



SUNDARBAN HAZI DESARAT COLLEGE

ESTD - 1961 NAAC ACCREDITED

Affiliated to University of Calcutta :: RUSA 2.0 Funded

Ref No. : SHDC/18Ac(10)/141A/22-22

Date : 14/03/22

NOTICE

This is for information for all the students of the college that Internal Quality Assurance Cell (IQAC) of Sundarban Hazi Desarat College is going to organize A One-Day Life Skill Workshop On "Menstrual Health during Puberty and After - Prānadharaṇā" on Seminar Hall on 20.03.2022 from 1:00 PM

All students are requested to participate for this programme.

Tanu Mandal

Principal
Sundarban Hazi Desarat College
Pathankhali, South 24 Parganas

[Signature]
Co-ordinator
IQAC
Sundarban Hazi Desarat College
Pathankhali, 24 Pgs. (S), 743611

VILLAGE & P.O. - PATHANKHALI
P.S. - GOSABA
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Web. - www.hazidesaratcollege.ac.in



**A One Day Life Skill Workshop on
“Menstrual Health During Puberty and After - Prānadharakā**

Organized by

IQAC of Sundarban Hazi Desarat College

Pathankhali, Gosaba, South 24 parganas

Venue

Seminar Hall 1 of Sundarban Hazi Desarat College

Date: 20th March 2022

Time: 12.30 PM

A One Day Life Skill Workshop on
“Menstrual Health During Puberty and After - Prānadharakā

PROGRAMME SCHEDULE

Welcome Address	DR. TARUN MANDAL Principal Sundarban Hazi Desarat College	12:30-1:15 PM
Inauguration Speech	DR. UTTAM KUMAR GURU Co-Ordinator, IQAC Sundarban Hazi Desarat College	1:15-1:30 PM
Keynote Speaker	Ms. MAHASWETA MRIDHA Community Health Officer	1:30 - 3:00 PM
	Tea and Refreshment	3.00-3.15 PM
Question & Answer Session	Question, Answer/Suggestion from the Participants	3:15-3:45 PM
Vote of Thanks	MR. SNEHASIS MANNA Department of physical education Sundarban Hazi Desarat College	3:45-4:00 PM



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“Menstrual Health During Puberty and After - Prānadharakā**

Organized by IQAC of Sundarban Hazi Desarat College

Venue: Sundarban Hazi Desarat College, South 24 pgs, Seminar Hall

Date: 20/03/2022



Ms. Mridha is delivering her talk

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Students are listening speaker deliberation

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During the event

Report:

On March 20, 2022, Sundarban Hazi Desarat College hosted a one-day life skill workshop focused on menstrual health exclusively for female students of the hostel. Ms. Mahasweta Mridha has delivered valuable speech for young women on managing menstrual health during puberty and beyond. The session covered comprehensive topics including understanding menstruation, hygiene practices, emotional and physical well-being, and open discussions on personal experiences and concerns. Participants engaged actively, gaining valuable insights and practical knowledge essential for maintaining hygiene and well-being during menstruation. The workshop concluded with positive feedback from students, highlighting increased confidence and readiness to handle menstrual health issues effectively.

As the resource person is a C.H.O and only in Sunday she is available, that is why the program has been conducted on Sunday.

Number of Students Participated: 81

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A One-Day Life Skill Workshop On Menstrual Health during Puberty and After

"Prānadharaṁkā"

Organised by Internal Quality Assurance Cell

Participants List:

Date : 20.03.22

SL NO	NAME	REG. NO	PHONE NUMBER	SIGNATURE
1	SAYANI NATH	522-1211-0273-19	9564357322	Sayani Nath
2	NAJMA SEKH	522-1211-0430-19	8535987234	Najma Sekh
3	PUJA MONDAL	522-1212-0438-20	7830251607	Puja Mondal
4	AMINA MISTRY	522-1211-0670-20	629548978	Amina Mistry
5	MAITYATRI MONDAL	522-1211-0593-20	9735195434	Maitryatri Mondal
6	PRIYA NASKAR	522-1212-0405-21	7005419677	Priya Naskar
7	RITU PRAMANIK	522-1211-0382-19	7600022353	Ritu Pramanik
8	TRISHA MISTRY	522-1212-0200-19	764116978	Trisha Mistry
9	SELIMA SARDAR	522-1211-0575-21	8101228809	Selima Sardar
10	JAHANARA MOLLA	522-1211-0665-20	9237385883	Jahanara Molla
11	MAITREI JANA	522-1211-0521-20	9134461556	Maitrei Jana
12	POMPA MANNA	522-1211-0515-21	6296391332	Pompa Manna
13	JAYA MONDAL	522-1212-0405-21	8637538573	Jaya Mandal
14	ANJALI SARDAR	522-1211-0565-21	8617431425	Anjali Sardar
15	SARJINA SARDAR	522-1211-0569-20	9609192835	Sarjina Sardar
16	BEAUTY MONDAL	522-1212-0222-21	9732265711	Beauty Mondal
17	LIPIKA MONDAL	522-1212-0385-20	8609072436	Lipika Mondal
18	SANGITA MALIK	522-1211-0616-21	7477840927	Sangita Malik
19	LABANI SARDAR	522-1213-0266-21	9509235442	Labani Sardar
20	PUJA MONDAL	522-1212-0288-21	8616800276	Puja Mondal
21	LIPIKA MONDAL	522-1212-0065-20	8850402789	Lipika Mondal
22	JAYASREE MONDAL	522-1212-0239-21	6236757056	Jayasree Mondal
23	MANDIRA MAHANTA	522-1212-0129-20	7602375043	Mandira Mahanta
24	SAPTAMI SARDAR	522-1213-0275-20	8617416231	Saptami Sardar
25	NARGIS MONDAL	522-1211-0626-20	9836341389	Nargis Mondal
26	CHAMPA MONDAL	522-1212-0730-21	7387966217	Champa Mondal
27	SARMA MONDAL	522-1211-0509-20	8537183019	Sarma Mondal
28	KOYEL SAMANTA	522-1211-0563-21	6295383613	Koyel Samanta
29	BARNALI GHOSH	522-1214-0803-21	7854934953	Barnali Ghosh
30	ANKHI MISTRY	522-1212-0548-20	843695283	Ankhi Mistry
31	RUMPA BAHADUR	522-1212-0547-20	9609136653	Rumpa Bahadur
32	LABANI BHOWMIK	522-1211-0373-21	9218050305	Labani Bhowmik
33	JAYANTI MONDAL	522-1212-0395-19	8101224434	Jayanti Mondal
34	SREYASAI MONDAL	522-1212-0434-21	8582053561	Sreyasai Mondal
35	INDRANI MANDAL	522-1212-0510-20	8116323458	Indrani Mandal

