

LAKHIMPUR GIRLS' COLLEGE WOMEN'S CELL

LAKHIMPUR GIRLS' COLLEGE TEACHERS' UNIT

NORTH LAKHIMPUR - 787031 - ASSAM

লক্ষীমপুৰ বালিকা মহাবিদ্যালয় মহিলা কোষ

লক্ষীমপুৰ বালিকা মহাবিদ্যালয় শিক্ষক গোট

E-mail - lgcollege72@rediffmail.com :: ☎: 222124, 232604

Date: 09-06-2022

Ref. No.

NOTICE

It is hereby informed to all the members of Women's Cell, Lakhimpur Girls' College that an awareness programme is being organized on "**Menstrual Hygiene and Nutrition**" in Lakhimpur High School, Gharmora on 10th of June, 2022 in collaboration with District Level Centre for Women under Social Welfare Department, Lakhimpur. Fund for 100 (One Hundred) sanitary napkins has been donated by Marwari Yuva Mancha, North Lakhimpur Branch as a token of support towards this noble endeavour. Also, the cadets of NCC will assist in smooth conduction of the programme. The presence of all the members of the Women's Cell is highly solicited.

Time: 10:30 a.m.

Regards,

Parineeta Dihingia

(Parineeta Dihingia)

Secretary, Women's Cell

Lakhimpur Girls' College

Signatures of teachers, resource person and students present in the meeting.

- ①
- ② Parineta Dikaria 10/06/22
- ③ Swapnali Borogaim 10/06/22
- ④ Sharitri Kaman 10/06/22
- ⑤ Margaret L Khawbung 10/06/22
- ⑥ Manisha Morang 10/06/22
- ⑦ Murchana Das 10/06/22
- 8 Kineti Litta
9. Bipalo Bora Das
10. Kuki Boruah 10/06/22
11. Prengam Borah 10/06/22
12. Kumkum Kri. Mahto
13. Boby Kri. Mahto
14. Upasana Saikia
15. pari Boruah
16. Songeela Kaman
- 17- Sukapora Pegu
18. Mary Thengal
19. Nilu Kumari Meebra
20. Sangita chetray
21. Pranami Dutta
22. Mimi Das
23. Mandini Borah
24. Rumi Das
25. Tanmoni Das
26. Holiyoshi Das
27. Anjali Das
28. Krishna Das

29. Kunja Das
30. Madhusmita Das
31. Gitanjali Das
32. Tostama Das
33. Binita Das
34. Deepashree Deka
35. Lakshmi Das
36. Rimpi Das
37. ~~অসমীয়া~~ Anamika Das
38. Anamika Das
39. Miss Lipika Das
40. Rekhamoni Das
41. Purabi Das
42. Rakhi Das
43. Karishmita Das
44. Juri Das
45. Ruznema Das
46. Tulu Moni Das
47. Jinali Das
48. Manashee Das.
49. Lucky Das
50. Binita Dutta
51. Seely Das
52. Rupali Das
53. Bathka Das
54. Rinki Das
55. ~~অসমীয়া~~ Manashee Das
56. Manashee Das
57. Sewali Das
58. Pinku moni Das.
59. Parvati Dutta

60. Miss Lucky Das
61. Miss Monikha Das
62. ~~অসমীয়া~~ Miss Lucky Das
63. Mimi Das
64. ~~অসমীয়া~~ Miss Palabi Das
65. Miss Palabi Das
66. Momi Das
67. Miss Debajani Das
68. Miss Anjumoni Das
69. Miss Midhanta Das
70. Miss - Krishna Das
71. Miss Borali Das
72. Miss Matoni Das
73. Miss - Jyoti Das
74. Miss - Rima Das
75. Miss - Ananya Das
76. Miss - Parvati Das
77. Miss - Parishmita Das
78. Miss - Rekhamoni Das
79. Miss Pahi Das
80. Miss Dipec Das
81. Miss Lucky Dutta
82. Miss Rikhi Das
83. Miss Ragatara Das
84. Miss Miankhi Das
85. Miss Pahi Das
86. Miss Monalisha Das
87. Miss Sarthi Bhahi Das
88. Miss Jyoti Das
89. ~~অসমীয়া~~ Miss Jyoti Das

