

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

HCCAGT/HPHY/F6/Outreach/2024/03

Date: 17.12.2024

To
The Principal
Holy Cross College, Agartala

Subject: Seeking approval to conduct community outreach program cum study trip.

Rev. Father,

With humble regards, I would like to inform you that the Dept. of Human Physiology is going to organize a community outreach program cum awareness campaign on **Women's Health and Hygiene** and a **study trip** on **21st December 2024 (Saturday)** for 5th-semester students of the department. We are proposing to visit the Khumulwng village area to distribute some leaflets in connection with **Women's Health and Hygiene**. If approved, I am also requesting to provide the transport facility for approximately 40 members including teachers. For proper distribution of leaflets, to train the villagers about health and hygiene, and to visit the park as a part of the study trip, if the buses start at 8.30 am from Radhanagar, it will be easier to complete the task on time. After completion of the program, we will come back by approximately 4.30 pm.

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

Yours faithfully-

Approved by-


17/12/2024

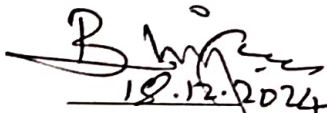
HoD, Human Physiology

Holy Cross College, Agartala

Department of Human Physiology,
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.


18.12.2024

Principal

Holy Cross College, Agartala

PRINCIPAL
HOLY CROSS COLLEGE
AGARTALA



Department of Human Physiology HOLY CROSS COLLEGE, AGARTALA



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

1
Get enough **sleep**, which is usually about 7-8 hours.



2
Plan your daily menu 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

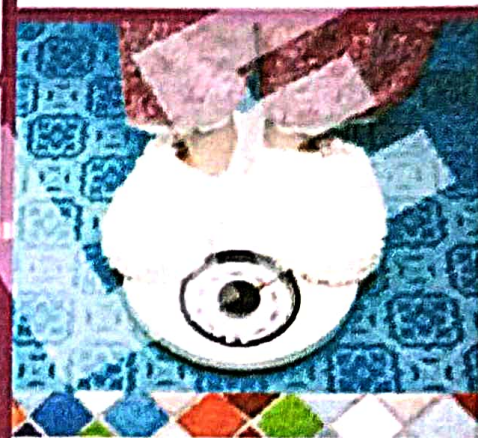
5
Be aware of your personal **habits** that increase your chances for illness and injury.

7
Work with your health care provider to get the **checkups** and **screenings** right for your age and health issues.

8
Watch out for **depression**; if emotions are keeping you down get help.

9
Increase **self-awareness** about your body to notice changes that might warrant a call to your health care provider.

10
Protect your skin from the sun's harmful rays.



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

Community Outreach cum Study Trip, Dated: 21.12.2024

Attendance Record

Sl No.	Name of the Student	Semester	Signature with Date
1	ANWESHA ROY	5 th	Anwesha Roy (21/12/2024)
2	APARAJITA DEBNATH	5 th	Aparajita Debnath (21/12/2024)
3	AHELI DEB	5 th	Aheli Deb (21/12/2024)
4	ANUSRI SARKAR	5 th	Anusri Sarkar (21/12/2024)
5	BARKHA DEBI JAMATIA	5 th	Barkha Debi Jamatia 21/12/24
6	BARNALEE GHOSH	5 th	Barnalee Ghosh (21/12/2024)
7	BIBEK SAHA	5 th	Bibek Saha 21/12/24
8	DEBASMITA DAS	5 th	Debasmita Das. 21/12/24
9	DEBINA DEBNATH	5 th	Debina Debnath 21/12/24
10	HRIDI ROY	5 th	Hridi Roy 21/12/2024
11	JAHNABI JAMATIA	5 th	Jahnabi Jamatia 21/12/2024
12	MARTINA DEBBARMA	5 th	Martina Debbarma 21/12/2024
13	NILANJANA SAHA	5 th	Nilanjana Saha 21/12/2024
14	PIYASI BISWAS	5 th	Piyasi Biswas 17/01/2025
15	PRAYAS DEB	5 th	Prayas Deb 17/01/2025
16	RHYTHM ADHIKARI	5 th	Rhythm Adhikari 21/12/2024
17	SAGAR PAUL	5 th	Sagar Paul 21/12/2024
18	SAGARIKA SAHA	5 th	Sagarika Saha 21/12/2024

