

# HEALTH AWARENESS CAMP

ON

## MATERNAL NUTRITION

(An Extension Activity For Neighbourhood Community)

*Organised by :* **WOMEN DEVELOPMENT CELL**



(Under Internal Complaints Committee)

**KALINAGAR MAHAVIDYALAYA**

**Supported by : CDPO, Sandeshkhali 1, Government of West Bengal**

**Venue: Ghoshpur ALLA Building  
27th June 2022, Monday, 12 noon**

Convenor  
Dr. Ishita Khan, Nodal officer  
Women Development Cell

Patron & Chairperson  
Dr. Ishani Ghosh  
Teacher-in- Charge

**We Look Forward For Your Participation**

*Ishani Ghosh*  
Teacher-in-Charge  
Kalinagar Mahavidyalaya



## About the Programme

Kalinagar village situated in the remote island of Sandeshkhali is inhabited by 8,679 people. Of whom about 1,766 women are still outside the purview of formal education as depicted in the socio-economic field surveys conducted by student groups of Kalinagar Mahavidyalaya. Hence it is a social responsibility of this only center of Higher Education for the entire Sandeshkhali constituency and its islander population to organize such awareness camps to deal with such vital problems pertaining to motherhood especially teenage pregnancy.

### PROGRAMME SCHEDULE

12:00 - 12:10 Introductory speech by  
Dr. Ishita Khan, Nodal Officer, Women Development Cell

12:10 - 12:20 Invited talk Smt. Chandana Mahato,  
Sabhapoti, Sandeshkhali 1 Panchayet Samity

12:20 - 12:30 Invited talk Bikash Halder, Prodhan,  
Kalinagar Gram Panchayet

12:30 - 12:40 Invited talk Suvadeep Baidya,  
Child Development Project Officer, Sandeshkhali 1

12:40 - 12:50 Welcome address by Dr. Ishani Ghosh,  
Teacher-in-charge, Kalinagar Mahavidyalaya

13:00 - 14:40 : Technical Session

13:00 - 13:20 p.m. : Dr. Utpal Hazra,  
Topic: Teenage Pregnancy, precautions and prevention

13:20 - 13:40 : Aparna Maity,  
Topic : Pregnancy diet plan: proper nutrition

13:40 - 14:00 : Dr. Mou Patwari ,  
Topic: Teenage Pregnancy

14:00 - 14:20 : Souvita Bhattacharyo,  
Topic: Teenage Pregnancy, family planning & menstrual hygiene

14:20 - 14:40 : Gita Mandal (Biswas),  
Topic: Maternity Care

14:40 - 14:45 : Valedictory Session

Vote of thanks by Krishna Kundu,  
Nodal Officer  
Internal Complaints Committee

### MEMBERS OF THE STEERING COMMITTEE

#### Chief Patron :

Shri Sukumar Mahata, President  
Governing Body, MLA, Sandeshkhali

#### Patron :

Dr. Ishani Ghosh, Teacher-in-Charge

#### Convenor :

Dr. Ishita Khan, Assistant Professor in Bengali

#### Organising Committee :

##### Teaching Staffs :

Sampa Adhya, Assistant Professor in Education  
Krishna Kundu , Assistant Professor in Education  
Srabanti Saha, SACT in Education

##### Non-Teaching Staffs :

Gouri Das, Anima Das, Afroja Khatun

##### Supdt. Girls' Hostel :

Smt. Usha Barua(Das)

##### Students Representatives :

Trishna Mall, Puja Giri  
Dipsikha Goswami,  
Payel Mridha  
Puja Patra

# HEALTH AWARENESS CAMP

ON

## MATERNAL NUTRITION

(An Extension Activity For Neighbourhood Community)



: Organised by :

### WOMEN DEVELOPMENT CELL

(Under Internal Complaints Committee)

## KALINAGAR MAHAVIDYALAYA

: Supported by :

CDPO, Sandeshkhali 1, Government of West Bengal



Chandana Mahato  
Sabhapoti, PS, SDK 1



Bilash Halder  
PP, Kalinagar GP



Suvadeep Baidya  
CDPO, Sandeshkhali 1



Dr. Ishani Ghosh  
Teacher-in-Charge



Gita Mandal (Biswas)  
Superintendent, CDP



Dr. Mou Patwari  
Medical Officer, RBSK



Dr. Utpal Hazra,  
Medical Officer, RBSK



Aparna Maity  
Nutritionist Halgachi NRC



Souvita Bhattacharyo  
Lady counselor

Registration link : <https://forms.gle/MbDDti5b4wSdyN2r8>

# HEALTH AWARENESS CAMP ON MATERNAL NUTRITION

(An extension activity for neighbourhood community)

Today 27<sup>th</sup> June 2022, WOMEN DEVELOPMENT CELL of Kalinagar Mahavidyalaya organised a health awareness camp at Ghoshpukur Aila Building at 12:00 noon.

