



**Report of the Special Awareness Campaign/  
Special Invited Lecture  
Dated: 07/02/2020(Friday)**

**Women's Cell in Collaboration with IQAC, Jibantala Rokeya Mahavidyalaya jointly arranged for an awareness programme on "The Interdependence of Nutrition Health, and Hygiene: A Discussion" as one of the most pressing and important issues of the present time.**

**Topic:** The Interdependence of Nutrition Health, and Hygiene: A Discussion

**Nature of Programme:** Special Awareness Campaign.

**Date:** 07/02/2020(Friday)

**Venue:** Seminar Room, Jibantala Rokeya Mahavidyalaya

**Resource Person:** Smt. Pallabi Palui, CDPO, Canning –II Block, South 24 Parganas. And Mr. Akbar Ali Molla, Secretary, Baghmari Mother and Child Mission, Canning, South 24 PGS.



**Objective:**

Nearly 60% of the students of Jibantala Rokeya Mahavidyalaya are girl students who come from rural suburban areas of Canning-II Development Block, South 24 Parganas District. Most of them are belong to the Minority and Adivasi Community. As such, it has been observed that their awareness regarding basic issues of Nutrition health and hygiene are often plagued by lack of scientific knowledge and clouded by taboo and superstition. These social evils often result in having a disastrous effect on the health of the girls and the women in society. In an attempt to redress this lack and raise awareness among its girl students with the hope of it trickling down to

*P. Palui*  
Teacher-in-Charge  
Jibantala Rokeya Mahavidyalaya  
P.O.-Mallickati, 24-Pgs (S)

1

*Anup Maji*  
30/7/24  
Dr. Anup Maji  
Principal  
Jibantala Rokeya Mahavidyalaya  
P.O. Mallickati, 24 Pgs. (S)



society at large. The objective of educating the community on vital health issues, emphasizing the role of proper nutrition, personal hygiene, and education in maintaining a healthy lifestyle.

The campaign featured two distinguished speakers: Smt. Pallbi Palui, the Child Development Project Officer (CDPO) and Mr. Akbar Ali Molla, Secretary of Baghmari Mother and Child Mission (NGO). Their insightful lectures covered a range of topics essential for the well-being of the community. Key Highlights of the Lectures: Importance of Balanced Diet: The CDPO underscored the significance of a balanced diet in daily life. They explained how consuming a variety of foods, including fruits, vegetables, grains, and proteins, is crucial for maintaining good health. The emphasis was on understanding the nutritional value of different foods and incorporating them into daily meals. Menstrual Hygiene for Adolescent Girls: The Secretary of the NGO delivered an enlightening session on menstrual hygiene management. They discussed the importance of educating young girls about menstruation, proper hygiene practices, and the use of sanitary products. This session aimed to break the stigma surrounding menstruation and empower girls with the knowledge to manage their health effectively. Education and Its Impact on Health: Both speakers highlighted the critical role of education in promoting health and hygiene. They stressed that educated individuals are more likely to make informed decisions about their health, understand the importance of hygiene, and adopt healthier lifestyles. The speakers advocated for increased educational opportunities, especially for girls, to ensure a healthier future generation.

### **Interactive Sessions:**

Following the lectures, an interactive session was conducted where attendees could ask questions and share their experiences. This segment allowed for a deeper understanding of the topics discussed and provided practical solutions to common health and hygiene issues faced by the community.

### **Participants:**

75 participants attended this Special Awareness Campaign from different departments most of them were girls student. 2 Non-teaching Staffs and 10 faculty members of various departments also attended this Special Awareness Campaign.