19	SAMARPEETA BISWAS	5 th	Samarpeeta Biswas 21/12/2024
20	SATARUPA BAIDYA	5 th	Satarupa Baidya
21	SHANTA DAS	5 th	Shanta Das 21/12/24
22	SHIBAM DATTA	5 th	Shibam Datta (21/12/2024)
23	SNIGDHA PAL	5 th	Snigdha Pal (21/12/24)
24	SUPRATIM DEBNATH	5 th	Supratim Debnath 21/12/2024
25	SOHAL MOG	5 th	Sohal Mog 21/12/2024
26	SOUMYADEEP MODAK	5 th	Soumyadeep Modak 21/12/2024
27	SOUMYADIP PAL	5 th	Soumyadip Pal 21/12/2024
28	TRISHA DEB ROY	5 th	Trisha Debroy

29 Riya Paul

5th

Riya Paul
21/12/2024

30. Tania Sun

5th

Tania Sun (21/12/2024)

31. Tribisoy paul 5th Tribisoy paul (21/12/24)

32. Anpan Das 5th Anpan Das (21/12/24)

33. Mriganka Datta 5th Mriganka Datta (21/12/24)

34. Mukut Majumder 5th Mukut Majumder
(21/12/24)

35. Benijon Debbarma 5th Benijon Debbarma
(21/12/24)

HoD, Human Physiology

Asst. HEAD
21/12/24
Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA

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

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

Date: 21st December, 2024

The total number of students attended: 35 Nos.

The procedure for conducting this awareness cum study trip was distributing some leaflets in connection with women's health and hygiene. The purpose of this survey was to gather insights into women's health and hygiene, awareness, and healthy, safe habits in the village area of Khumulwang, Tripura. On the 21st of December 2024, a community outreach program on women's health and hygiene cum study trip was organized by the Department of Human Physiology of HCC for 5th-semester honors students. All the groups visited the families. The students proceeded with the awareness campaign by dividing themselves into small groups. All the groups visited the families and collected information regarding women's hygiene. The following few things have been discussed with the villagers for their safety as a part of the awareness campaign, like:

Balanced Diet: Include fruits, vegetables, whole grains, lean protein, and healthy fats. Iron, calcium, and vitamin D are essential for women.

Regular Exercise: Aim for at least 30 minutes of moderate activity most days of the week to maintain physical and mental health.

Routine Checkups: Schedule regular health screenings, including mammograms, Pap smears, and bone density tests, as per age and medical history.

Hygiene: Use clean sanitary products (pads, tampons, or menstrual cups) and change them every 4–6 hours to prevent infections.

Pain Management: Manage cramps with heat pads, hydration, and over-the-counter pain relievers.

Tracking Cycles: Use apps or calendars to monitor your cycle and identify irregularities.



09/12/2025

HEAD
Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA

We visited Khumulwng Park as a part of recreation, and we had our lunch inside. The total number of students who participated in this program was 35. This awareness program would not have been possible without the presence of Dr. Susmita Saha, Assistant Professor and HoD, Department of Human Physiology, Dr. Sandeep Roy Sarkar, Assistant Professor, and Dr. Ashish Kumar Singha. Assistant HoD and Assistant Professor Mr. Kanak Chakraborty, Assistant Professor, and Lab Assistant Ujjal Malakar organized this meaningful event where we could learn new things and enjoy the same type. We would like to extend our gratitude to my batchmates who made this event successful.


Aheli Deb
5th Semester Honours
Department of Human Physiology




09/1/2025

HEAD
Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA




09/11/2025

HEAD
Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA