



GOVERNMENT OF WEST BENGAL

Office of the Principal

SHAHID MATANGINI HAZRA GOVT. GENERAL DEGREE COLLEGE FOR WOMEN

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Report of the event: Seminar on Adolescent Girls' Health Awareness

Shahid Matangini Hazra Government General Degree College for Women in Purba Medinipur organized a two-day event on March 13-14, 2023, focusing on Adolescent Girls' Health Awareness and Sensitization. The program began with an introduction by Principal Dr. Bijoy Krishna Roy, followed by a health awareness talk and a Q&A session. Prof. Souti Basu discussed the psychological changes and shortcomings in adolescent girls. She gave emphasis on the ways to tackle the problems. Prof. Enakshi Das gave an overall knowledge of adolescence. Prof. Aditi Jana talked about the issues of cybercrimes, cyber security related to the adolescent girls of the age between 13-19. She also emphasized on the physical and emotional health of the adolescent girls. Prof. Piku Dasgupta of the Political science department delivered her lecture in a captivating way. The session was an interactive one. On the second day, participants visited Ganapatnagar Village to raise health awareness among the local community, gathered feedback from students, and concluded with a vote of thanks. The event was coordinated by the IQAC Coordinator, Principal, and NSS Coordinator of the college

The two day event significantly enhanced the students' life skills related to adolescent health and hygiene. Through interactive sessions and community engagement, the students learned about essential topics such as menstrual hygiene management, nutritional needs, mental health awareness, and the importance of regular health check-ups. These activities empowered the girls with practical knowledge and skills to manage their health better, promote hygiene practices, and support their peers in the community, fostering a sense of responsibility and leadership.

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