### **Conclusion:**

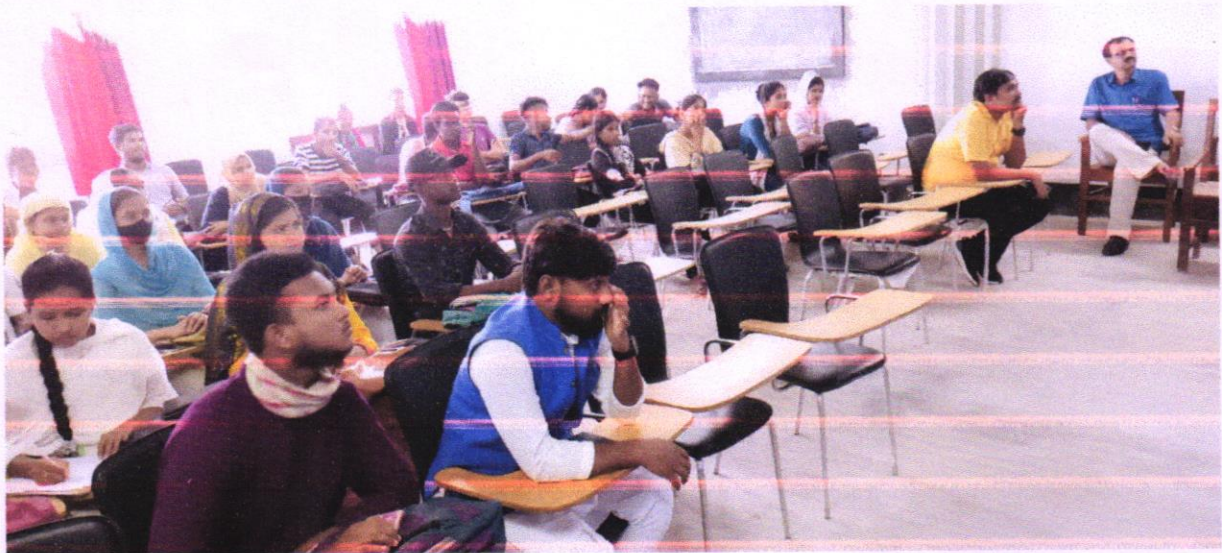
The awareness campaign was a resounding success, with a significant turnout from the community. The information shared by the CDPO and the NGO Representative was well-received and appreciated by the attendees. The campaign not only educated the community on crucial health issues but also inspired them to take proactive steps towards maintaining better health and hygiene. This event marked a positive step towards a healthier, more informed

*Dr. Anup Maji*  
Teacher-in-Charge  
Jibanta Rokeya Mahavidyalaya  
P.O. Mallickati, 24-Pgs (S)

*Dr. Anup Maji*  
30/7/24  
Principal  
Jibanta Rokeya Mahavidyalaya  
Mallickati, 24 Pgs. (S)

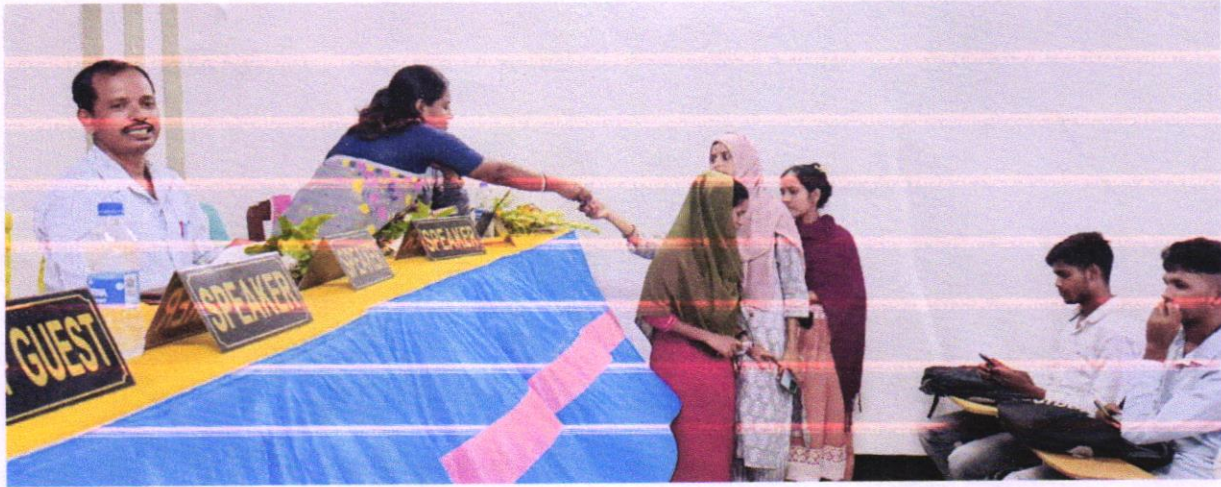


community, highlighting the importance of continuous education and awareness in achieving overall well-being.



