

**REPORT ON ONE DAY AWARENESS PROGRAM BY GENDER CELL
AND IQAC , HIRALAL BHAKAT COLLEGE**

HIRALAL BHAKAT COLLEGE

NALHATI, BIRBHUM

A BRIEF REPORT ON

**ONE DAY COLLEGE LEVEL AWARENESS PROGRAM ON
MENSTRUAL HEALTH AND BODY POSITIVITY**

DATE 9TH APRIL, 2019

TIME: 11.30 AM

VENUE: IRLS' COMMON ROOM

ORGANIZING COMMITTEE:

CHAIRPERSON: DR. GOUTAM SEN

**SR. SUDDHASUTTWA BANERJEE, COORDINATOR OF IQAC,
HIRALAL BHAKAT COLLEGE**

**AMRITA BISWAS, CONVENER , GENDER CELL, HIRALAL
BHAKAT COLLEGE**

INTRODUCTION:

The Gender Cell of Hiralal Bhakat College organized a one day awareness program on 'Menstrual Health and Body Positivity' in collaboration with IQAC , Hiralal Bhakat College on 9.4.19 (Tuesday) in Girls' Common Room of Hiralal Bhakat College. It aimed at raising awareness about menstrual health and body image among female students.

Sessions:

The program focused on these critical topics.

- a. Understanding the need of raising awareness about women's health and body positivity.**
- b. Breaking the taboo around menstruation and making students aware about the need of seeking medical health if needed.**
- c. Inauguration of sanitary napkin vending machine in the Girls' Common Room of Hiralal Bhakat College.**

Details:

The program started with lighting of ceremonial lamp by honourable TIC . In his inaugural address Dr. Goutam Sen, talked about the pervasive taboo around menstruation and the socio-economic repercussions of the stigma faced by women in our country.

Next speaker Dr. Suddhasattwa Banerjee , Coordinator of IQAC, Hiralal Bhakat College talked about the social isolation and restrictions faced by women during their periods , that not only affect their mental and physical health but also limits their opportunities. He also talked about the regressive social customs that tend to judge women on the basis of their physical appearance rather than their intellect.

Amrita Biswas, Convener of the Gender Cell stressed on the need of educating ourselves to foster open dialogues and fight stigma. She also talked about inclusivity regarding the issue of body image among students.

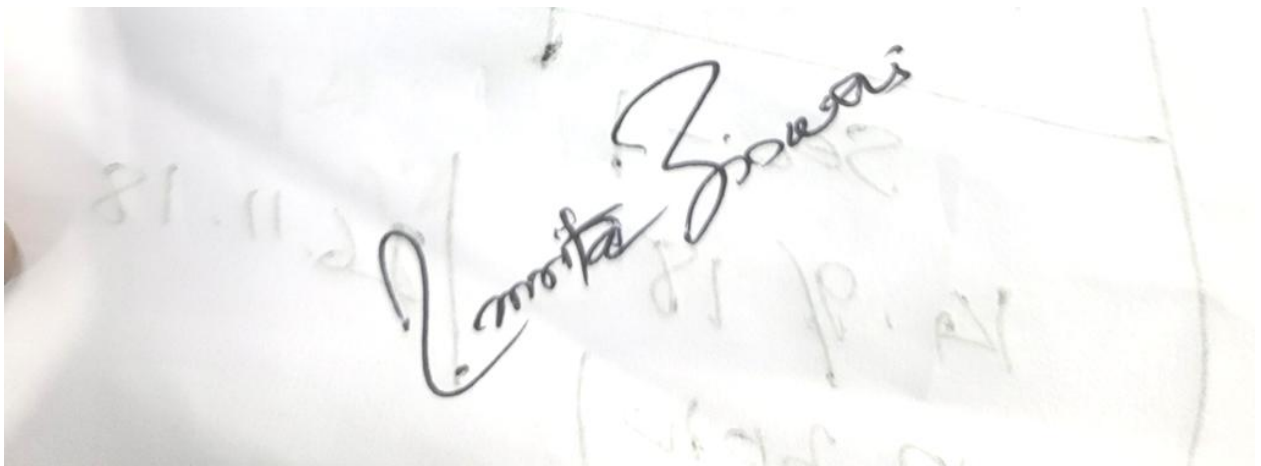
After that Dr. Goutam Sen, Teacher-in-Charge of Hiralal Bhakat College inaugurated the sanitary napkin vending machine in the Girls' Common Room of the college.

The program ended with a vote of thanks by Amrita Biswas, Convener, Hiralal Bhakat College.

PARTICIPATION:

The program was attended by 70 students of whom 50 were girls and 20 were boys. It was also attended by various faculties and member of the Non-Teaching staff of the college.

BUDGET: FIFTEEN THOUSAND RUPEES

A photograph of a handwritten signature in black ink on a white piece of paper. The signature is written in a cursive style and reads "Ananta Jaiswal". To the left of the signature, the date "81.11.20" is partially visible. The paper appears to be a document or a receipt.A photograph of a handwritten signature in black ink on a white piece of paper. The signature is written in a cursive style and reads "Gaurav S.". The paper appears to be a document or a receipt.

CONVENER, GENDE

R CELL

Teacher-in-Charge
Hiralal Bhakat College
Nalhati, Birbhum