TOPIC: MATERNAL NUTRITION

Eminent personalities were present in this camp and they had enriched us with their thoughtful views on various topics. The topics were as follows -

- ① Teenage Pregnancy, precautions and prevention
- ② Pregnancy diet plan: proper nutrition
- ③ Teenage Pregnancy
- ④ Teenage Pregnancy, family planning & menstrual hygiene
- ⑤ Maternity Care

The name of resource persons were -

- ① Dr. Utpal Hazra
- ② Aparna Maity
- ③ Dr. Mou Patwari
- ④ Shovita Bhattacharjee
- ⑤ Gita Rani Mondol

Signature of the coordinator  
Shivita Khan, 27.6.22

Signature of the participants & resource persons :-

1. ICh TIC 27/06/22
2. Gita Rani Mondol, Supervisor, SDK-I 27-06-2022
3. Dr. Utpal Hazra, MO (CRBK) SDK-1
4. Dr. Mou Patwari (Das) MO, (CRBK), SDK-1
5. Aparna Maity, Nutritionist, NRE Hatgachhi SDK-1 27/6/22
6. Shovita Bhattacharjee, Lady Counsellor, Ghoshpur R.H., SDK-1, 27/06/22

ICh  
Teacher-in-charge  
Kalinagar Mahavidyalaya

Signature of Other participants :-

- |                            |                                     |
|----------------------------|-------------------------------------|
| 1. <del>Pratima Das</del>  | 32 Susama Ray                       |
| 2. <del>Pratima Das</del>  | 33 Atanu Ray                        |
| 3. <del>Pratima Das</del>  | 34 Jyotsna Nath / 27/6/22           |
| 4. <del>Swarna Paul</del>  | 35 Priyati Nayek / 27/6/2022        |
| 5. Anamika Mahato          | 36 Shrabani Biswas Mondal           |
| 6. <del>Pratima Das</del>  | 37. Lovely Das                      |
| 7. <del>Pratima Das</del>  | 38. <del>Pratima Das</del> 27/6/22  |
| 8. <del>Pratima Das</del>  | 39. Namita Sardar 27/6/2022         |
| 9. <del>Pratima Das</del>  | 40. Gita Sardar 27/6/22             |
| 10. <del>Pratima Das</del> | 41. Ambika Bibi 27/6/22             |
| 11. <del>Pratima Das</del> | 42. <del>Pratima Das</del>          |
| 12. <del>Pratima Das</del> | 43. <del>Pratima Das</del>          |
| 13. <del>Pratima Das</del> | 44. <del>Pratima Das</del> 27/6/22  |
| 14. <del>Pratima Das</del> | 45. Anoma Das . 27. 06. 22          |
| 15. Jayada Halder (Monda)  | 46. Afroza Khan 27/06/22            |
| 16. Nav Gush Bibi          | 47. Sampa Sarda                     |
| 17. <del>Pratima Das</del> | 48. Putul Majhi                     |
| 18. <del>Pratima Das</del> | 49. <del>Pratima Das</del> 27/06/22 |
| 19. <del>Pratima Das</del> | 50. <del>Pratima Das</del>          |
| 20. <del>Pratima Das</del> | 51. <del>Pratima Das</del> 27/6/22  |
| 21. <del>Pratima Das</del> | 52. <del>Pratima Das</del>          |
| 22. <del>Pratima Das</del> | 53. <del>Pratima Das</del>          |
| 23. <del>Pratima Das</del> | 54. <del>Pratima Das</del>          |
| 24. <del>Pratima Das</del> | 55. <del>Pratima Das</del>          |
| 25. <del>Pratima Das</del> | 56. <del>Pratima Das</del>          |
| 26. <del>Pratima Das</del> | 57. <del>Pratima Das</del>          |
| 27. <del>Pratima Das</del> | 58. <del>Pratima Das</del>          |
| 28. <del>Pratima Das</del> | 59. <del>Pratima Das</del>          |
| 29. <del>Pratima Das</del> | 60. <del>Pratima Das</del>          |
| 30. Manchuna Bibi          | 61. <del>Pratima Das</del>          |
| 31. <del>Pratima Das</del> | 62. Sudepta Das                     |
|                            | 63. Sabekun Nahar Khafun            |
|                            | 64. Animesh Mandal                  |

