

## REPORT ON INTERNATIONAL WOMEN'S DAY CELEBRATION, 2025

**Introduction:** The International Women's Day celebration was organized by **Women Development Cell, Internal Complaint committee, IQAC, Dimoria College (Autonomous), Khetri, Kamrup (M)**, as a week-long event to promote fitness and well-being among women. The initiative aimed to encourage active participation in various physical activities, fostering a sense of health, empowerment, and camaraderie. The activities were designed to cater to different fitness levels, ensuring inclusivity and engagement throughout the week.

### Week long different activities

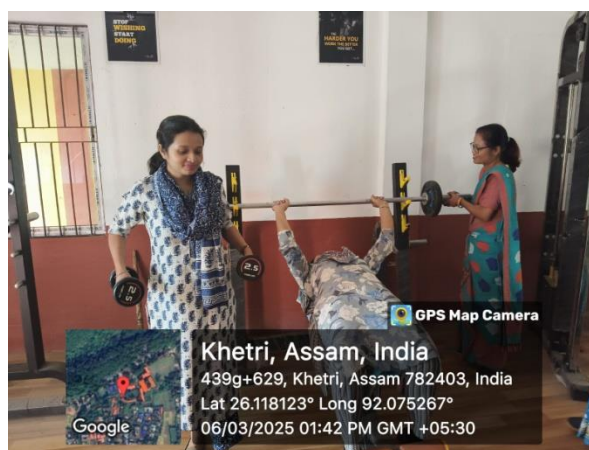
1. **Event 1: Yoga session:** The celebration commenced with a rejuvenating yoga session led by one of our faculty member Mrs. Sewali Kalita of Hindi Department. The session focused on mindfulness, flexibility, and stress relief, helping participants connect with their inner strength.



2. **Event 2: Walkathon:** Students from different departments participated in a walkathon to promote cardiovascular health and physical activity.



3. **Event 3: Lunch-break work out session:** A special lunch break workout session was introduced for faculty members and non teaching staffs to promote workplace fitness. This short yet effective session included stretching, light cardio, and mobility exercises to help reduce stress and improve overall well-being. The initiative aimed to encourage faculty members to incorporate physical activity into their daily routines despite their busy schedules.



4. **Event 4: Fun Run Competition:** A fun run was organized among students to enhance fitness and instill a competitive spirit.



5. **Event 5: Pop the Balloon Challenge:** A unique fitness game was introduced where participants engaged in a fun balloon-popping challenge, which added an element of playfulness to the celebration.



6. **Event 6:** On the final day, a free health check-up camp was organized by Women Development Cell, Internal Complaint committee, IQAC, Dimoria College in association with **Aditya Clinic and Diagnostic Center**, where participants had access to basic health screenings, including blood pressure and sugar monitoring, Lipid profile analysis, ECG and general consultations with healthcare professionals. The resource person of the program was Dr. Kumud Rahang, Resident Medical Officer Dr. Naseeruddin Khan and their paramedical team conducted the entire health check up for faculty members, non-teaching staffs, students and people from near-by village. This initiative aimed to raise awareness about preventive healthcare and encourage regular health check-ups for overall well-being.



**Conclusion** The week-long International Women's Day celebration successfully promoted fitness and well-being among women. The diverse activities not only encouraged physical fitness but also fostered a supportive and motivating environment. The event reinforced the importance of an active lifestyle and community participation, leaving a lasting impact on all participants.

**Local online news link regarding the International Womens's day celebration on 8<sup>th</sup> March, 2025 at Dimoria College:**

<https://www.facebook.com/share/v/1BkGsp5xhH/>