

Health and 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.

2024

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.