Teacher-in-charge  
Kalinagar Mahavidyalaya

65. Kankam Ram.

66. Subhashin Chhetri

67. Pradip Sardar

68. Krishna Kumar (Education Dept. Asst. Prof.)

69. Sampat Adhya (Education Dept. Asst. Prof.)

SL

Teacher-in-charge  
Kalinagar Mahavidyalaya



ESTD-1985

## KALINAGAR MAHAVIDYALAYA

Government Aided College Affiliated to the West Bengal State University

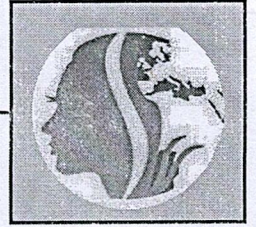
P.O.: KALINAGARHAT. NORTH 24 PARGANAS. PIN: 743442. PHONE- 8328719680

### Health Awareness camp on 'Maternal Nutrition' 27<sup>th</sup> June, 2022



*ILW*  
Teacher-in-Charge  
Kalinagar Mahavidyalaya

**WOMEN DEVELOPMENT CELL**  
**KALINAGAR MAHAVIDYALAYA**



**HEALTH AWARENESS CAMP ON MATERNAL NUTRITION**  
**(An extension activity for neighbourhood community)**  
**Venue : Ghoshpur AILA Building**  
**Dated : 27<sup>th</sup> June 2022, Monday 12 Noon**

Women Development Cell of Kalinagar Mahavidyalaya was arranged a **Health Awareness Camp, dated 27<sup>th</sup> June 2022** at **Ghoshpur Aila Building** from **12 noon**. The discussion topic was **MATERNAL NUTRITION**, which was extension activity for neighbourhood community. CDPO, Sandeshkhali 1, Government of West Bengal was in support of this camp. The programme was divided into two parts –

- a) **Introductory Session : From 12 p.m. to 12:30 p.m.**
- b) **Technical Session : From 1 p.m. to 2:40 p.m.**

a) **Introductory Session** : In introductory session Chandana Mahato (Sabhapati, Panchayat Samiti, SDK1), Bilash Halder (Panchayat Pradhan, Kalinagar GP), Subhradeep Baidya (CDPO, Sandeshkhali 1) were presented as an invited guest. They presented their valuable statements in front of us. In their speech the social, family, economic and educational position of the women in the Kalinagar islands was cleared. After that, Dr. Ishani Ghosh (Teacher-in-Charge, Kalinagar Mahavidyalaya) was given welcome speech. Being associated with the Kalinagar area for a long time she knows the residents like back of her hand and so the battle of women's life here comes out in her eloquent and erudite speech.

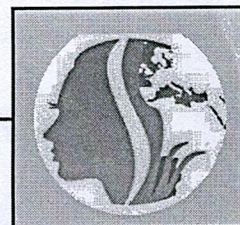
b) **Technical Session** : In technical session, the resource persons who were present, they are –

- i) Gita Mandal (Biswas), Superintendent, CDP
- ii) Dr. Utpal Hazra, Medical Officer RBSK
- iii) Dr. Mou Patwari, Medical Officer RBSK
- iv) Aparna Maity, Nutritionist, Hatgachi NRC
- v) Shovita Bhattacharya, Lady counsellor

*I. Ghosh*  
26.09.23  
Teacher-in-Charge  
Kalinagar Mahavidyalaya

# WOMEN DEVELOPMENT CELL

KALINAGAR MAHAVIDYALAYA



***Their speech topics are sequential -***

- i) Maternal Diet Plan
- ii) Teenage Pregnancy
- iii) Teenage Pregnancy and diet
- iv) Maternal Nutrition
- v) Menstruation, Teenage marriage, Teenage pregnancy

***The issues that come up in their speech are -***

- i) Teenage marriage harmful.
- ii) Teenage pregnancy unwanted and harmful.
- iii) Since teenage pregnancy can be seen in the Kalinagar area, so proper nutrition and balanced diet is necessary. A chart of balanced diet was presented to the audience by incoming resource persons.
- iv) Superstitions are rooted in the mind of the people of this region and the main source of all these problems is illiteracy. So the light of education should be lit. Only then superstitions will be removed. Along with that, problems like teenage pregnancy will be eliminated. To remove this problem, the honorable councilor arranged a counselling session. She tried to understand their problems and solved them by interacting with the audience.

