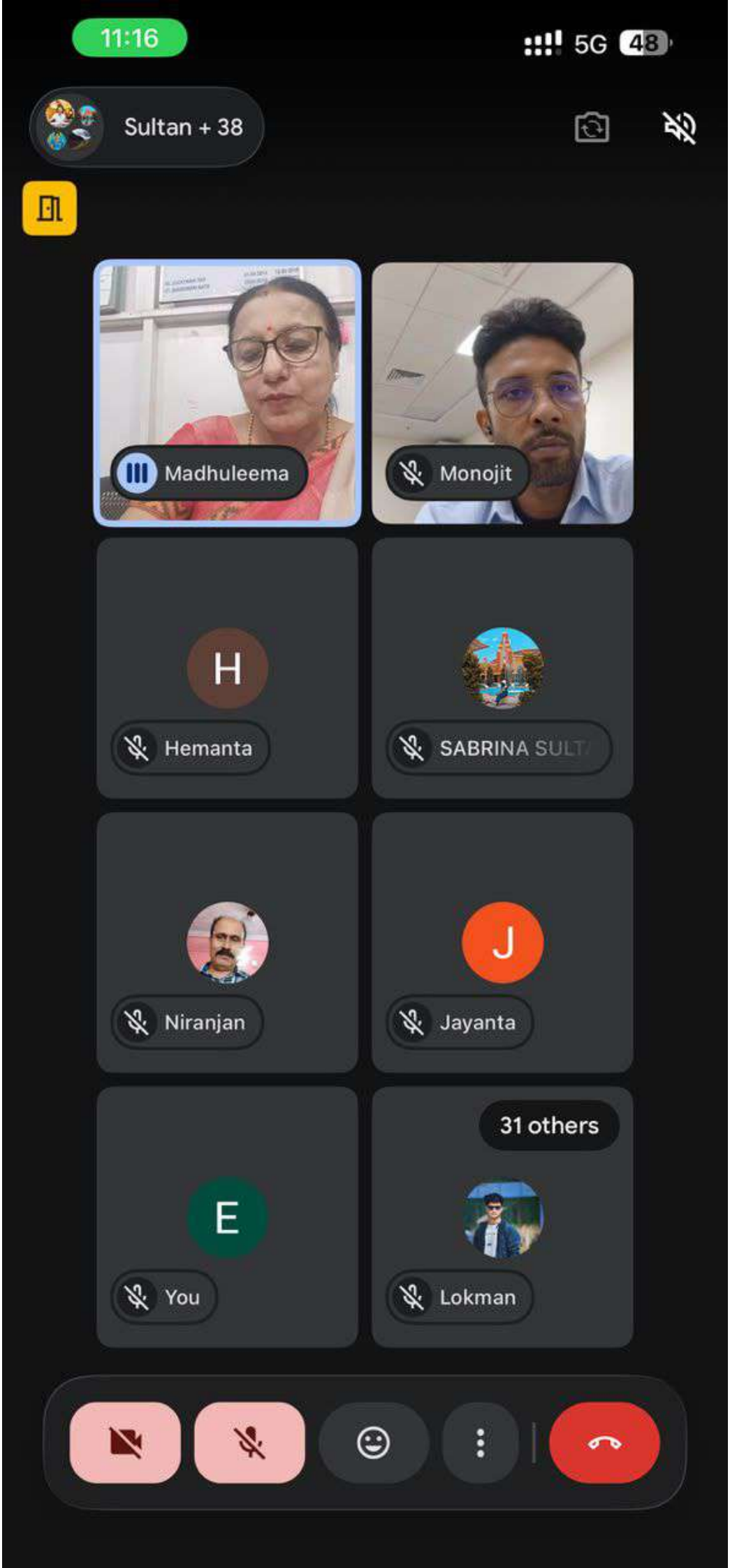
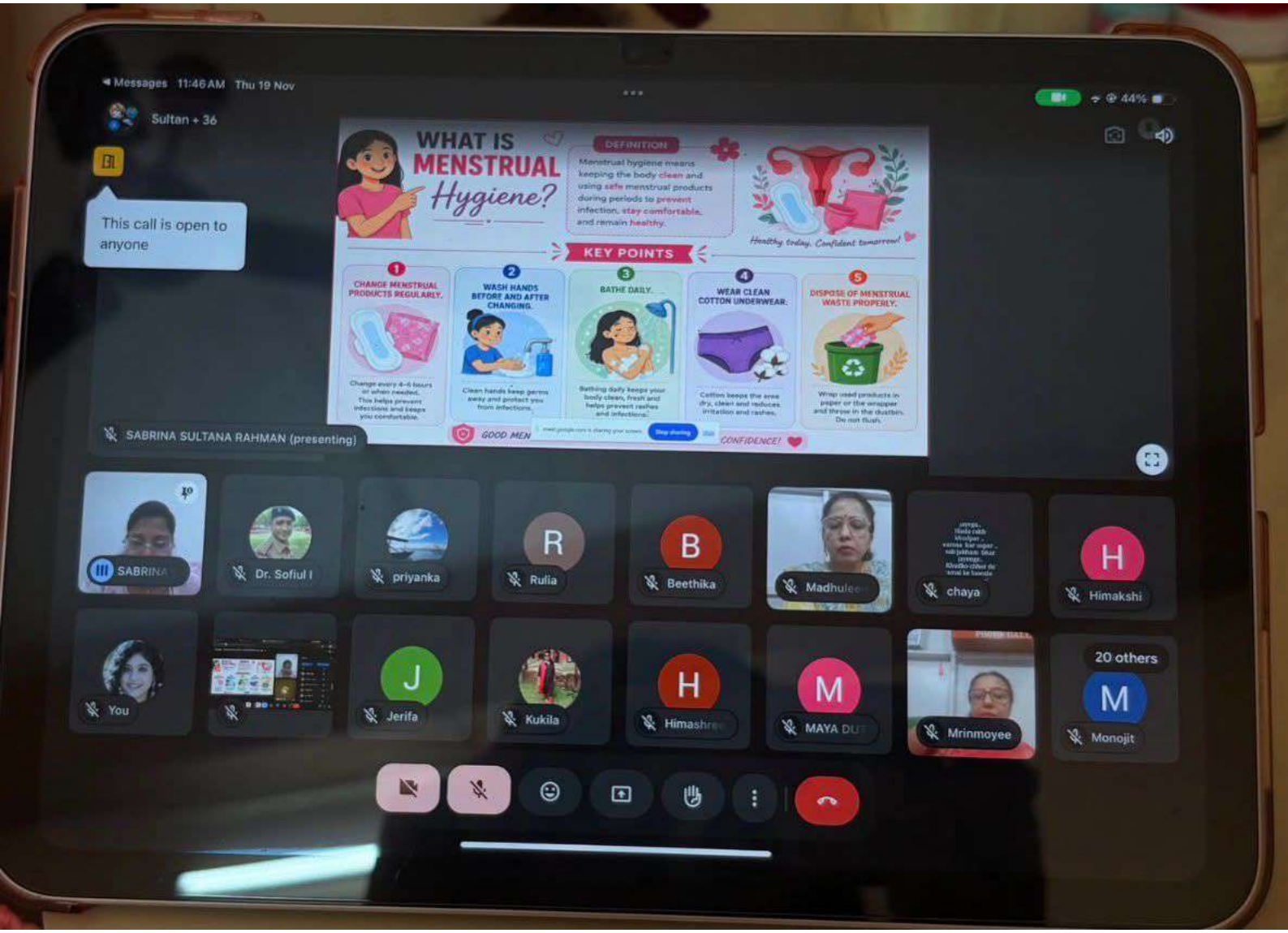

