

Health & Sanitation Club

Activities Undertaken

2022

1st June

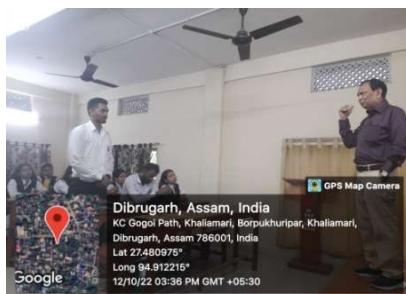
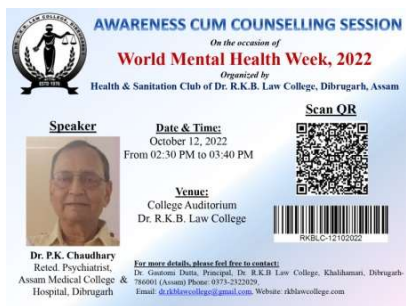
Awareness program on Nurturing Mental Health



The Health and Sanitation Club of Dr. R. K. B. Law College, Dibrugarh, Assam organized an awareness program on "Nurturing Mental Health". The resource person, Ms. Aroonmalini Boruah, Assistant Professor of Applied Psychology, Dibrugarh University enlightened the audience about the importance of mental health and also explained the level and extent of mental illness which needs treatment. People's ignorance is a crucial problem because of which mental illness remains untreated, especially among youngsters. These issues can resort if proper time psychiatrist help can be provided to them. The resource person had an interactive session with the students and also answered their queries. She explained how self-pampering and self-care play a vital role in building up a sound mind and releasing stress. It is high time that we as a society create awareness that like any other medical issue, the mental health issue is also an element that needs attention and care and not mere ignorance and feeling of shame. She said that for the optimal functioning of the human body a bearable amount of stress is important otherwise it will hinder an individual's growth. At the end of the session, the vote of thanks was delivered by Mrs. Manalisa Medhi, Faculty in Charge of Dr. R. K. B. Law College pay our gratitude to her for enlightening us with such a sensitive, yet less known topic, through this awareness program.

12th October

Awareness and Counselling Session



On 12th October 2022 the Health and Sanitation Club of Dr R. K. B. Law College, Dibrugarh organised an "Awareness and Counselling Session" on the occasion of World Mental Health Week. Mrs Manalisa Medhi, Assistant Professor of the college delivered a welcome speech. The resource person, Dr. P.K. Chaudhary, a Retired Psychiatrist at Assam Medical College and Hospital, Dibrugarh enlightened the audience about the importance of mental health.

He explained various psychotic disorders. Delusion is a type of psychotic disorder. He also explained about fear, which is a normal reaction to a threat while fear leads to phobia even when one is not in danger. Phobias can be associated with many different objects or situations, such as a fear of heights, swimming, flying, spider, snakes etc. After that, Dr. Chaudhary interacted with and counselled the students on various topics, e.g., lack of concentration, sleep disorder, the problem of thinking, boredom, negative thoughts, time management etc. At the end of the session, the vote of thanks was delivered by Mrs Manalisa Medhi. She thanked the Resource Person, Faculty members of the college and students who formed a part of the programme and thus help in making the programme successful.

28th October

Cancer Awareness Programme



The Health and Sanitation club of Dr. Rohini Kanta Barua Law College, Indian Red Cross Society, Dibrugarh, and Marwari Yuva Manch Dibrugarh, Pragati Shakha in their joint venture has organized an Awareness. Programme on Breast and Cervical Cancer" on 28th October 2022 at the College at the Auditorium of Dr R.K.B. Law College Dibrugarh.

The programme was started with the Lighting of the lamp. After completion of felicitation to the resource Person Dr. Rina Ahmed, Obstetrician and Gynecologist, welcome speech was delivered by Dr. G. Dutta Bora, Principal, Dr. R.K.B. Law College. Dr. P.K. Chaudhary, chairperson of IRCS, Dibrugarh stated the object of meeting.

After that the resource person Dr. Rina Ahmed in her speech explained the report of the Indian Council Of Medical Research (ICMR) and National Centre for Disease Informatics and Research (NCDIR) that North-East India is the cancer capital of the country with the highest age-adjusted cancer of which esophagus cancer was most prevalent in the region last year, Breast and lung cancer are the next most common types of cancer found in the region. Among females the breast is the leading cancer site [14.5%], followed by cervix uteri 12.2% the report said.

