

**Report on Outreach Programme on Health & Hygiene and Nutrition at Bhadargacha SB Girls' School, Howrah on 9th August 2023 to celebrate the Kanyashree Divas.**

**Participants:** 75 {students (Class –IX, X, XI & XII) and Teachers of the School}

**Speaker:** Dr. Debarati Sarkar, Kanyashree University

Smt. Kasturi Sinha Ghosh, NSOU

Sri Monojit Garai, NSOU

Dr. Anirban Ghosh, NSOU

Shri Aniket Mukherjee, SI-Amta East Circle, Howrah

The Department of Social Work of School of Professional Studies in collaboration with the School of Vocational Study (SVS) of Netaji Subhas Open University, Kolkata organized an outreach programme on '**Health & Hygiene and Nutrition for the Girls**' for the students of IX-XII grade of Bhadargacha SB Girls' High School, Howrah on 9<sup>th</sup> August 2023, from 12:00 noon to observe the "**Kanyashree Divas**". Prof Anirban Ghosh, Director (i/c), SVS along with Smt. Kasturi Sinha Ghosh and Mr Monojit Garai, Assistant Professors of the Department of Social Work were present in the program. Dr. Debarati Sarkar, Faculty of Social Work Kanyashree University was invited as the Resource Person for the programme by the University. The teaching as well as the non-teaching staff of the school had well planned the programme, about 75 students from IX-XII grade were present to participate in the programme.



The Head Mistress of the school formally invited the dignitaries of Netaji Subhas Open University and the students felicitated them with a lot of respect. One of the students of grade XI beautifully presented the welcome song after which Dr. Debarati Sarkar the Resource Person of the programme was invited to interact with the students. Dr. Sarkar focused her discussion on the health aspect of adolescent girls. She shared various issues related to menstrual health and hygiene. She urged the girls to start thinking in a much more rational and scientific way and ignore the myths related to the menstrual cycle. Dr. Debarati Sarkar took up another very vital issue that was related to the disposal of menstrual waste, which was something new for the girls and one of the students had a query about it which was answered by the resource person. Later on, Dr. Sarkar presented a video which depicted that the Menstruation cycle can no more be a cause of dropout from school girls, and nothing can stop them from achieving their dreams in life.

Smt Kasturi Sinha Ghosh, Asst. Professor in Social Work, NSOU took a session on mental health with the girls. She asked the girls if they experience any stressful situations in their life. Most of the girls said that they do have pressure to perform well in academics by their parents and there is too much of competition.

Some of the suggestions like developing hobbies, reading books, gardening and spending quality time with parents may be useful. The students were advised to freely speak about their problems to their parents and teachers.

Mr Monojit Garai, Asst. Professor in Social Work demonstrated the technique of hand washing and discussed the various issues related to hygiene. He further discussed the importance of a balance diet and he told them to include lots of vegetables, pulsed and fruits in their diet. He mentioned that their meal must include all the colours of our national flag i.e. Saffron, Green and White.

Meanwhile, the School Inspector (SI) of the Circle / Region in Howrah District who was invited by the school also came to grace the occasion, he interacted with the students and asked them to be free from all types of superstitions, believes and have progressive thinking especially about menstrual health and hygiene.



Finally, the school invited Prof Anirban Ghosh to share a few words with the students. Prof Ghosh extended his best wishes to the students and thanked the school for all the arrangements made to conduct the programme. He urged the students to follow the path of truth and be hardworking in life. It is only through sincere efforts we may achieve everything in life. When we work we tend to do mistakes in life but we will have to learn from our failures. He shared the thoughts of Swami Vivekananda and told them to be focused on their life.

The programme came to an end by a vote of thanks proposed by the Nodal Officer of Kanyashree Prokolpa of the school and lastly a closing song was beautifully sung by one of the students of the school.



---Report Prepared by  
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