



# JIBANTALA ROKEYA MAHAVIDYALAYA

Affiliated to University of Calcutta | ESTD.: 2007

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Ref. No. ....

Date: .....

## NOTICE

### WOMEN'S CELL

### JIBANTALA ROKEYA MAHAVIDYALAYA

Date: 06.05. 2022

**Subject: Outreach Programme on 'HEALTH AND HYGIENE FOR WOMEN'**

This is to notify that the Women's Cell of Jibantala Rokeya Mahavidyalaya will organize an Outreach Programme on 'Health and Hygiene for Women' on 18. 05.2022. Venue: Miyarheri, J.S Bad, Jibantala, Canning -II, South 24 Parganas

Co-Ordinator of the Outreach Programme are Sukanya Pal, Convener, Women's Cell and Dr. Shamima Sultana, Department of English. Interested teachers and students are hereby requested to actively participate in this Outreach programme.

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Convener, Women's Cell  
Jibantala Rokeya Mahavidyalaya

*Dr. Ramkrishna Mondal*

Dr. Ramkrishna Mondal  
Teacher-in-Charge  
Jibantala Rokeya Mahavidyalaya

**Teacher-in-Charge**  
Jibantala Rokeya Mahavidyalaya  
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Report compiled by Narayan Samanta, HOD, Department of Political Science, Jibantala Rokeya Mahavidyalaya.

Convener, Women's Cell  
Jibantala Rokeya Mahavidyalaya

*Dr. Anup Maji*

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## Conclusion:

The outreach programme was a significant step towards enhancing the health and hygiene awareness among the women of Jibantala and adjoining areas. The active participation and enthusiasm of the attendees demonstrated the success of the event. The Women's Cell of Jibantala Rokeya Mahavidyalaya remains committed to continuing such initiatives to support and educate the community. The success of this programme would not have been possible without the dedicated efforts of the Teaching and Non-Teaching Staff of our Mahavidyalaya. Special thanks to the volunteers and local participant who contributed their time to make this event a success.



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5. Healthy women can participate more fully in the workforce, contributing to economic growth. Poor health and hygiene can lead to missed workdays, reduced productivity, and higher healthcare costs.
6. For young girls, understanding and managing their health and hygiene, especially during menstruation, is crucial for their education. Girls who lack access to proper menstrual hygiene management may miss school, affecting their educational attainment and future opportunities.
7. Women's health and hygiene have a direct impact on public health. By maintaining good hygiene, women can prevent the spread of infectious diseases, benefiting the wider community.
8. Educating women about their health and hygiene empowers them to take control of their bodies and make informed health decisions. This empowerment is essential for achieving gender equality and improving the overall quality of life for women.
9. Early education and practice of good health and hygiene set the foundation for long-term health. Women who prioritize their health from a young age are more likely to maintain healthy habits throughout their lives, reducing the risk of chronic diseases. Overall, prioritizing women's health and hygiene is fundamental for building healthier, more equitable, and prosperous societies. It ensures that women can lead fulfilling lives, free from the burden of preventable health issues.

The programme began with a warm welcome by Shamima Sultana, who emphasized the importance of health and hygiene in preventing diseases. She highlighted the role of educational institutions in fostering community health awareness. She provided valuable insights and practical tips on health and hygiene. Topics covered included personal hygiene, menstrual health, and nutrition. An open forum was held at the end of the sessions, allowing the participants to share their thoughts and feedback. This interaction helped in understanding the specific needs and concerns of the women in the community.

### **Outcome:**

30-40 Village women willingly participated the outreach programme. The programme significantly increased awareness among the local women about the importance of health and hygiene. Participants gained valuable knowledge about personal hygiene, menstrual health, and preventive health practices. The programme laid the foundation for long-term health improvements. By instilling good hygiene habits, the community is likely to see sustained health benefits, leading to improved quality of life and reduced healthcare costs. Strengthened Institutional Role: The success of the programme reinforced the role of Jibantala Rokeya Mahavidyalaya as a key player in community development and public health education. It highlighted the institution's commitment to serving and uplifting the local community. Overall, the outreach programme on women's health and hygiene had a profound and positive impact on the community of Miyargheri, contributing to improved health outcomes, enhanced education, and greater empowerment of women.



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# Event Report

**Outreach Programme- "Health and Hygiene for Women"**  
**Organized by Womens Cell, Jibantala Rokeya Mahavidyalaya.**  
**Date: 18. 05.2022.**

**Name of Event:** Community Outreach Programme,

**Subject:** Women's Health and Hygiene

**Organized by** Women's Cell, Jibantala Rokeya Mahavidyalaya

**Event Date:** 18/05/2022

**Venue:** Miyargheri, J.S. Bad, Jibantala, Canning-2, South 24 Parganas.

**Event Co-Ordinator:** Shamima Sultana, IQAC, Co-Ordinator & Assistant Professor, dept. of English. Somnath Mondal, Department of History, Rabin Kumar Adhikary, Department of Sanskrit.

On the 18th of May, 2022, the Women's Cell of Jibantala Rokeya Mahavidyalaya successfully organized an outreach programme in Miyargheri, Canning 2, focusing on health and hygiene issues among local communities. The event, coordinated by Shamima Sultana, IQAC, Co-Ordinator and Assistant Professor, Department of English.

## **Aims & Objective**

Women's health and hygiene are critical aspects of well-being and have far-reaching implications for individuals, families, and communities. Here are several reasons why they are important in today's life.

1. Good hygiene practices can prevent infections and diseases, such as urinary tract infections (UTIs), reproductive tract infections, and sexually transmitted infections (STIs). Regular hygiene practices reduce the risk of these conditions, promoting overall health.
2. Proper hygiene is crucial for maintaining reproductive health. This includes menstrual hygiene management, which helps prevent infections and other health issues related to menstruation. Educating women about reproductive health ensures they can manage their health effectively.
3. Good health and hygiene are essential during pregnancy and childbirth. Proper hygiene practices can prevent complications, infections, and diseases that could affect both the mother and the baby.
4. Maintaining good hygiene contributes to self-esteem and confidence. Women who practice good hygiene are likely to feel better about them, which positively impacts their mental and emotional health.



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