



RAIDIGHI COLLEGE

(A NAAC Accredited College)

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Date: 14/04/2019

NOTICE

This is to inform all the concerned that the following event will take place in the premises of Raidighi College. You are requested to comply and oblige. The details of the event is given below:

Title: Awareness Program on Health & Hygiene for Girls

Date: 23/4/2019

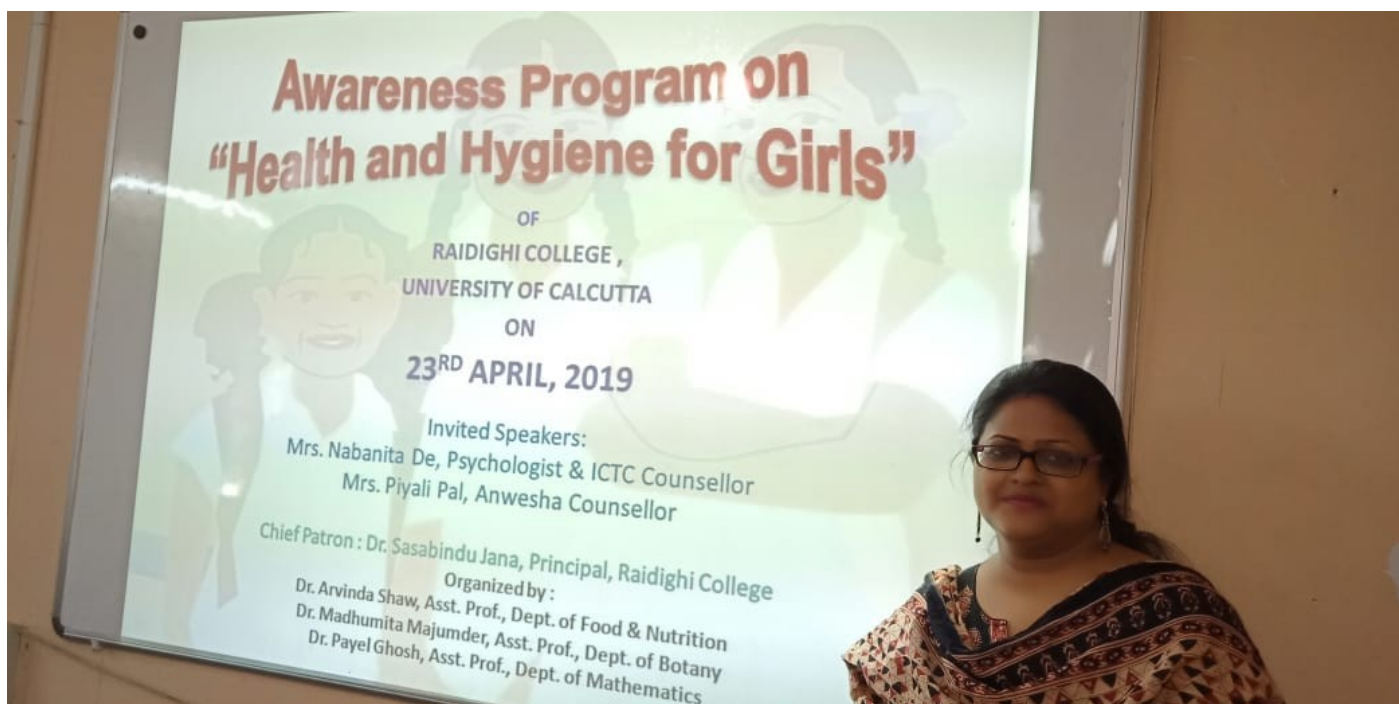
Time: 11:00 AM – 3 PM

Venue: Conference Hall

Type of Event: Seminar




Dr. Sasabindu Jana
Principal
PRINCIPAL
RAIDIGHI COLLEGE



The Departments of Food & Nutrition, Botany, and Mathematics of [Institution Name] collaborated to tackle a crucial topic: girls' health. Their awareness program featured renowned speakers, Psychologist and ICTC Counsellor Mrs. Nabanita De and Anwasha Counsellor Mrs. Piyali Pal, engaging 29 participants eager to learn.

This unique collaboration brought together diverse expertise. Food & Nutrition likely addressed dietary needs and nutritional deficiencies, Botany might have explored the potential of natural remedies, and Mathematics could have focused on data analysis related to girls' health issues.

Both speakers addressed various facets of girls' overall health, likely covering topics like:

- Physical health:** Menstrual hygiene, nutrition, exercise, and body image
- Mental health:** Stress management, coping mechanisms, self-esteem building, and anxiety reduction
- Social and emotional well-being:** Relationships, bullying, safe spaces, and communication skills

This joint approach ensured a comprehensive understanding of girls' health, encompassing physical, mental, and social aspects. With expert guidance from Mrs. De and Mrs. Pal, the program likely empowered participants to make informed choices and prioritize their well-being.