



GARHBETA COLLEGE

(Affiliated to Vidyasagar University)

Accredited by NAAC

Website : www.garhbetacollege.ac.in

E-mail : garhbetacollege48@gmail.com

Phone No. - (03227) 265143/267154

✧ At - GARHBETA ✧ P.O.: GARHBETA ✧ DIST.: PASCHIM MEDINIPUR ✧ STATE., WEST BENGAL ✧ PIN- 721127

- *Name of the programme: **Sanitary Pad Distribution Camp & Menstrual Hygiene Workshop at Garhbeta Umadevi Balika Vidyalaya***
- *Organized by: **Organized by SAHELI in association with NSS Unit-1 of Garhbeta College and in collaboration with Garhbeta Umadevi Balika Vidyalaya***
- *Date: **28th June 2023***
- *Venue: **Garhbeta Umadevi Balika Vidyalaya***
- *Details of the Collaborating Agency: **Garhbeta Umadevi Balika Vidyalaya, Garhbeta High School Rd., Garhbeta, Paschim Medinipur, PIN-721127, Phone No.- 9434362874***
- *Total number of students participated: **6 students from Garhbeta College & 214 students from Garhbeta Umadevi Balika Vidyalaya***

SAHELI, the Women's Cell and NSS Unit 1 of Garhbeta College, undertook a significant initiative of extension and outreach program by organizing a Sanitary Pad Distribution and Menstrual Awareness Camp. The event, held on 28th June, 2023 at Garhbeta Umadevi Balika Vidyalaya aimed to address menstrual hygiene, raise awareness, and provide essential sanitary products to students in need.

The camp focused on two vital aspects: menstrual hygiene awareness and the distribution of sanitary pads. The following are the highlights of the workshops:

1. *Open Discussions:*

The camp facilitated open and inclusive discussions about menstruation, creating a safe space for attendees to share their experiences, ask questions, and learn from each other.

2. *Distribution of Sanitary Pads:*

SAHELI took a proactive step in addressing the menstrual hygiene needs of students by distributing free sanitary pads. This gesture aimed to ensure the access to essential menstrual hygiene products.

3. *Empowerment and Knowledge:*

By addressing menstrual health and hygiene openly, the camp empowered girls with knowledge, boosting their confidence and breaking the stigma surrounding menstruation.



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The camp saw active participation from students of various age groups and backgrounds. Attendees engaged enthusiastically in the workshops and discussions, showing a keen interest in learning and dispelling myths related to menstruation.

The Camp had a positive impact on the community. By addressing a topic often considered taboo, SAHELI contributed to fostering a more informed and accepting society. Moreover, the camp was in line with SAHELI's mission to empower women by providing them with essential knowledge and resources. Equipping women with accurate information about menstrual hygiene is crucial in helping them lead healthier and more confident lives.

Conclusion:

The Sanitary Pad Distribution and Menstrual Awareness Camp organized by SAHELI, Women's Cell, and NSS Unit 1 of Garhbeta College, made significant strides in promoting menstrual hygiene and breaking societal taboos. By providing essential sanitary products and knowledge, the event contributed to the well-being and empowerment. SAHELI and NSS Unit 1 of Garhbeta College extend heartfelt gratitude to the Teacher-in-charge and other teachers of Garhbeta Umadevi Balika Vidyalaya, workshop facilitators, participants, and everyone who supported and contributed to the success of the event.

List of Participants:

SL NO	Name	CLASS
1	Koyel Maity	BSc(H) 4th Sem Unit - 1
2	Mousumi Ghosh	BSc(H) 4th Sem Unit - 1
3	Rika Neogi	BSc(H) 4th Sem Unit - 1
4	Mousumi Mondal	BSc(H) 4th Sem Unit - 1
5	Suroma Samanta	BSc(H) 6th Sem Unit - 1
6	Susmita Pratihar	BSc(H) 6th Sem Unit - 1
SL NO.	NAME	CLASS
1	Minakshi Khatun	XII
2	Tanya Khatun	XII
3	Sathi Ghosh	XII
4	Soma Duley	XII
5	Trisha Tewary	XII
6	Laboni Rajak	XII
7	Tithi Duley	XII
8	Priya Duley	XII
9	Sibani Garai	XII
10	Rimpa Majhi	XII



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11	Sefali Roy	XII
12	Ratna Das Dhibar	VII
13	Susmita Duley	VII
14	Arpita Duley	VIII
15	Piyali Bag	VIII
16	Soumili Chandra	IX
17	Tanishka Singha	IX
18	Anita Majhi	IX
19	Rani Roy	IX
20	Payel Nandan	VII
21	Ananya Santra Dhar	VII
22	Piu Ghorui	VII
23	Sutrihana Ghorui	VII
24	Triyasa Ghosh	X
25	Ritu Gayen	X
26	Debduti Pal	X
27	Piya Adhya	VII
28	Subhasri Chakraborty	VII
29	Siuli Majhi	VII
30	Banna Majhi	VII
31	Sahali Sing	VII
32	Sania Mondal	XII
33	Bulti Garai	XII
34	Suparna Hansda	XII
35	Asmita Mandal	VII
36	Prananya Ghosh	VII
37	Susrija Ghosh	VII
38	Riddhima Dey	VII
39	Mitu Singh	IX
40	Punam Kanjar	IX
41	Priti Chakraborty	IX
42	Bipasha Chakraborty	IX
43	Aishiki Adhya	IX
44	Bishnupriya Santra	IX
45	Ankita Sarkar	IX
46	Swety Kandar	IX
47	Shreya Mandal	VII
48	Ankita Singha Modak	IX
49	Piu Das Dhibar	IX
50	Shampa Das Dhibar	IX
51	Jui Garai	XII
52	Rina Sing	XII
53	Priya sing	XII