81. Mrs: Rimpri Das

82. Miss Rimi Das

83. অীড়তি সাত্তনী দাস

84. Wabedita Bhuyan

85. Debakuti Bhuyati Sharma

ঋতুশৰৰ সময়ত ল'ব লগা যতন

Source : depositphotos



Source : Pngtree

নিয়মিত চেনিটেৰি নেপকিন
ব্যৱহাৰ কৰা

নিটৌ গা-ধোৱা আৰু
চাফ-চিকুণতা বজাই ৰখা



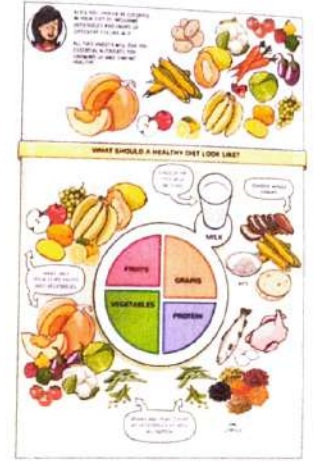
Source : dreamstime.com

নিয়মিত আৰু পৰ্যাপ্ত টোপনি

Source : wikiHow



ব্যৱহৃত নেপকিন সঠিক
উপায়েৰে বিনষ্ট কৰা



Source : Menstrupedia

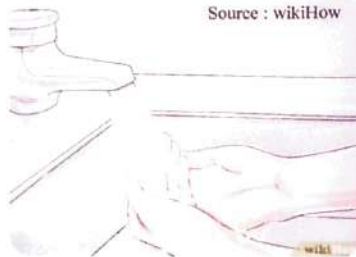
পুষ্টিকাৰক খাদ্য গ্ৰহণ কৰা

Source : Freepik



পিছৰ কাপোৰ ভালদৰে ধুই
ৰ'দত শুকোৱা

Source : wikiHow



নিয়মিত চাবোনেৰে ভালদৰে
হাত ধোৱা

Three Simple Yoga Poses
for Relief in Menstrual Cramps



নিয়মিত যোগাসন আৰু প্ৰাণায়াম কৰা

Principal
Lakhimpur Girls' College
North Lakhimpur, Assam

Prepared by - Lakhimpur Girls' College

Detail of the programme on 10th June, 2022

An awareness programme on "Menstrual Hygiene and Nutrition" is being organised at Lakhimpur High School, Gharmda by Women's Cell and NCC cadets of Lakhimpur Girls' College in collaboration with District Mental Health Level Centre for Women, Lakhimpur. on 10-06-2022. The programme focusses upon the students ~~with~~ of age ~~gr~~ class 5 to 10 of the above-mentioned school. Ms. Prangana Borah and Ms. Kuki Boruah delivered lecture on Menstrual hygiene and Nutrition respectively. Apart from this, videos on menstrual awareness are also being screened during the programme. leaflets on menstrual hygiene and food during periods are also distributed among the students. The students are also provided with Sanitary napkins and refreshments by the cell. The Mawmai Yuba Manch, North Lakhimpur^{has} supported the initiative by donating 90[~] packets of Sanitary napkins. The programme is attended by the members of Women's Cell, Lakhimpur Girls' College and Cadets of NCC as volunteers. The Teaching faculty of the School and the girls students extend their co-operation in making the programme a successful one.



