



उन्नत भारत अभियान
UNNAT BHARAT ABHIYAN



Awareness Program **on** **Menstrual Hygiene**

Resource Person

Dr. Karishma Shravan

Assistant Professor, Department of Mathematics, Pandu College

**(An extension Activity of Pandu College Women Cell
in Collaboration with**

Pandu College, Participating Unit (PI), Unnat Bharat Abhiyaan)

Date: 4th December, 2025

Venue: Upperdani High School, Rajapani Chanda, Kamrup(M)



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ATTENDANCE SHEET

1. Signature of Principal, Pandu College:
2. Signature of Resource Person: *Shravan*
3. Signature of Coordinator, Pandu College Women Cell: *Shanti*
4. Signature of Principal, Upperdani High School: *Lakshmi Goswami*

Signature of Teaching Staff & Student Present:

Date: 04-12-2025

SL. NO.	NAME	DESIGNATION	CONTACT NO
1	Jasmin Sultana Ahmed.	Asst. Teacher./ UAs.	8638052887.
2	Jupita Patan.	Asst. Professor.	9864178785
3	Anjali Bara.	Asst. Professor.	8486987055
4	Bandana Das	Asso. Professor	94351 05341
5	Angana Barua	Asso. Prof.	94350 - 48964
6	Naraneeta Baruah	Asso. Prof.	9864014267
7	Biswajita Baruah	Asst Prof	88 22236151
8	Rinki Bhalchandra	Associate Prof	98642/09821
9	Dipanjali Haloi	Asso. Prof	7896276179
10	Charitra Kalu Chai	"	9844893933
11	Pranita Das	Asst. Prof	8486682538
12	Karishma Shravan	Asst. Prof	8638042180
13	Chikhla Jun Gogoi	Asst Prof	8133946769

ATTENDANCE SHEET

Signature of Student Present:

Date:04-12-2025

SL. NO.	NAME	CLASS	CONTACT NO
14	Manilax Deru Barman	Faculty	9957578200
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21			
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23			
24			
25	Chandea Kachari		
26	Dharmi Boro		
27	Dhriteshmita Medhi		
28	Tina Rabha		
29	Tapashi Boro		
30	Lakshita Rabha		
31	Poni Boro		
32	Anamika Boro		
33	Amita Boro		
34	Kangkana Rabha		
35	Priyama Boro		
36	Dakshini Boro		
37	Jeebika Boro		
38	Helen Boro		

ATTENDANCE SHEET

Signature of Student Present:

Date: 04-12-2025

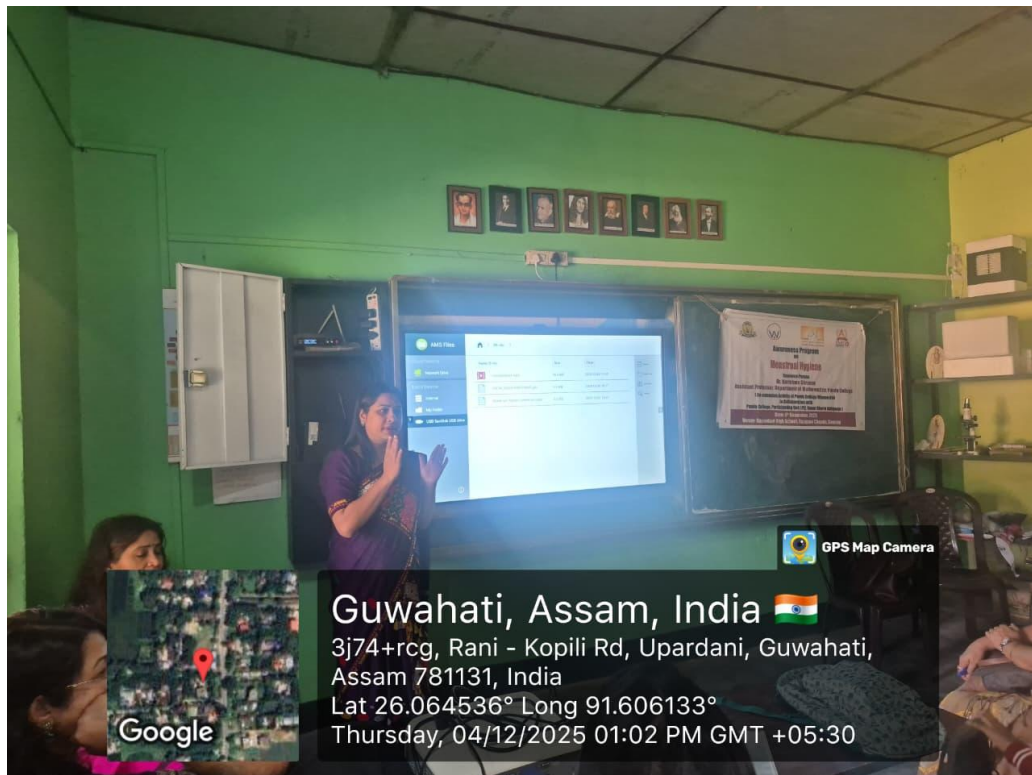
SL. NO.	NAME	CLASS	CONTACT NO
39	Dikhita Boro	IX	
40	Antora Boro	IX	
41	Susandana Boro	VII	
42	Marika Basumatary	VII	
43	Jimmi Chetri	VII	
44	Kangkana Rabha	VII	
45	Kammoni Boro	VII	
46	Krishna Boro	VII	
47	Kammoni Rabha	VI	
48	Jonki Boro	IX	
49	Dulamani Rabha	IX	
50	Mamshi Kachari	IX	
51	Alijiya Jata Rabha	VII	
52	Tinamani Kachari	VII	
53	Parikshita	VI	
54	Hiramani Boro	IX	
55	Hema Sorel Boro	VI	
56	Gitanjali Basumatary	IX	
57	Nupur Kachari	X	
58	Priya Boro	X	
59	Sushmita Murari	X	
60	Monita Boro	X	
61	Priyama Boro	X	
62	Eena Kachari	X	
63	Shruti Kachari	X	

ATTENDANCE SHEET

Date: 04-12-2025

Signature of Student Present:

SL. NO.	NAME	CLASS	CONTACT NO
64	Srijen Boro	IX	
65	Risha Boro	VIII	
66	Prashmita Kachari	VIII	
67	Umanishat Babha	IX	
68	Titikha Boro	IX	
69	Paity Boro	IX	
70	Riya Boro	X	
71	Ansumi Kachari	X	
72	Barnali Babha	X	
73	Anamika Boro	X	
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A Brief Report of the Program

An Awareness Program on “**Menstrual Hygiene**” was organized on **4th December 2025** at **Upperdani High School, Rajapani Chanda, Kamrup (M)** as an **extension activity of Pandu College Women Cell** in collaboration with **Pandu College Participating Unit (PIU)** and **Unnat Bharat Abhiyaan**.

The programme was conducted by **Dr. Karishma Shravan**, Assistant Professor, Department of Mathematics, Pandu College, who served as the Resource Person. She discussed the importance of menstrual hygiene, addressed common myths and misconceptions, and emphasized the need for proper hygienic practices for the physical and mental well-being of adolescent girls.

As part of the awareness initiative, a **documentary on menstrual hygiene** was also screened during the programme. The documentary helped the participants gain a clearer understanding of menstrual health, hygiene practices, and the social stigma associated with menstruation.

The programme was informative and interactive, and the participants responded positively. Overall, the programme was successful in creating awareness and promoting healthy and hygienic practices among the students.