

# **ONE DAY STATE LEVEL SEMINAR**

**ON**

**Heath and Hygiene**

**Speaker : Payel Chatterjee**

**Polyclinic councillor**

**Topic: 1.Menstruation Hygiene**

**2. Stop early Marriage**

**Organised by**

**ICC& Gender Sensitization cell**

**Collaboration with IQAC**

**Polba Mahavidyalaya**

Date - 29/06/23

To  
The Teacher-in-Charge  
Polba Mahavidyalaya  
Polba, Hooghly  
Pin- 712148

Sub: Seeking permission to organize a one-day state level Seminar on Menstruation hygiene and stop early marriage.

Respected Sir,

With due respect, I, on behalf of ICC in collaboration with IQAC, Polba Mahavidyalaya, would like to request your kind permission to organize a one-day state level Seminar on "menstruation hygiene and stop early marriage." in the college premises. The proposed date of the said seminar is tentatively 26/06/23. The date would be finalized according to the convenience of the Resource Person.

☐ Proposed Resource Person: Payel Chatterjee

☐ Proposed Budget:

o Resource Person Honorarium:

Rs. 1000/-

Hope you would be kind enough to provide your administrative and financial permission for the forthcoming Seminar.

Thanks and Regards,

Convener of ICC

Allowed  
W. K. Saha  
20/6/23.



Fax : (03213) 225128

e-mail: officepolbamahavidyalaya@gmail.com

# POLBA MAHAVIDYALAYA

Post Office - Polba, District - Hooghly, West Bengal, Pin - 712148

AFFILIATED TO THE UNIVERSITY OF BURDWAN  
Recognized under Sections 2(f) & 12(B) of the UGC Act. 1956  
NAAC Accredited

Ref. No. ....

Date: 20/06/23

## Notice

All the Teaching and Non-Teaching Staffs along with the Students of Philosophy of Polba Mahavidyalaya are hereby informed that department of philosophy in collaboration with IQAC and ICC, Gender Sensitization Cell is going to organize a state level seminar on menstruation hygiene and stop early marriage by Dr. Payel Chatterjee on 26/06/23

