

**DEPARTMENT OF HUMAN PHYSIOLOGY
HOLY CROSS COLLEGE, AGARTALA**

HCCAGT/HPHY/F6/Outreach/2025/01

Date: 06.01.2025

To

The Principal
Holy Cross College, Agartala


Subject: Seeking approval to conduct an Awareness campaign on Health and Hygiene.

Rev. Father,

With humble regards, I would like to inform you that the Dept. of Human Physiology is going to organize a **Social outreach program cum awareness campaign on Women's Health and Hygiene** on **7th January 2025 (Tuesday) at 1.30 pm in Shipaipara and Jubatara village.** Through this campaign, students will be able to interact with the villagers and will train them how to take care of women's health and maintain hygiene to prevent different diseases.

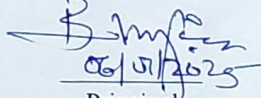
So, I pray and hope that you will grant us permission to do the same.

Yours faithfully-


6/1/2025
HoD, Human Physiology
Holy Cross College, Agartala

HEAD
Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA

Approved by-


06/01/2025
Principal
Holy Cross College, Agartala
PRINCIPAL
HOLY CROSS COLLEGE
AGARTALA

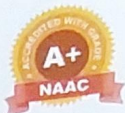
Copy to-

1. Vice Principal & Administrator for information.
2. Academic Coordinator for information.
3. IQAC for record.
4. HoD, All the Departments of HCC.



Department of Human Physiology HOLY CROSS COLLEGE, AGARTALA

Jubatara, Lembucherra P.O., Agartala, West Tripura-799210



Get enough **sleep**, which is usually about 7-8 hours.



Plan your **daily menu**

2

around fruits and vegetables, whole grains and lean protein.

3

Lose weight sensibly with a balanced diet and regular exercise, not fad diets.

4

Take time for personal, intellectual or creative pursuits that you find relaxing.



HEALTHY TOP TEN

Women's Health Wisdom

Get at least 30 minutes of heart-pumping **exercise** most days of the week.

6

Be aware of your personal **habits** that increase your chances for illness and injury.

5

Watch out for depression; if emotions are keeping you down get help.

8

Work with your health care provider to get the **checkups** and **screenings** right for your age and health issues.

7

Increase **self-awareness** about your body to notice changes that might warrant a call to your health care provider.

9

Protect your skin from the sun's harmful rays.


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**Social Outreach Program cum
Awareness campaign on Women's Health and Hygiene**
Date → 7.01.2025

Attendance Record

<u>SL No.</u>	<u>Name</u>	<u>Department</u>	<u>Semester</u>	<u>Signature</u>
1	Sreyshi purkayastha	Human Physiology	1st	Sreyshi purkayastha
2	Subhajit Debbarma	H. phy	1st	subhajit Debbarma.
3	Anisha DebBarma	H. Phy	1st	Anisha DebBarma.
4	Barsha DebBarma	H. Phy	1st	Barsha DebBarma
5	Kaberi Debbarma	H. Phy	1st	Kaberi Debbarma
6	Lily Debbarma	H. phy	1st	Lily Debbarma.
7	Esha Debbarma	H. phy	1st	Esha Debbarma.
8	Ruli Debbarma	H. phy	1st	Ruli Debbarma.
9	Isiri Debbarma	H. Phy	1st	Isiri Debbarma
10	Swikriti Majumder	H. Phy	1st	Swikriti Majumder.
11	Urmila Debbarma	Zoology	1st	Urmila Debbarma
12	Teri Jamatia	zoology	1st	Teri Jamatia
13	Telina Tripuwa	zoology	1st	Telina Tripuwa
14	Punshani Jamalia	zoology	1st	Punshani Jamalia
15	Tipty Debbarma	zoology	1st	Tipty Debbarma.
16	Parijat Goswami	Zoology	1st	Parijat Goswami
17	Apurjita Debnath	H. phy	5th	Apurjita Debnath
18	Anwari Senker	H. phy	5th	Anwari Senker
19	Samar Samarpeeta	H. Phy	5th	Samarpeeta.
20	Sagar Paul	H. phy	5th	Sagar Paul
21	Supratim	H. Phy	5th	Supratim.


09/1/2024

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Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA

**Department of Human Physiology
Holy Cross College, Agartala**

**Report on Social outreach program cum awareness campaign on
Women's Health and Hygiene"**

Date: 7th January 2025

Total Number of participants: 21

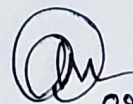
A Community Outreach Programme, cum awareness campaign on Women's Health wisdom and Hygiene at Shipaipara and Jubatara village, Lembucherra, Tripura, was conducted by the Department of Human Physiology, to spread awareness among the villagers, especially among the women on Women's Health and personal hygiene. 10 important points, including proper sleeping schedule, diet plan, regular check-ups, health and skin care, and women's hygiene, were discussed. Leaflets were also distributed that contained the top 10 Points healthy points. The 1st-semester students and some of the 5th-semester students, along with the teachers of the Department of Human Physiology, have visited the houses. 3 groups were made, and each group visited different houses. The students visited different houses and discussed the most important 10 Points about women's health and hygiene and instructed the women in the houses to have proper diets, have regular check-ups, discuss the need for healthy exercises, and be aware of their personal habits. The villagers also cooperated and responded actively with the students. Through this Outreach Programme the Department wanted to spread awareness about the women's health and personal hygiene among the villagers to assure them and help them to maintain a healthy and happy lifestyle.

Prepared by:-

Sreyshi Purkayashta

1st year

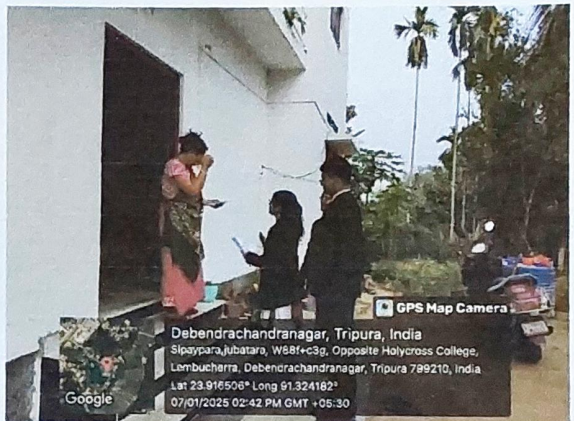
Department of Human Physiology



09/1/2025

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