



NEWS BULLETIN

FABULOUS FOUR FOR HEALTHY LIVING: HEALTH TALK, CAMP, AND BLOOD DONATION DRIVE AT GCU



AZARA, August 14: 8th August, 2024 was a day dedicated to creating awareness on healthy living and blood donation through an event jointly organized by Girijananda Chowdhury University (GCU) and Marwari Hospitals, (MH) Guwahati. Three different programmes were planned for the day, viz a Health Talk, Health Camp and Blood Donation. Prof. Jayanta Deka – Hon'ble Chancellor of GCU graced the Health Talk with his presence. Dr. J.P. Sarma, the Director of Medical Services, Marwari Hospitals set the tone for the day with his enthusiastic lecture that kept the audience completely engrossed. He highlighted the importance of living healthy in today's scenario where there is a high possibility of anyone becoming susceptible to contracting major life-threatening illness. Warning signs of cardiac problems, cancer and diabetes were discussed in detail along with the strategies to protect oneself from these ailments. He left the audience with one strong message or mantra - 'The Fabulous Four' that stresses on 'No drinking, no smoking, balanced nutrition and regular physical activity,' which goes a long way in enabling people live a healthy long life and also free from any lifestyle illnesses. It was an engaging and lively session with colourful presentation that had the facts and the key message aptly conveyed to the audience.



Dr. J.P. Sarma, Director of Medical Services, Marwari Hospitals being felicitated by Hon'ble Chancellor Jayanta Deka, and (right) underscoring the importance of a healthy life.



Students listen attentively to Dr. Sarma's mantra of the 'Fabulous Four'.



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Dr. Atul Agarwal, the Director of Lab Services, (MH) shared on the 'Benefits of Blood Donation/Transfusion' and clarified the myths associated with donation. He encouraged everyone to come forward and donate after undergoing preliminary investigation to ascertain their eligibility for donation. The session on Health Talk was facilitated by Prof. Vidhya Sreenivasan, Head, School of Allied Health Sciences, GCU.

A team of about 15 medical personnel from Marwari Hospitals organized the health camp and the blood donation in the Wellness Centre premises along with faculty members and students. Dr. Bidyut Bikash Choudhury, Community Medicine (MH) examined the patients whose Blood Pressure, Random Blood Sugar levels were checked and many of them also were assisted by the physiotherapy department. Members from the neighbouring community visited the camp and got themselves examined.

An overwhelming response was seen as many as 80 of them participated in the camp and nearly 30 volunteers from the student community and faculty members donated blood. Refreshments and certificates were provided to the voluntary blood donors and the patients who had health ailments received free medicines. Departments of Medical and Lab Technology, Physiotherapy from School of Allied Health Sciences and the Departments of Social Work, Sociology and Psychology from the School of Humanities and Social Sciences were involved in organizing the event. This event is just a beginning of future collaboration and networking between the two institutions for a better and healthy living.



Together in Service: nurturing lives with compassion and care.



Prof. Srinivasan addressing the gathering.



Participants listen to the talk with keen attention.