*R. P. P.*  
Teacher-in-Charge  
Jibantala Rokeya Mahavidyalaya  
P. O.-Mallickati, 24-Pgs. (S)

*Anup Maji*  
30/3/24  
Dr. Anup Maji  
Principal  
Jibantala Rokeya Mahavidyalaya  
Mallickati, 24 Pgs. (S)



# JIBANTALA ROKEYA MAHAVIDYALAYA

Jibantala, Mallickati, Canning-II, South 24 Parganas,  
Pin-743502

Affiliated to UNIVERSITY of CALCUTTA

**The Interdependence of Nutrition Health,  
and Hygiene : A Discussion**

Organized By- IQAC

Jibantala Rokeya Mahavidyalaya

Date - 07/02/2020 (Friday)

Venue - Seminar Room

*Ashutosh Chatterjee*  
Principal  
Jibantala-Rokeya Mahavidyalaya

*R. P. S.*  
Teacher-in-Charge  
Jibantala Rokeya Mahavidyalaya  
P.O.-Mallickati, 24-Pgs. (S)

4

*Anup Maji*  
30/1/20  
Dr. Anup Maji  
Principal  
Jibantala Rokeya Mahavidyalaya  
Mallickati, 24 Pgs. (S)

JIBANTALA ROKEYA MAHAVIDYALAYA  
 Awareness Campaign/Special Lecture- The Interdependence of  
 Hygiene : A Discussion  
 Date:07/02/2020  
 Attendance Sheet for Students  
 Venue- Seminar Room  
 Organized by IQAC and Dept. Of Political Science

OPPO K10, 5G  
 Nutrition Health, 5G  
 2024.07.22 23:06

Sl.No	Name	Reg. No.	Sem	Signature
1	Ali Akbar Purohit	524-1111-0055-22	IV	Ali Akbar Purohit
2	Karai Maity	524-1111-0077-22	IV	Karai Maity
3	Debashis Gayen	524-1111-0060-22	IV	Debashis Gayen
4	Sabana Molla	524-1211-0028-22	IV	Sabana Molla
5	Manjura Khatun	524-1211-0208-22	IV	Manjura Khatun
6	Iqbal Saradar	524-1111-0291-22	IV	Iqbal Saradar
7	Beem Kayal	524-1111-0025-22	IV	Beem Kayal
8	Sahira Postvin	524-1212-0050-22	2	Sahira Postvin
9				
10	Habiba Misudya	524-1211-0092-22	IV	Habiba Misudya
11	Rukhsana Sheikh	524-1211-0084-22	IV	Rukhsana Sheikh
12	Abu Raihan Laskar	524-1111-0909-23	II	Abu Raihan Laskar
13	Mosaraf Dewan	524-1111-0330-23	II	Mosaraf Dewan
14	Manjahan Haldar	524-1211-0284-23	II	Manjahan Haldar
15	Jinnatun Haldar	524-1215-0304-23	II	Jinnatun Haldar
16	Rubina Saradar	524-1211-0257-22	IV	Rubina Saradar
17	Ruma Saradar	524-1211-0256-22	IV	Ruma Saradar
18	Sahana Sekh	524-1211-0004-23	II	Sahana Sekh
19	Rohima Molla	524-1211-0385-23	II	Rohima Molla
20	Afsana Haldar	524-1215-0304-23	II	Afsana Haldar
21	Rajina Khatun	524-1211-0375-23	II	Rajina Khatun
22	Janjila Sekh	524-1211-0368-23	II	Janjila Sekh
23	Bania Karisma Molla	524-1215-0056-23	II	Bania Karisma Molla
24	Sunarya Ismail	524-1215-0091-23	II	Sunarya Ismail
25	Rehana Jamadar	524-1211-0358-23	II	Rehana Jamadar
26	Sunaiya Khatun	524-1211-0033-23	II	Sunaiya Khatun
27	Rajibul Islam Kayal	524-1111-0049-22	IV	Rajibul Islam Kayal
28	Jamin Saïd Ismail	524-1111-0202-22	IV	Jamin Saïd Ismail
29	Rajibul Islam Kayal	524-1111-0049-22	IV	Rajibul Islam Kayal
30	Hemanta Deb	524-1111-0384-23	II	Hemanta Deb
31	Satyajit Saradar	524-1113-0349-23	II	Satyajit Saradar
32	Rajibul Islam Kayal	524-1111-0283-23	II	Rajibul Islam Kayal
33	Abdul Raihan Paul	524-1111-0288-23	II	Abdul Raihan Paul
34	Riyajul Molla	524-1111-0234-22	IV	Riyajul Molla