Boichagarumaria, Assam, India

64HX+H3Q, DK Road, Boichagarumaria, Assam 787001, India

Lat 27.229168°

Long 94.147797°

10/06/22 01:37 PM


Principal
Lakhimpur Girls' College
North Lakhimpur, Assam

Programme : Celebration of National Youth Festival
(Swami Vivekanand)

Place : Lakhimpur Girls College

Date : 12/01/2022

Total Participate : 20

1.	Boby Kumari Mahto.	Boby Kri Mahto
2.	Kumkum Kumari Mahto	Kumkum Kumari Mahto
3.	Juri Pegu.	Juri Pegu.
4.	Jingiri Pangeing	J. Pangeing -
5.	Monalisa Gorch.	Monalisa Gorch
6.	Priya Gogoyi P. G	Priya Gogoyi
7.	Sangita Chetray	Sangita Chetray
8.	Upasana Saikia.	Upasana Saikia
9.	Dipti Borda.	D. B
10.	Roma Biswas.	Boma Biswas
11.	Angali Bori.	Angali
12.	Nitukumari Mishra.	N. K. M.
13.	Tarali Mili.	T. M
14.	Lakhmoni Mokeing	L. M
15.	Sulapna Pegu.	S. P
16.	Monika Pegu.	M. P
17.	Morvy Thengal.	Morvy Thengal
18.	Nishita Bora.	Nishita Bora
19.	Monisa Kumbang	Monisha Kumbang
20.	Papomi Talukdar.	Papomi Talukdar

Report : This event was organized by the cadets of NCC in collaboration with 72 Assam Girls (I) Coy NCC, to commemorate the birth anniversary of youth leader Swami Vivekananda on 12 January, 2022. The cadets participated in celebrating of national youth festival by performing dance playing, indigenous sports etc.

Photo : Internet Sources.

WWW, Facebook. Com NCC, Lakhimpur Girls College.


CTO

Lakhimpur Girls' College
72 Assam Girls (I) Coy NCC
North Lakhimpur


Principal
Lakhimpur Girls' College
North Lakhimpur, Assam




Principal
Lakhimpur Girls' College
North Lakhimpur, Assam

Programme : Celebration of National Voters Day

Place : Lakhimpur Girls college.

5 Date : 25/01/2022

Total Participate : 23

	1	Preiya Gogoi	P.G
10	2	Salma Begum	S.B
	3	Jaya Dutta	J.D
	4	Suman Sahu	suman Sahu
	5	Harvy Thengal	Marry Thengal
	6	Monalisa Gosh	monalisa Gosh
15	7	Juhi Bhumi	
	8	Sangita Chelvy	Sangita chelvy
	9	Jwri Peger	Jwri Peger
	10	Jingiri Panging	Jingiri Panging
	11	Dipti Borla	D.B
20	12	Ambalika Gogoi	Ambalika Gogoi
	13	Rita Gogoi	Rita gogoi
	14	Angoli Boru	Angoli Boru
	15	Apurupa Pame	AParupa pame
	16	Torali Mili	T. M
25	17	Lakhimoni Moreang	L. M
	18	Karishma Hazarika	karishma Hazarika
	19	Nishita Borah	Nishita Borah
	20	Sangita Kaman	Sangita Kaman
	21	Himashree Deori	Himashree Deori
30	22	Linamoni Das	Linamoni Das
	23	Runu Das	Runu Das

Report : A programme was organized by the department of political Science in collaboration with 72 Assam Girls (I) Coy NCC and electoral literacy club on 25th January 2022. This program was organized to celebrate National Voters Day and give awareness among the students about free and fair election, role of mass participation, voting behaviour, role of youth in electoral process. So the main purpose of celebration of national voters day is to encourage, facilitate and maximize enrolment, specially for the new voters. The day is utilized to spread awareness among voters and for promoting informed participation in the electoral process.

Photo : Internet sources.

WWW. Facebook. com NCC, Lakhimpur girls college



CTO
Lakhimpur Girls' College
72 Assam Girls(I) Coy NCC
North Lakhimpur



Principal
Lakhimpur Girls' College
North Lakhimpur, Assam




Principal
Lakhimpur Girls' College
North Lakhimpur, Assam