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"Prānadharaḱā"

Organised by Internal Quality Assurance Cell

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SL NO	NAME	REG. NO	PHONE NUMBER	SIGNATURE
36	JAYANTI MONDAL	522-1212-0232-21	8927682523	Jayanti Mondal
37	LABANI PAIK	522-1212-0428-19	6207725880	Labani Paik
38	PAYAL BISWAS	522-1211-0006-21	6204681832	Payal Biswas
39	SHILA BISWAS	522-1212-0013-19	7063203823	Shila Biswas
40	JAYA GHOSH	522-1211-0013-19	6205007792	Jaya Ghosh
41	ROJINA SARDAR	522-1211-0108-19	8943817525	Rojina Sardar
42	ANJANA DAS	522-1212-0157-19	9609074313	Anjana Das
43	AYANTIKA MONDAL	522-1212-0102-20	933030118	Ayantiika Mondal
44	JASMINA MONDAL	522-1212-0102-20	9332906223	Jasmina Mondal
45	RIYA MANNA	522-1214-0053-21	738492020	Riya Manna
46	SUSMITA DAS	522-1212-0007-20	6207105437	Susmita Das
47	MADHUMITA MANNA	522-1211-0273-21	816066513	Madhumita Manna
48	SHRABANTI MRIDHA	522-1212-0003-19	8101707852	Shrabanti Mridha
49	TRISHA SAMANTHA	522-1214-0043-19	7071307036	Trisha Samanta
50	SUMANA SARKAR	522-1212-0357-19	897084507	Sumana Sarkar
51	KARNIKA MALI	522-1211-0470-21	8670273290	Karnika Mali
52	ARPITA MALI	522-1212-0751-21	933026396	Arpita Mali
53	PRIYANKA MRIDHA	522-1211-0468-20	9670542612	Priyanka Mridha
54	SUPARNA MONDAL	522-1211-0437-21	6205601950	Suparna Mondal
55	UMA MONDAL	522-1212-0454-20	6205880584	Uma Mondal
56	SAHANARA TARAFDAR	522-1211-0638-21	9773749900	Sahanara Tarafdar
57	MADHABI MONDAL	522-1212-0065-21	9832604844	Madhabi Mondal
58	LIPKA MONDAL	522-1212-0490-21	8600205350	Lipika Mondal
59	PUERNIMA PAR	522-1211-0345-19	6201444166	Puernima Par
60	MOUSUMI RAY	522-1212-0429-19	7707380615	Mousumi Ray
61	NANDITA MONDAL	522-1212-0348-21	8348053905	Nandita Mondal
62	LAXMI BISWAS	522-1211-0347-19	974964312	Laxmi Biswas
63	PRIYANKA BISWAS	522-1212-0352-19	7029078010	Priyanka Biswas
64	RUPALI MONDAL	522-1212-0420-19	6204910307	Rupali Mondal
65	ANKITA GHOSH	522-1211-0637-21	9734843786	Ankita Ghosh
66	MUNMUN BAIRAGI	522-1212-0444-19	7063558095	Munmun Bairagi
67	PUJA DAS	522-1211-0465-21	9064636125	Puja Das
68	ARPITA DAS	522-1212-0445-20	9641154946	Arpita Das
69	PALLABI DAS	522-1214-0434-20	7797741075	Pallabi Das
70	MANISHA BISWAS	522-1212-0566-20	8513508185	Manisha Biswas

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71	ATISH SARDAR	522-1113-0590-21	6207224171	Alish Sardar
72	MOUMITA MANDAL	522-1212-0502-20	9743897978	Moumita Mandal
73	ARPITA ROY	522-1211-0557-20	853604350	Arpita Roy
74	MAMONI GAYEN	522-1212-0356-20	9091617890	Mamoni Gayan
75	NABANITA CHAKRABARTY	522-1211-0627-19	7031609569	Nabanita Chakraborty
76	RADHA MONDAL	522-1212-0299-21	7001145112	Radha Mondal
77	RAKHI MONDAL	522-1212-0223-20	6370728368	Rakhi Mondal
78	RUMPA SINGH	522-1213-0052-21	7063503868	Rumpa Singh
79	MITALI ROY	522-1212-0369-19	9733209274	Mitali Roy
80	SANCHITA PRODHAN	522-1214-0720-21	8348123476	Sanchita pradhan
81	NILIMA PRADHAN	522-1211-0522-20	9893840555	Nelima Pradhan
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