She stated that breast and cervical Cancers are the leading causes of death in India among the female population. To reduce the mortality rate, awareness is of major concern of the current time. The incidence of BREAST AND CERVICAL CANCER IN India is among the top three positions of global statistics. Cities in Northeast India show surprisingly a high number of breast cancers occurring in younger Women, compared with the rest of India. These types of cancer are standing in first and second highest cancers among the female population.

She highlighted that breast and cervical cancers can be cured if detected early. She also illustrated her practical knowledge and experiences that a maximum number of women patient goes for wild medicine due to fear or shyness. She also worried about the alarming situation and shared an incident of a breast cancer of thirteen years teenager (girl). She stated the significance of the Pep Test and the role of the newly established Cancer Unit at AMCH.

Furthermore, she also interacts with the students and general public where she gave the answers of various quires of them. At the end of the programmed vote of thanks was offered by Niharika Srutikar, life member, IRCS, Dibrugarh.

2024

7th January

Free Health Check-up Camp



On January 7, 2024, Health and Sanitation Club of Dr. R.K.B. Law College, in association with Rotaract Club of Dibrugarh & Senior Citizen Forum, Dibrugarh organized a **“Free Health Check-up Camp and Lecturer on Geriatric Health”** from 10 a.m. to 2 p.m. The Health Camp was conducted under the supervision of Dr. Fauzia Sharin Hakim. General Secretary of Senior Citizens Forum, Mr Balin Bordoloi, welcomed everyone and felicitated Dr. Hakim. She delivered a beautiful lecture on diseases that can happen to senior citizens and precautions to be taken. Dr. Bipin Ch. Kakati opened the health Camp and urged everyone to take this treatment. The Free Health Check-up Camp was comprised with investigation and advice from a medical practioner of the following components,,: Sugar, Bone marrow, Blood pressure measurement, Physiotherapy, Pulse rate, oxygen percentage, etc. A team of Doctors from AMCH, and members of various pharmaceutical Companies extended their support for smooth running of the Health Check-up Camp. The Forum has been appreciated for its efforts to hold health camps for the elderly from time to time and provide health check-ups and awareness.

2nd March

Workshop on Soft-Skill Development



The Health and Sanitation Club of Dr. R. K. B. Law College organized a programme on the topic **Seven Habits of Highly Effective People** keeping in view of the personality development of the students. The programme was graced by Mr. Simanta Bordoloi, Management Consultant, Idea 360⁰ Consultancy Services, Dibrugarh, Assam as the Resource Person. The programme started with a welcome speech by Dr. Gautomi Dutta Borah, Principal, Dr. R. K. B. Law College, Dibrugarh followed by a speech by Mrs. Manalisa Medhi, Assistant Professor of Dr. R. K. B. Law College wherein she explained the objectives of the programme.

During the session, Mr. Bordoli explained the seven habits of effectiveness, such as being proactive, beginning with the end in mind, putting first thing first, thinking of winning, first to understand and then to be understood, synergizing and sharpening the saw. He emphasized that these seven (7) Habits are the world's most influential and enduring framework for personal and professional effectiveness. . The principles outlined in the 7 Habits are deeply rooted in the personality development of an individual and is founded on three stages of maturity: Dependence, Independence, and Interdependence. Then he also addressed the essential elements necessary for developing leadership skills such as Responsibility, Initiative, Personal Vision, Time Management, Emotional Intelligence, Relationships, Negotiation, Communication, Valuing Differences, Collaboration, Wellness

The programme concluded with a formal vote of thanks by Mrs. Manalisa Medhi, Assistant Professor, Dr. R. K. B. Law College.

2nd June

Free Eye Check-up Camp



Dibrugarh Senior Citizens Councils and the Health and Sanitation Club of Dr. Rohini Kanta Barua Law College jointly organised a free eye treatment camp at the college premises. The eye treatment camp was conducted under the supervision of two prominent eye specialists of Dibrugarh, Dr. Mamoni Barua and Dr. Bharati Sarma Pujari. The doctors also provided advice and necessary medicines to the participants and people suffering from various eye diseases. In this eye camp, around 45 people checked their eye ailments, stating that such an arrangement would benefit those suffering from eye diseases, but they expressed their inability to go to doctors and hospitals due to lack of funds.