

Estd : 1968



Phone : 033- 2282 5181

033- 4001-5413

Fax : 033-2282 1362

Acharya Jagadish Chandra Bose College

1/1B, Acharya Jagadish Chandra Bose Road, Kolkata-700 020

Affiliated to Calcutta University
& N. C. T. E.
NAAC Accredited

www.ajcbosecollege.org • email : info@ajcbosecollege.org

NAAC
Accredited

Ref No.....

Date: 04/12/2025.....

Notice

Health and Hygiene Committee in collaboration with IQAC is going to organize special awareness initiative titled “My Voice, My Choice”, designed to educate and empower young women through essential knowledge about menstrual health, hygiene, and wellness on 13th December, 2025 (Saturday).

Key Highlights of the Program:

Duration: 45–60 minutes

Mode: Interactive Audio-Visual Presentation

Topics Covered:

- Understanding the menstrual cycle
- Menstrual hygiene practices
- Busting myths and breaking social taboos
- Nutrition and self-care during periods
- Q&A session with a health expert
- Free distribution of hygiene kits and certificates

Conducted by Procter & Gamble

All the girl students and female staff are requested to participate in this programme following the schedule given below:

Program schedule:-

Date: 13th December 2025

Time: 12:00 PM

Venue: Room 107

Arunachal Chatterjee 4/12/25
Dr. Arunachal Chatterjee
Coordinator
Health & Hygiene Committee

Taradas Sarkar 4/12/25
Dr. Taradas Sarkar
Coordinator, IQAC

Samiran Mandal 4/12/25
Dr. Samiran Mandal
Principal
Principal
A.J.C. BOSE COLLEGE
1/1B, A.J.C Bose Road, Kol-20