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5G
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Sultan + 38
Madhuleema
Monojit
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Jayanta
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You
31 others
Lokman


PHOTO GALLERY
DEPARTMENTAL LIBRARY
GPS Map Camera
Guwahati, Assam, India
4jqg+jpg, Dharapur, Guwahati, Assam 781017, India
Lat 26.13956° Long 91.627058°
Thursday, 19/11/2026 11:36 AM GMT +05:30
Note : Captured by GPS Map Camera
Google


Messages 11:46 AM Thu 19 Nov
Sultan + 36
This call is open to anyone
WHAT IS MENSTRUAL Hygiene?
DEFINITION
Menstrual hygiene means keeping the body clean and using safe menstrual products during periods to prevent infection, stay comfortable, and remain healthy.
Healthy today, Confident tomorrow!
KEY POINTS
1 CHANGE MENSTRUAL PRODUCTS REGULARLY.
Change every 4–6 hours or when needed. This helps prevent infections and keeps you comfortable.
2 WASH HANDS BEFORE AND AFTER CHANGING.
Clean hands keep germs away and protect you from infections.
3 BATHE DAILY.
Bathing daily keeps your body clean, fresh and helps prevent rashes and infections.
4 WEAR CLEAN COTTON UNDERWEAR.
Cotton keeps the area dry, clean and reduces irritation and rashes.
5 DISPOSE OF MENSTRUAL WASTE PROPERLY.
Wrap used products in paper or the wrapper and throw in the dustbin. Do not flush.
GOOD MEN
CONFIDENCE!
SABRINA SULTANA RAHMAN (presenting)
SABRINA
Dr. Sofiul I
priyanka
Rulia
Beethika
Madhulee
chaya
Himakshi
You
Jerifa
Kukila
Himashree
MAYA DUT
Mrinmoyee
20 others
Monojit

11:16
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People
Information
Chat
IN-CALL
Economics PGM (You)
Sultan Ahmed
Meeting host
Afruja Parbin
Amanicha Borah
Assam Vai
Babita Das
Baniyara Ahmed
Bhaswati Kalita
BIRINA BORO
Biswajit sarmah
chaya Devi
Daimashri Daimary
Dharitri Sarmah
Dr. Sofiul I Khan
You
Madhu
+37

Sultan + 33



Sultan Ahmed (presenting)

Niranjan

Madhuleema

E

You

29 others

J

Jayanta

Observation of
World Sanitation Day

Organised by

Department of Economics and Women Cell of Paschim Guwahati Mahavidyalaya

in collaboration with

AIIMS, Guwahati



Resource Person:

Dr. Monojit Das

Senior Resident

Department of Community & Family Medicine

AIIMS Guwahati



Resource Person:

Dr. Sabrina Sultana Rahman

Health Statistician

Department of Community and Family Medicine, AIIMS Guwahati.

Date: 19.11.2026 | **Digital Mode, Time: 11:00 AM – 12:00 PM.**

Together for a Clean, Healthy and Sustainable Tomorrow