*Ali* 20/6/23

Convener  
ICC and Gender Sensitization Cell

*Shubanta*  
20/6/23

Teacher-in-Charge

Teacher in Charge  
Polba Mahavidyalaya  
Polba, Hooghly, West Bengal



# **Programme of the Seminar**

**One-day State level Seminar**

**on**

**menstruation hygiene and stop early marriage**

**Organized by**

**ICC & I.Q.A.C,**

**POLBA MAHAVIDYALAYA**

**:Venue:**

**Polba Mahavidyalaya (Room No. 202), on 26/06/23 Polba, Hooghly, W.B.-712148.**

• **Registration: 12.00noon – 12.30pm**

• **Inaugural Session: 12.30 pm – 12.45 pm**

**Objectives of the Seminar: Dr. kaliprasad Mishra H.O.D. Department of sanskrit, Polba Mahavidyalaya**

**12.45-1:00pm: Lighting of Lamp by the respected Teacher in Charge in the presence of the resource person and other.**

**Felicitations of Hon'ble T.I.C. Polba Mahavidyalaya, Distinguished Resource Person & by the Students**

**Inaugural Speech by Hon'ble T.I.C., Polba Mahavidyalaya,  
1:00 pm – 1:15 pm**

**Introduction of the Speaker: Dr.Pratima Dhali, Assistant Professor Dept. of Philosophy, Polba Mahavidyalaya.**

**Discussion 1:15 pm -2.15pm**

**Speech menstruation hygiene and stop early marriage by Dr. Payel Chatterjee**

**2:15 break**

**2.30-3.00pm**

**Question answer session and Vote of thanks is given by Dr. Amrita Das**

**The Seminar concludes.**

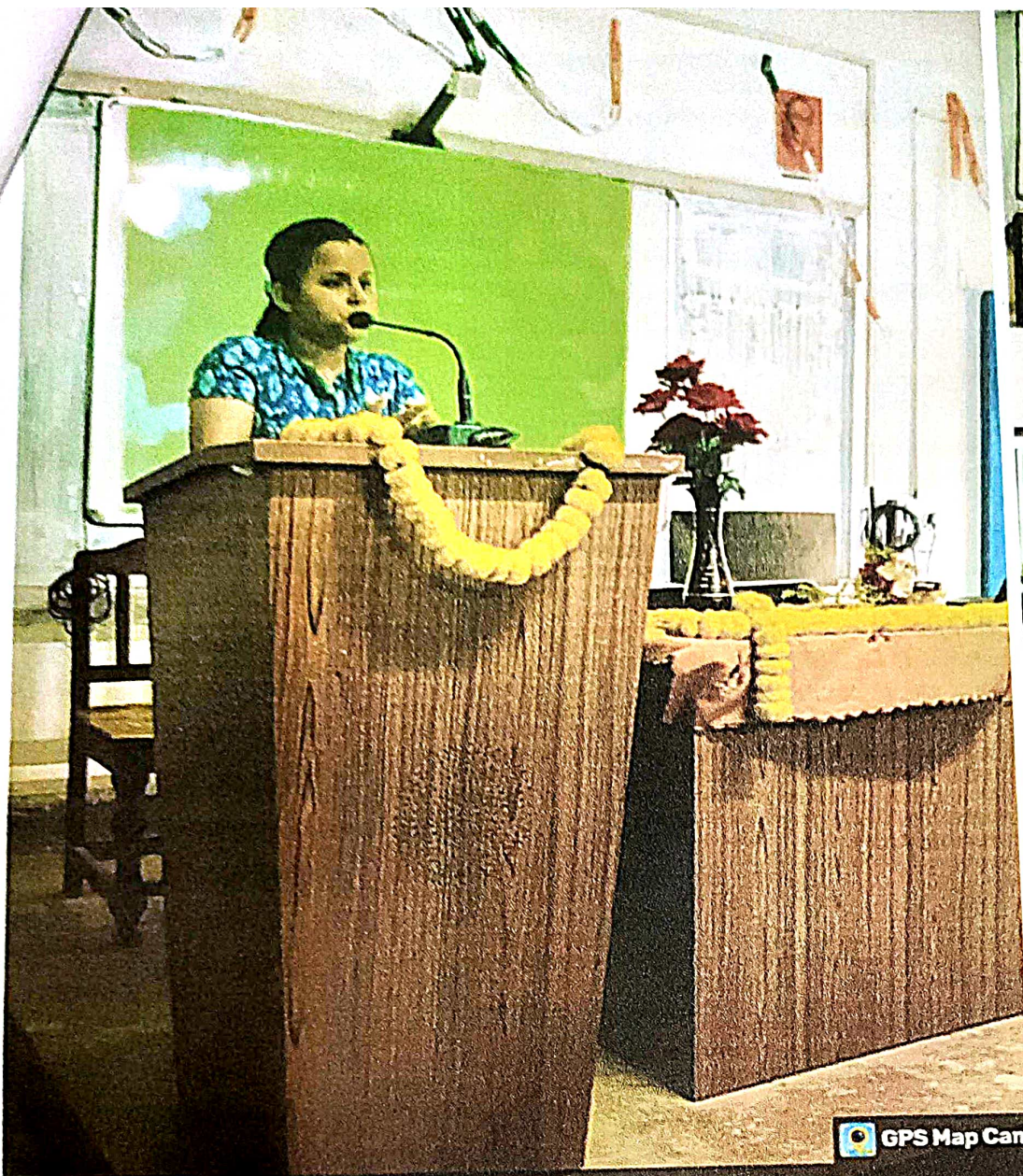
## A Progress Report of the Seminar on 26/06/23

A One-day State level Seminar was organized by the department of ICC & I.Q.A.C. of Polba Mahavidyalaya, Polba, Hooghly, W. B.-712148 on 26/06/ 2023. The topic of discussion of the seminar was "menstruation hygiene and stop early marriage". We started the Registration followed by the Inaugural Session around. The Objectives of the Seminar was briefly stated by Dr. Pratima Dhali, assistant professor of Philosophy, Polba Mahavidyalaya, Then the programme was carried forward by completing lighting the Lamp ceremony and Felicitations of Hon'ble T.I.C.sir and distinguished resource person were done by the Students. Next the Inaugural speech was delivered by our respected T.I.C. sir of Polba Mahavidyalaya, Mr. N. G. Kaibartya,

We started our Technical Session introducing the Resource person, Dr Sharmistha Gupta (Dutta) Associate Professor, Dept. of Philosophy. Dr., Kali Prasad Mishra, Associate Professor of Sanskrit, Dept. of Sanskrit, Polba Mahavidyalaya delivered the Keynote Speech. Valuable talk was delivered by distinguished resource person Payel Chatterjee. The students with audience were highly enriched by his valuable discussion.