*S. Chatterjee*

Principal

Jibantala Rokeya Mahavidyalaya

*R. Paul*

Teacher-in-Charge  
 Jibantala Rokeya Mahavidyalaya  
 P.O.-Mallickati, 24-Pgs (S)

5

*Anup Maji*  
 30/7/24

Dr. Anup Maji  
 Principal  
 Jibantala Rokeya Mahavidyalaya  
 P.O.-Mallickati, 24 Pgs. (S)



	Sem	Reg-IVO	Name	Signature
35	1 sem	524-1111-0200-22	Hason Ali Mistry	Hason Ali Mistry
36	A Sem	524-1111-0130-22	Manजू/Alam Mesi	Manजू/Alam Mesi (M.A.M)
37	2 Sem	524-1111-0350-23	Brahmoudin Gazi	B. U. G
38	2 Sem	524-1111-0288-23	Rakhibul Sardar	Rakhibul Sardar
39	2 Sem	524-1111-0285-23	Asik Billah Molla	Asik Billah Molla
40	2 Sem	524-1211-0217-23	Reshma Khatun	Reshma Khatun
41	II Sem	524-1211-0058-23	Tahamina Khatun	Tahamina Khatun
42	2 sem	524-1111-0037-23	Nurujjoman Molla	Nurujjoman Molla
43	VI Sem	524-1111-0044-22	Habibulla Malla	Habibulla Malla
44	2 Sem	524-1211-0108-23	Mersida Khatun	Mersida Khatun
45	2 Sem	524-1213-0272-23	Sutrisna Khatun	Sutrisna Khatun
46	2 sem	524-1213-0272-23	Anamika Mahato	Anamika Mahato
47	2 sem	524-1212-0362-23	Shikha Mondal	Shikha Mondal
48	2 sem	524-1211-0340-23	Rubaiya Sekh	Rubaiya Sekh
49	4 sem	524-1211-0314-22	Liza Khatun	Liza Khatun
50	2 Sem	524-1215-0400-23	Khairun Sultana	Khairun Sultana
51	2 Sem	524-1211-0909-23	Rimi Molla	Rimi Molla
52	2 Sem	524-1211-0068-23	Parvina Paik	Parvina Paik
53	4 SEM	524-1111-0189-22	KUTUB LASHAN	KUTUB LASHAN
54	6 Sem	524-1211-0391-21	Tahina Parvin	Tahina Parvin
55	2 Sem	524-1211-0292-23	Tahera Khatun	Tahera Khatun
56	2 Sem	524-1211-0153-23	Rubina Haider	Rubina Haider
57	2 sem		Sahana Parvin Laskar	Sahana Parvin Laskar
58	2 sem		Ratika Tahsin	Ratika Tahsin
59	2 Sem		Manjura Laskar	Manjura Laskar
60	2 sem		Waseka Mahana z Laskar	Waseka Mahana z Laskar
61	2 Sem		Monira Sardar	Monira Sardar
62				
63				
64				
65				

*Bhattacharyya*

Principal

Jibantata Rokeya Mahavidyalaya

*Rafiq*  
Teacher-in-Charge  
Jibantata Rokeya Mahavidyalaya  
P.O.-Mallickati, 24-Pgs. (S)

6

*Anup*  
30/1/24  
Dr. Anup Maji  
Principal  
Jibantata Rokeya Mahavidyalaya  
P.O.-Mallickati, 24 Pgs. (S)



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Affiliated to University of Calcutta | ESTD.: 2007

P.O.- Mallickati, P.S.- Jibantala,  
Pin- 743502, Dist.- South 24 Parganas

www.jibantalarokeyamahavidyalaya.in  
jmrokeya@gmail.com

Principal & Secretary: Dr. Anup Maji

Ref. No. ....

Date: .....

