

GOVERNMENT OF WEST BENGAL
GOVERNMENT GENERAL DEGREE COLLEGE LALGARH
LALGARH:: JHARGRAM::721516

Website: www.lalgarhgovtcollege.org :: Telephone No.: 03221-291715

Memo/ Ref. No.:

Date.....



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NOTICE

No.: Phys/Sem/2024

Date: 19.04.2024

A one-day seminar on "Femine Hygiene: Issues & Protection" organized by the Department of Physiology in collaboration with IQAC will be held on 29th April, 2024 from 2 p.m. – 4 p.m. at the Department of Physiology, Government General Degree College, Lalgarh. The speaker of this seminar is Dr. Sutapa Das, Assistant Professor & Head, Department of Physiology, Rani Indira Debi Govt. Girls' College, Jhargram, W.B.
All students and faculty members of science stream are asked to attend the seminar positively.

Selenbrata Das 19.04.24
I.Q.A.C. Coordinator
Government General Degree College, Lalgarh
Co-ordinator
IQAC
Govt. Ger. Degree College Lalgarh

19/04/2024
Officer-in-Charge
Government General Degree College, Lalgarh
Officer - in - Charge
Govt. General Degree College, Lalgarh,
Lalgarh, Jhargram, 721516

- Copy to: - 1. Secretary, Teachers' Council, GGDC, Lalgarh
2. O.I.C., Rani Indira Debi Govt. Girls' College for onwards transmission.
3. H.o.D., Dept. Of Physiology, GGDC, Lalgarh
4. All H.o.Ds of GGDC, Lalgarh
5. Notice Board
6. Guard File



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Government General Degree College, Lalgarh, Jhargram
Dept. of physiology in collaboration with IQAC organizes

One-Day Seminar on
Feminine Hygiene: Issues & Protection
(Presentation in connection to MOU)

 **Speaker**
Dr. Sutapa Das
Assistant Professor and Head
Department of Physiology
Rani Indira Devi Govt. Girls' College
Formerly Jhargram Raj College (Girls' Wing)
Jhargram, West Bengal-721507



24th April, 2024

Attested
Biswaswar Chakraborty
Officer-in-Charge
Government General Degree College Lalgarh
Lalgarh, Jhargram-721516

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LALGARH GOVERNMENT COLLEGE
Office of the Principal



P.O.: LALGARH: DIST.: JHARGRAM: e-mail: principal@lalgargovtcollege.org: Mob. No.: 9474756866

Memo No.:

Date: 19.04.2024

To,
Dr. Sutapa Das,
Assistant Professor & Head,
Department of Physiology,
Rani Indira Debi Govt. Girls' College,
Formerly Jhargram Raj College (Girls' Wing),
Jhargram, W.B. 721507

Sub: MoU related Invitation letter to deliver speech to the students of SEM I of GGDC
Lalgarh, Jhargram, W.B. on 29/04/2024 at 2:00 p.m. onwards.

Respected Sir,
As per the telephonic conversation of present head of the Department of Botany & IQAC Co-coordinator, GGDC Lalgarh, Jhargram, I have the honour to send you an invitation letter to act as resource person and expert on ENVIS to present VAC 01 syllabus related talk for our Semester-I students at GGDC Lalgarh, Binpur-I, Lalgarh, Jhargram on 29/04/2024 at 2:00 p.m. onwards. Present IQAC coordinator sir will assist you as a coordinator for the said purpose. This is for your kind information and taking necessary action etc.
Your presence on that ground is highly solicited.
Thanking You.

Sincerely Yours,

(Asst. Prof. Bisweswar Chakraborty)
Officer-in-Charge,
Govt. General Degree College,
Lalgarh, Jhargram-721516

Copy to: IQAC –Coordinator, GGDC Lalgarh, Jhargram, W.B.
OIC, Rani Indira Debi Govt. Girls' College, W.B.
Office File, Notice board



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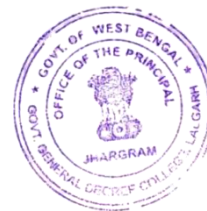


Date: 30.04.2024

Letter of Appreciation

This is to certify that Dr. Sutapa Das, Assistant Professor & Head, Department of Physiology, Rani Indira Debi Govt. Girls' College, Formerly Jhargram Raj College (Girls' Wing), Jhargram, W.B. 721507 has acted as resource person and presented a lecture on "Feminine Hygiene: Issues & Protection" in connection with MoU between two Colleges namely GGDC Lalgarh and Rani Indira Debi Govt. Girls' College, Jhargram. He has arrived at the College on 29.04.2024 at 10:30 a.m. and presented lecture PPT before the audience at 2:00 p.m. for VAC 01 students of 1st SEM, 2023 under NEP at Physiology Department of GGDC Lalgarh, Jhargram. He left the College at 4:20 p.m. after completion of all the formalities. We wish him every success in life.