Then we moved to the Valedictory Session. Dr. Amrita Das, Dept. of Mathematics, Polba Mahavidyalaya addressed Vote of Thanks to the Hon'ble Resource Person, Respected T.I.C. Polba Mahavidyalaya, I.Q.A.C. Coordinator, Dr. Santanu Sengupta, Assistant Professor, Dept. of History, Polba Mahavidyalaya, Hon'ble Bursar, Dr. Sanjay Kumar Ghosh, Associate Professor & H.O.D., Dept. of Bengali, Polba Mahavidyalaya, Dr. Sohini Ghosh, Assistant Professor & H.O.D., Dept. of Education, Convenor of Seminar Committee of Polba Mahavidyalaya, all the Respected Faculty Members & Non-teaching Staffs of our college and also our beloved students. Following that we finally closed our programme.





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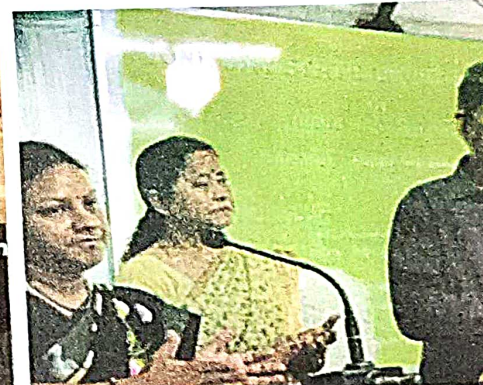
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## **Title: Addressing Early Marriage: A Critical Examination**

### **Introduction**

Early marriage, defined as a formal union before the age of 18, remains a pressing global issue with significant implications for the well-being of individuals and societies. This report provides a concise overview of early marriage, examining its causes, consequences, and potential solutions.

### **Understanding Early Marriage**

Early marriage refers to the practice of marrying individuals, typically girls, before they reach legal adulthood. This phenomenon is prevalent in various regions, particularly in parts of South Asia, Sub-Saharan Africa, and the Middle East.

### **Causes of Early Marriage**

1. **Cultural and Traditional Norms:** In many communities, early marriage is entrenched in cultural practices and beliefs, where it is seen as a way to preserve family honor or ensure social status.
2. **Economic Factors:** Poverty and economic instability can drive families to marry off their daughters early as a means of reducing financial burdens or securing economic support.
3. **Lack of Education:** Limited access to education and awareness about the impacts of early marriage can perpetuate the practice. Education is a crucial factor in delaying marriage and improving opportunities for young people.
4. **Gender Inequality:** Societal norms that prioritize boys' education and opportunities over girls' contribute to the prevalence of early marriage. Gender discrimination often leads to the undervaluing of girls' rights and potential.

### **Consequences of Early Marriage**

1. **Health Risks:** Early marriage is associated with increased health risks, including early pregnancies and complications during childbirth. Young brides often lack the knowledge and resources to make informed health choices.
2. **Educational Impact:** Girls who marry early are more likely to drop out of school, limiting their future educational and economic opportunities. This cycle of disadvantage perpetuates poverty and gender inequality.
3. **Social and Psychological Effects:** Early marriage can lead to social isolation, limited personal development, and mental health issues. Young brides may face domestic violence and a lack of autonomy.
4. **Economic Consequences:** Economically, early marriage often results in a loss of potential human capital. Educated individuals contribute more effectively to the workforce, and early marriage can stifle economic growth.

### **Addressing Early Marriage**

1. **Education and Awareness:** Promoting education for girls and raising awareness about the risks and consequences of early marriage are vital. Educational programs

- should focus on the benefits of delayed marriage and the importance of personal and professional development.
2. **Legislation and Policy:** Governments should enforce laws that set a minimum age for marriage and provide legal protections against child marriage. Policies should also address the root causes, such as poverty and gender inequality.
  3. **Community Engagement:** Engaging community leaders and influencers in advocacy efforts can help challenge cultural norms and change attitudes towards early marriage. Grassroots initiatives can drive social change and support families in making informed decisions.
  4. **Support Services:** Providing support services for young girls and their families, including counseling, vocational training, and health services, can help mitigate the impacts of early marriage and offer alternatives to the practice.

## Conclusion

Early marriage remains a significant challenge with far-reaching implications for individuals and societies. Addressing this issue requires a multifaceted approach that combines education, legal reform, community engagement, and support services. By working collaboratively to tackle the root causes and consequences of early marriage, we can foster environments where young people can thrive and achieve their full potential.

