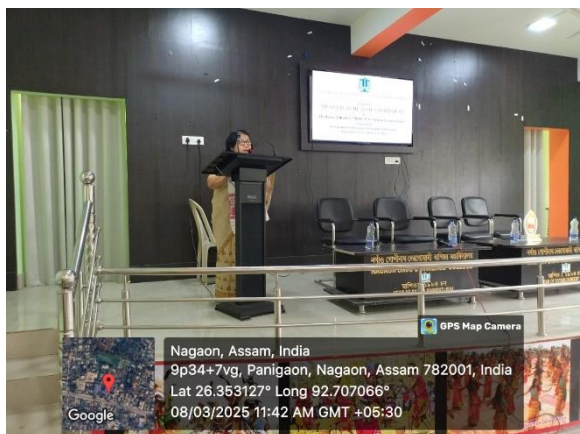


# INTERNATIONAL WOMEN'S DAY CELEBRATION


8<sup>th</sup> March, 2025

Nagaon G.N.D.G. Commerce College

On the occasion of International Women's Day on 8<sup>th</sup> March 2025, the departments of Mathematics & Statistics and English of Nagaon G.N.D.G. Commerce College organized a talk on "**Menstrual Health and Hygiene**" for girls' students of the college. A senior Gynaecologist Dr. Rasna Hiloidari, MBBS, MD was invited as guest speaker to address the students on this topic. The session was inaugurated by the Principal of the college Dr. Mriganka Saikia and he briefly spoke on the history and significance of this particular day celebrating womenhood. Prof. Bijumoni Pathak introduced the speaker to the gathering in a brief note. The speaker Dr. Rasna Hiloidari discussed elaborately the significance of menstruation in the life of a woman and also stressed the necessity of maintaining proper hygiene by all females. Menstruation is a normal physiological process of the female body and it initiates hormonal changes. So, to cope with the associated physical and psychological changes a woman must take good care of her health, hygiene and food habits as well. The session was attended by a large number of girl students and women teachers of the college. A few students also took personal advice from the gynaecologist. It was an useful and fruitful session for everyone present there.



  
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