Bisweswar Chakraborty
(Asst. Prof. Bisweswar Chakraborty) 30/04/2024
Officer-in-Charge, Govt. General Degree College, Lalgarh, Jhargram, 721516
Govt. General Degree College, Lalgarh, Jhargram, 721516



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Report on Seminar Lecture: Feminine Hygiene - Issues & Protection

Date: 29th April 2024

Time: 2:00 pm

Organized by: Internal Quality Assurance Cell (IQAC), Government Degree College (GGDC) Lalgarh, Jhargram, West Bengal

Objective: To raise awareness about feminine hygiene, discuss related issues, and provide guidance on protection and maintenance.

Resource Person:

[Dr.Sutapa Das

Assistant Professor and Head

Department of Physiology

Rani Indra Devi Govt.girls College],

Key Takeaways:

1. Definition and importance of feminine hygiene
2. Menstrual health and sanitation
3. Common issues (infections, odor, discomfort)
4. Safe practices (pad usage, hand hygiene, bathing)
5. Alternative menstrual products (cloth pads, menstrual cups)
6. Nutrition and lifestyle for menstrual well-being
7. Breaking stigma and promoting open conversations

Highlights:

1. Engaging presentation with multimedia aids
2. Interactive Q&A session addressing audience concerns
3. Participation of 11 students, faculty, and staff
4. Distribution of sanitary pads and resource materials

Feedback:

- 98% participants found the seminar informative and helpful
- 95% reported increased awareness about feminine hygiene
- Suggestions for follow-up sessions and workshops

Recommendations:

1. Integrate feminine hygiene into college curriculum
2. Establish sanitary pad vending machines on campus
3. Invite experts for workshops on menstrual health

Conclusion:

The seminar successfully addressed feminine hygiene issues, promoting awareness, and empowering participants to prioritize their health.

Appendix:

1. Seminar schedule.2. Participants list Cum Feedback forms 3. Photographs ,4.Resource Person Details

Contact Information:

IQAC, GGDC Lalgarh

Jhargram, WB

Email: debabratalalgarh@gmail.com

Phone : 9800301026



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ONE-DAY SEMINAR ON "FEMINE HYGIENE: ISSUES & PROTECTION"

Resource Person: Dr. Sutapa Das, Assistant Professor & Head, Department of Physiology, Rani Indira
 Debi Govt. Girls' College, Jhargram, W.B

Venue: GGDC, Lalgarh

Date: 29th Apr, 2024

Organized by: Department of Physiology in collaboration with IQAC

Feedback Form:

Sl. No.	Name of Participants	Phone No.	Designation	Signature	Remarks
1.	INDRAN I JANA	9749988713	student	Indrani Jana	very good
2.	SUDIPA JANA	8116340653	Student	Sudipa Jana	very good
3.	DEBIKA PAL	8016616133	Student	Debika pal	Very good
4.	SANGITA KAMAR	7319288699	student	Sangita kamar	good
5.	SOURMEN MAHALI	0382239884	Student	Sourmen Mahali	Very good
6.	TANIMA MAL	7001518213	Student	Tanima Mal	very good
7.	CHANDA DOLAI	7047077928	student	chanda dolai	good
8.	MANOTOSH MAHATA	7601882504	Student	Manotosh Mahata	very good
9.	INDRAJIT SINGH	8170882062	student	Indrajit singh	good
10.	DR. DEBABRATA DAS	9800301026	Teacher	Debabrata Das	very good
11.	PARTHA NANDI	9933593561	Teacher	Partha Nandi	Excellent

Selenbrata Das
 I.Q.A.C. Coordinator
 Government General Degree College, Lalgarh

Co-ordinator
 IQAC
 Govt. Gen Degree College Lalgarh

29/04/2024
 Officer-in-Charge
 Government General Degree College, Lalgarh
 Officer - in - Charge
 Govt. General Degree College, Lalgarh
 Lalgarh, Jhargram, 721516