. **Room No. 13, Damdama College**

On the occasion of International Women's Day a lecture program was organized on the topic, "Women Health & Hygiene: Accelerating Women's Progress through Health and Confidence" by the Women Cell, Damdama College, DCTU on the 14th of March, 2024. The eminent resource person for the event was Dr Gopal Kalita, Senior Consultant, Gynecologist & Obstetrician, Sushrusa Hospital, Nalbari.



Dr Gopal Kalita highlighted the importance of menstrual health and hygiene emphasizing the need of appropriate awareness regarding the female menstrual cycle as well as menopause emphasizing the urgent need to dispel any associated misconceptions, taboos and superstition associated with periods in the Indian context. He elaborated on the potential health risks, including infection, irritation, and an increased risk of cervical cancer if menstrual hygiene is neglected. Dr. Kalita stressed the importance of maintaining a healthy diet and avoiding junk food during menstruation. The lecture concluded with an interactive session where experts addressed students' queries.

