

2022

“Healthy, Wealthy and Wise – Break the bias”

Women’s Cell, Shillong College organized a blended mode interactive session entitled, “Healthy, Wealthy and Wise – Break the bias” on the 8th of March, 2022. The programme aimed at educating students in areas of health and economic independence.

The resource persons for the day were Dr Anastacia C Mawthoh, BNYS, who elaborated on health from the naturopath’s point of view and spoke at length on the topic “Women’s Health and Wellness”; and Smt Mayfereen Ryntathieng who enlightened the audience on entrepreneurial skills.

The objective of the programme is to help students make informed choices and foster capacity building with the hope of a better tomorrow.

