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OFFICE OF THE PRINCIPAL HANDIQUE GIRLS' COLLEGE

GUWAHATI - 781001, ASSAM

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Ref. No.:

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Notice

This is to inform all concerned that the Department of English will conduct a Certificate Course on "Basic Life Skills, Health care and Hygiene Management" from 22nd October, 2025 to 5th November, 2025 for the students of 3rd and 5th semesters.

The course will be conducted by Mrs. Jeba Bakhtian, Bsc (N), RN Msc.(N) from Guwahati Medical College Hospital and the guidance of Dr. Debarati Das, Assistant Professor, Department of English, Handique Girl' College.

All eligible students are encouraged to participate in the course.


Principal
Handique Girls' College
Guwahati-01

**Certificate course on Basic Life Skills, Healthcare and Hygiene Management from 22nd
October to 5th November 2025.**

The Department of English conducted a certificate course on Basic Life Skills, Healthcare and Hygiene Management from 22nd October to 5th November 2025. The course was handled by Ms. Jeba Bakhtian of Gauhati Medical College. The course was designed to equip the girls with essential knowledge, practical abilities, and confidence to take care of their overall wellbeing. This course focused on developing first aid care like CPR, checking of blood pressure, bandaging, and choking at home and outside along with practising hygienic and healthcare practices especially of girls. It also focussed on Emergency Care, Weight Management, Basic Life support and Health Care, Female Hygiene, Ayurvedic Herbs and Spices with health benefits. They were also equipped with practical sessions on basics of physiotherapy and yoga. Awareness was also created for identifying early symptoms of common female health concerns and knowing when to seek medical health. The valedictory session of the certificate course was held on the last day under the guidance of Debarati Das, Coordinator of the Certificate Course. Dr. Ranjit Sharma, Principal along with Vice Principal Dr. Madhurima Hazarika Choudhury and other faculty members and students attended the session with the distribution of certificates.


Principal
Handique Girls' College
Guwahati-781001





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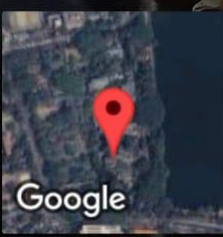
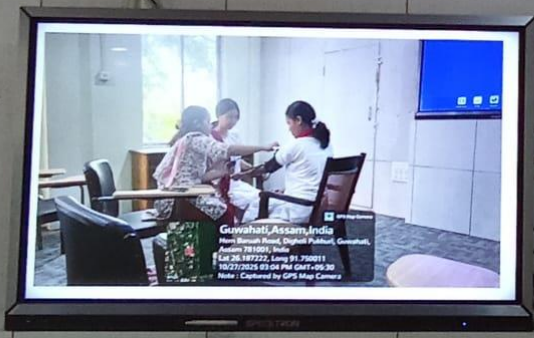
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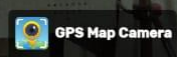


Guwahati, Assam, India 🇮🇳

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AYURVEDIC HERBS AND SPICES WITH HEALTH BENEFITS