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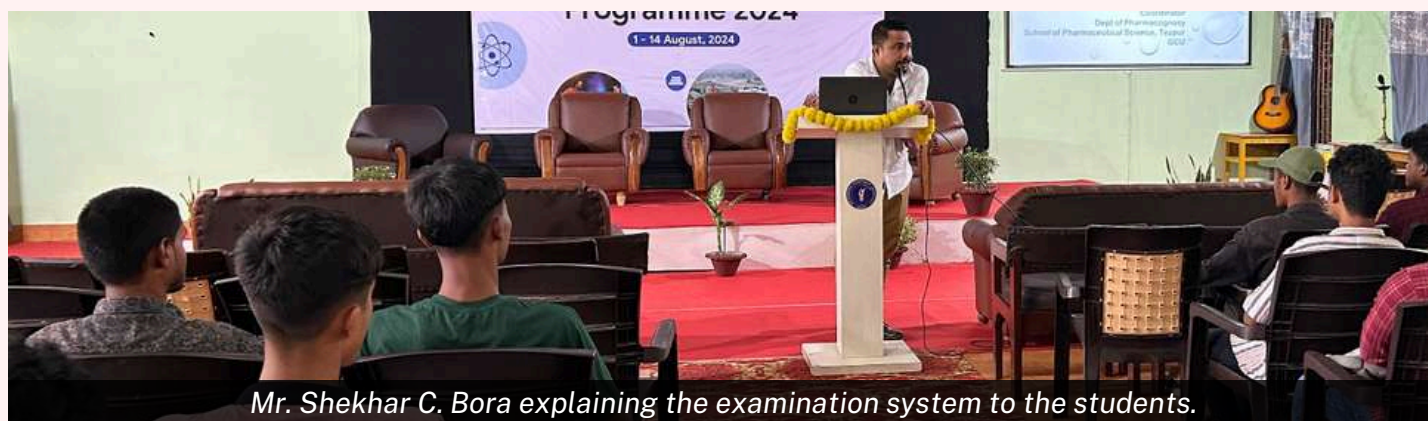
COMPREHENSIVE LEARNING SESSIONS MARK THE PROGRESS OF STUDENT INDUCTION PROGRAM 2024 AT GCU TEZPUR



AZARA, August 14: The Student Induction Program (SIP) 2024 at Girijananda Chowdhury University's Tezpur campus continues to provide the newly admitted students with a thorough introduction to university life, resources, and academic expectations. The 3rd, 4th, and 5th days of the SIP were marked by insightful sessions, interactive discussions, and informative tours designed to acclimate students to their new environment.



Dr. Kasturi Sarmah sharing her entrepreneurial journey.



Mr. Shekhar C. Bora explaining the examination system to the students.



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The third day of SIP 2024 began with a comprehensive session on the examination system at GCU, presented by Mr. Shekhar Chandra Bora, Assistant Professor at GCU Tezpur. Mr. Bora detailed the assessment methods, grading policies, and examination protocols, ensuring that students understand the academic requirements and procedures. Following this, Ms. Punamjyoti Das, Assistant Professor at GCU Tezpur, introduced the students to various club activities available at the university. She emphasized the importance of extracurricular engagement for holistic development and facilitated the enrolment of students into clubs of their choice, allowing them to explore their interests and talents. The fourth day featured an inspiring session with Dr. Kasturi Sarmah, a young entrepreneur and founder of Panchoi Agrotech. Dr. Sarmah shared her entrepreneurial journey, highlighting the challenges and triumphs she experienced while building her company. Her story served as a motivational example of innovation and resilience, encouraging students to pursue their entrepreneurial aspirations. In another session, Dr. Rajat Subhra Dutta, Assistant Professor at GCU Tezpur, provided an introduction to the field of Pharmaceuticals. Dr. Dutta discussed the various scopes and opportunities within the discipline, enlightening students about potential career paths and the importance of pharmaceutical sciences in healthcare. Ms. Mondita Saikia, Assistant Librarian at GCU Tezpur, conducted a session introducing the newcomers to the university's library facilities. She provided an overview of the resources available, including digital and physical collections, and guided students through a tour of the library, demonstrating how to effectively utilize these resources for their academic success.

On the fifth day, Ms. Shahnaz Alom, Assistant Professor at GCU Tezpur, led a session on "Universal Human Values and Ethics." This session focused on instilling moral and ethical values in students, emphasizing the importance of integrity and ethical conduct in both personal and professional life. The day also included a lab visit to the Central Instrumentation Room, conducted by Dr. Hemanga Hazarika, Assistant Professor, and Dr. Asish Bhaumik, Associate Professor at GCU Tezpur. They provided a hands-on introduction to the advanced equipment and technologies available, demonstrating their applications in pharmaceutical research and development. The Student Induction Program 2024 at GCU Tezpur continues to offer a well-rounded introduction to university life, combining academic guidance, practical experiences, and motivational insights to prepare students for a successful and fulfilling journey at the university.



Ms. Mondita Saikia during her introduction to the university's library facilities.



Ms. Shahnaz Alom delivering a session on "Universal Human Values and Ethics."



Dr. Rajat Subhra Dutta providing an introduction to the field of Pharmaceuticals.