## Notice Jibantala Rokeya Mahavidyalaya Date: 03/12/2018

এতদ্বারা, মহাবিদ্যালয়ের সকল ছাত্র-ছাত্রী ও শিক্ষক-শিক্ষিকাদের জানানো যায় যে আগামী 07/02/2020 (শুক্রবার) দুপুর ১২.৩০ থেকে মহাবিদ্যালয়ের সেমিনার কক্ষে Women's Cell ও IQAC-এর যৌথ উদ্যোগে একটি বিশেষ আলোচনা সভা ও সচেতনতামূলক শিবিরে র আয়োজন করা হয়েছে, বিষয়- "The Interdependence of Nutrition Health, and Hygiene: A Discussion" - উক্ত আলোচনা সভায় বক্তা হিসেবে উপস্থিত থাকবেন শ্রীমতী পাল্লবি পারুই (CDPO, Canning-II) ও আকবর আলি মল্লা (Secretary, Baghmari Mother and Child Mission, Canning-II) উক্ত আলোচনা সভায় সকলের উপস্থিতি একান্ত কাম্য।

Convener, Women's Cell

*Bhattacharyya.*  
Principal  
Jibantala Rokeya Mahavidyalaya



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Date: .....

## CERTIFICATE OF APPRECIATION

This is to certify that Smt. Pallabi Palui, CDPO, Canning-II Block has shared her worthy knowledge and valuable thoughts as a Guest Speaker for the Awareness Programme on "The Interdependence of Nutrition, Health and Hygiene: A Discussion" for Students, organized by Department of Political Science in collaboration with IQAC of Jibantala Rokeya Mahavidyalaya, held on 07.02.2020.

I appreciate her sincere efforts for the precious speech delivered.

*Bhattacharyya.*  
Sincerely yours,  
Principal  
Jibantala Rokeya Mahavidyalaya

7

*Bhattacharyya.*  
Principal

Jibantala Rokeya Mahavidyalaya

*R. Saha.*  
Teacher-in-Charge

Jibantala Rokeya Mahavidyalaya  
P.O.- Mallickati, 24-Pgs. (S)

*Anup Maji*  
30/12/24

Dr. Anup Maji  
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 P.O.- Mallickati, P.S.- Jibantala, Pin- 743502, Dist.- South 24 Parganas | www.jibantalarokeyamahavidyalaya.in | jmrokeya@gmail.com

Date: .....

**CERTIFICATE OF APPRECIATION**

This is to certify that **Smt. Pallabi Palui, CDPO, Canning-II Block** has shared her worthy knowledge and valuable thoughts as a Guest Speaker for the Awareness Programme on **"The Interdependence of Nutrition, Health and Hygiene: A Discussion"** for Students, organized by Department of Political Science in collaboration with IQAC of Jibantala Rokeya Mahavidyalaya, held on **07.02.2020**.

I appreciate her sincere efforts for the precious speech delivered.

*Saikat Charyya*  
 Sincerely yours,  
 Principal  
 Jibantala Rokeya Mahavidyalaya

OPPO K10 5G

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 P.O.- Mallickati, P.S.- Jibantala, Pin- 743502, Dist.- South 24 Parganas | www.jibantalarokeyamahavidyalaya.in | jmrokeya@gmail.com  
 President: Saikat Molla | Principal & Secretary: Dr. Anup Maji

Ref. No. .... Date: .....

To  
 The CDPO  
 Canning-II, South 24 Parganas.

**Sub: Invitation Letter as a Resource Person.**

**Respected Sir/Madam,**

With due respect we would like to inform you that the Department of Political Science in collaboration with IQAC (Internal Quality Assurance Cell) of Jibantala Rokeya Mahavidyalaya, Special Invited Lecture on **"The Interdependence of Nutrition, Health, and Hygiene: A Discussion"** which will be held on **07/02/2020(Friday)** at 2.30 p.m. in the Seminar Room of our Mahavidyalaya.

It is an honour to us inviting you as a resource Person in this Special Awareness Campaign/Special Lecture. Please accept the invitation Letter.

*Saikat Charyya*  
 Principal  
 Jibantala Rokeya Mahavidyalaya.

*Sukanya Pal*  
 Convener Womens Cell

IQAC Coordinator

**IQAC Co-ordinator**  
**Jibantala Rokeya Mahavidyalaya**

*IQ = a Pal*  
 Teacher-in-Charge  
 Jibantala Rokeya Mahavidyalaya  
 P.O.-Mallickati, 24-Pgs. (S)

*Saikat Charyya*  
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 Jibantala Rokeya Mahavidyalaya

*Anup Maji*  
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