

Women's College, Tinsukia

Metric No: 5.1.2

Reports on Life Skills (Yoga, Physical Fitness, Health and Hygiene)

Observation of Menstrual Hygiene Week

- Organised by** : NSS, NCC & College Health
& Sanitation Club of Women's College, Tinsukia
- Coordinator** : Ms. Sangeeta Gohain Baruah, Assistant Professor,
Department of Mathematics, Women's College, Tinsukia
- Date** : 21 to 26 May, 2019
- Resource Person** : Teachers of Women's College, Tinsukia
- Venue** : Women's College, Tinsukia
- Number of Participants** : 145
- Photograph:**



Yoga Camp

- Organised by** : Department of Commerce, Women's College, Tinsukia
- Coordinator** : Mr. Binit Sharma (Ph. 9864172259), Faculty, Department
Commerce, Women's College, Tinsukia
- Date** : 27/08/2019
- Resource Person** : Mr. Amit Agarwal
- Venue** : College Auditorium, Women's College, Tinsukia
- Resource Person** : Yoga Trainer & Practitioner, Assistant Professor GS Lohia College
- Number of Participants** : 100



Yoga Satra

Organized by	: Department of Philosophy and Sanskrit, Women's College, Tinsukia
Coordinator	: Dr. Dreamsea Das (8811047063), Assistant Professor of Philosophy, Women's College, Tinsukia
Date	: 13/12/2021 –22/12/2021
Resource persons	:(i) Nabanita Das, Worker, Vivekananda Kendra, Tinsukia (ii) Kiran Koiri, Worker, Vivekananda Kendra, Tinsukia
Venue	: Girls' common room, Women's College, Tinsukia
Number of Participants	: 30



Student Oriented Seminar on Depression and Anxiety among College Students

Coordinator	: Dr. Tanusree Sarker (Ph. 9435335891), NSS Coordinator, Women's College, Tinsukia
Date	: 26-08-2022
Resource Person	: Mausomi Borgohain, Counsellor and Psychologist
Venue	: Women's College, Tinsukia
Total participants	: 110 (students of B.A/B.COM. 5 TH Semester)
Organizer	: NSS & IQAC