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54	Anwesha Pal	XI
55	Mampi Khan	XI
56	Huremadina Khatun	XI
57	Babli Khatun	XI
58	Koyel Dey	VIII
59	Sangita Dey	VIII
60	Suparna Laha	VIII
61	Barsha Chakraborty	VIII
62	Sania Das	IX
63	Dhritika Goswami	IX
64	Sagarika Chakraborty	IX
65	Swarnami Brahma	IX
66	Adrija Sikdar	IX
67	Diya Kundu	IX
68	Sampurna Bera	IX
69	Monisha Ghosal	IX
70	Anwesha Ghosh	IX
71	Munmun Sutradhar	IX
72	Megha Dolui	IX
73	Jharna Barman	IX
74	Tuntun Dolui	IX
75	Koyel Mondal	IX
76	Aishwarya Singha	IX
77	Priya Duomi	IX
78	Baishali Pal	IX
79	Pritisa Chakraborty	IX
80	Ritika Paul	IX
81	Suchana Dutta	IX
82	Soumili Pal	IX
83	Pratyurha Mandal	IX
84	Risha Bisui	IX
85	Riya Maity	VII
86	Piu Maity	VII
87	Jyotsna Rajak	VII
88	Sraboni Dey	VII
89	Ankita Dey	VII
90	Trisha Pal	IX
91	Rupsa Jana	IX
92	Tithi Biswas	VIII
93	Tithi Kundu	VIII
94	Shreya Chakraborty	VIII
95	Shreya Dey	VIII
96	Priyanka Guria	VIII



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97	Trisha Bautala	VIII
98	Monali Mondal	VII
99	Disha Hembram	VIII
100	Parimita Dey	VIII
101	Sumana Ruidas	VII
102	Ruma Ghorai	VIII
103	Arna Dubey	VIII
104	Piyali Das	VIII
105	Bithika Adhurya	VIII
106	Soma Jana	VIII
107	Archita Mandal	IX
108	Mampi Bhuina	IX
109	Biniti Kumari	IX
110	Ritaika Dutta	X
111	Tanusri Chakraborty	X
112	Ojasvi Chakraborty	VII
113	oorja Chakraborty	VII
114	Poulumi Chandra	VII
115	Ritu Adak	VIII
116	Sneha Bera	VIII
117	Risika Changdar	VII
118	Tanushree Sing	VII
119	Anushree Sing	vii
120	Sumita Das	VIII
121	Debika Kundu	VIII
122	Banati Dolui	VIII
123	Projecta Goswami	VIII
124	Subhashree Roy	VIII
125	Riya Karmakar	VIII
126	Rimpa Ghuroi	VIII
127	Prerona Ghosh	IX
128	Krishna Maity	IX
129	Saptami Sasmal	X
130	Uma Bhunia	X
131	Pauli Ghosh	X
132	Moumita Mandi	X
133	Bristi Duley	X
134	Champa Sardar	X
135	Sathi Manik	VII
136	Shrabanti Maity	VII
137	Bristhi Samanta	VII
138	Ratna Das Dhibar	VII
139	Ankita Mandal	VIII



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140	Manasi Maji	VIII
141	Arpita Kandar	VIII
142	Bhagyashree Maity	VIII
143	Anushree Maity	VII
144	Ananya Maity	VII
145	Susmita Dhara	XI
146	Mallika Kotal	XI
147	Susmita Mandi	XI
148	Sanchita Jana	XI
149	Rimi Roy	XI
150	Pratima Sarem	XI
151	Sangita Dena	XI
152	Sadhana Roy	XI
153	Saraswati Mandi	XI
154	Yeasminara Mallick	XI
155	Tahera Khan	XI
156	Selina Mallick	X
157	Halima Khatun	X
158	Malati Saren	XI
159	Archana Saren	XI
160	Babita Saren	XI
161	Riya Jana	XI
162	Ankita Mandal	XI
163	Rupsa Maity	XI
164	Puja Das	XI
165	Shreya Patra	X
166	Bipasa Dolui	X
167	Bristi Dolui	X
168	Rimi Roy	X
169	Piyam Hait	VI
170	Anima Bishui	VII
171	Soyeta Das	VII
172	Rimjhi Duley	VIII
173	Ronini Duley	VIII
174	Susmita Duley	VII
175	Sayanti Mandal	VII
176	Sumana Mondal	VII
177	Sanchita Laha	VII
178	Pampa Mukherjee	VII
179	Rani Duley	VIII
180	Chandni Duley	VIII
181	Pourai Pal	VII
182	Mounika Chowdhury	VII



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183	Srijita Bit	VII
184	Sampurna Dey	VII
185	Brishti Ghosh	VII
186	Mohua Das	IX
187	Sudeshna Piri	IX
188	Rimpa Patihar	IX
189	Puja Rana	IX
190	Nandita Bhunya	IX
191	Chumki Das	IX
192	Doyel Pal	VII
193	Jayel Pal	VII
194	Bhumika Mandal	VII
195	Rimpa Roy	VII
196	Anita Hembram	VII
197	Arpita Hansda	VII
198	Shreyasi Batabyal	VII
199	Ananya Samanta	VII
200	Mou Das	VII
201	Amrita Chakraborty	VII
202	Rupsa Sasmal	VII
203	Bobi Pal	VII
204	Anima Bagdi	VII
205	Deblina Sarkar	VIII
206	Mita Bhukta	VIII
207	Asmita Mandal	VIII
208	Tiyas Roy	VIII
209	Sima Acharjya	IX
210	Sangita Murmu	IX
211	Sania Khan	IX
212	Arpita Jana	IX
213	Susmita Hembram	IX
214	Mona Hansda	IX