You said:

short report for menstruation health and hygiene

ChatGPT said:

ChatGPT

**Title: Menstruation Health and Hygiene: Essential Considerations**

## Introduction

Menstruation is a natural physiological process experienced by people with uteruses, typically occurring on a monthly basis. Effective management of menstrual health and hygiene is crucial for well-being, comfort, and overall health. This report highlights key aspects of menstruation health and hygiene, including challenges, best practices, and recommendations for improvement.

## Understanding Menstruation Health and Hygiene

Menstruation health and hygiene involve practices and knowledge that ensure safe, clean, and comfortable management of menstrual periods. Proper hygiene is essential to prevent infections, discomfort, and other health issues.

## Challenges

1. **Access to Menstrual Products:** In many regions, especially in low-income areas, access to affordable and effective menstrual products is limited. This can lead to the use of unhygienic materials and practices.



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2. **Menstrual Health Education:** Lack of comprehensive education about menstruation can result in misinformation and stigma. This can affect individuals' ability to manage their menstrual health effectively.
  3. **Cultural Stigma:** In some cultures, menstruation is surrounded by stigma and taboos, which can prevent open discussion and access to necessary resources and support.
  4. **Infrastructure Issues:** Inadequate facilities in schools and workplaces, such as lack of clean restrooms or disposal options, can negatively impact menstrual hygiene management.

### Best Practices for Menstrual Health and Hygiene

1. **Use of Menstrual Products:** Choose appropriate menstrual products (pads, tampons, menstrual cups, etc.) based on comfort, convenience, and personal preference. Ensure products are used and disposed of according to manufacturer guidelines.
2. **Regular Change and Disposal:** Change menstrual products regularly to maintain hygiene and prevent infections. Dispose of used products properly, following local waste management guidelines.
3. **Personal Hygiene:** Maintain personal hygiene by washing the genital area with mild soap and water during menstruation. Avoid douching or using scented products that can disrupt natural vaginal flora.
4. **Education and Awareness:** Educate individuals about menstrual health through school programs, community workshops, and reliable resources. Address common myths and promote positive attitudes towards menstruation.
5. **Access to Facilities:** Ensure access to clean and private facilities for menstruation management in schools, workplaces, and public spaces. This includes providing adequate sanitation and disposal options.

### Recommendations for Improvement

1. **Expand Access to Products:** Improve access to menstrual products through subsidized programs, distribution in schools and community centers, and partnerships with local organizations.
2. **Enhance Education Programs:** Integrate comprehensive menstrual health education into school curricula and community outreach efforts. Provide training for educators and healthcare providers to support accurate and sensitive communication about menstruation.
3. **Promote Policy and Advocacy:** Advocate for policies that support menstrual health and hygiene, including workplace accommodations and improved sanitation infrastructure. Support initiatives that reduce stigma and promote menstrual equity.
4. **Support Research and Innovation:** Encourage research into sustainable and innovative menstrual products and practices. Support initiatives that address environmental concerns and enhance product safety and effectiveness.

### Conclusion

Effective management of menstruation health and hygiene is vital for the well-being of individuals who menstruate. Addressing challenges such as access to products, education, and stigma, and implementing best practices can significantly improve menstrual health outcomes. By focusing on education, access, and supportive policies, we can create a more inclusive and health-conscious environment for menstruation management.

Attendance Sheet.  
Seminar  
 Gender Sensitization Cell and Internal Complaint  
 Committee.

Serial NO	Name	R	Roll No.
1.	Deblina Sadhekhan		107
2.	Sultana Khatun		1013
3.	Priya Das		1010
4.	Jayita Adak		103
5.	Afroja Khatun		104
6.	Sharmi Pal		105
7.	Sk Masuma Khatun		102
8.	Zandip Roy		1037
9.	Rupsa Ghosh		1721
10.	Shilpi Das		1714
11.	maumita Chakraborty		101



Attendance Sheet.  
Gender Sensitization Cell and Internal  
Complaint Committee.

Serial No	Name	Roll No.
1.	Rituparna Manna	1086
2.	Baisakhi Mondal	1098
3.	Preiti Das	1071
4.	Sudipta Koley	1043
5.	Susmita Roy	1099
6.	Renu Sharma	10
7.	Suparna Santra	1045
8.	Mallika Bera	1025
9.	Bahnni Chatterjee	704
10.	Tena Ghosh	703
11.	Manojit Manna	1728
12.	Princee Sarakara	1609
13.	Nibesh Chatterjee	301
14.	Saratad Hili mallick	1009
	MD. Samim mondal	11