The programme was attended by 70 listeners and they were all residents of Kalinagar and its surrounding areas. Many women who are new or expectant mothers attended the camp along with their mothers, mother-in-laws, husbands and children.

All in all, the whole event was quite interesting.

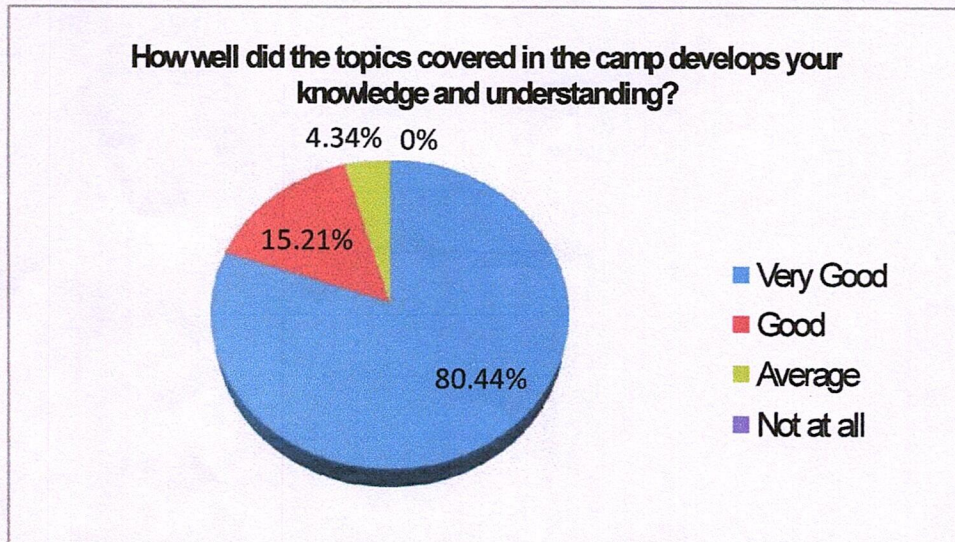
I. Ghosh

26.09.23

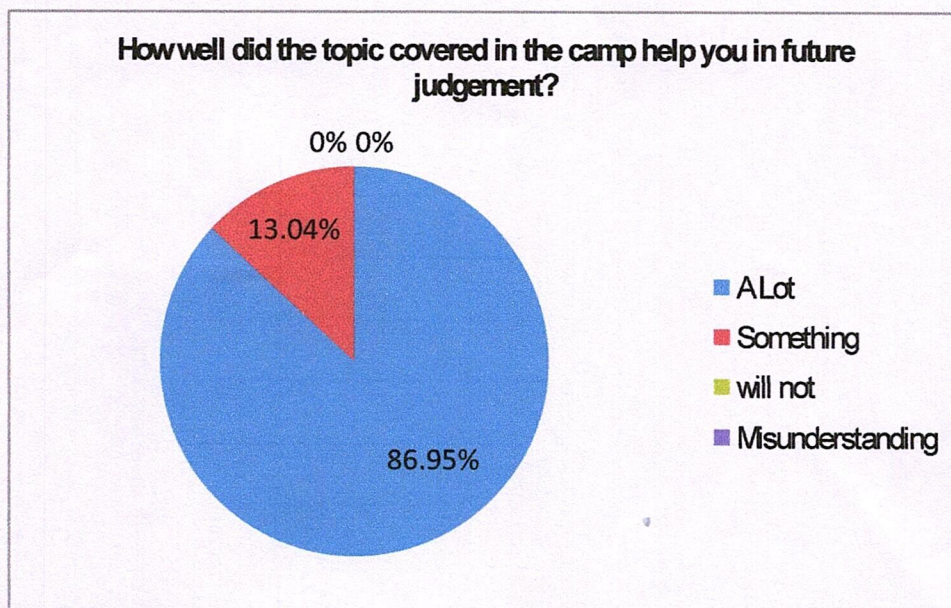
**Teacher-in-Charge  
Kalinagar Mahavidyalaya**



WOMEN DEVELOPMENT CELL				
MATERNAL NUTRITION				
FEEDBACK ANALYSIS				
Question No. 1	Very Good	Good	Average	Not at all
How well did the topics covered in the camp develops your knowledge and understanding?	80.44%	15.21%	4.34%	0

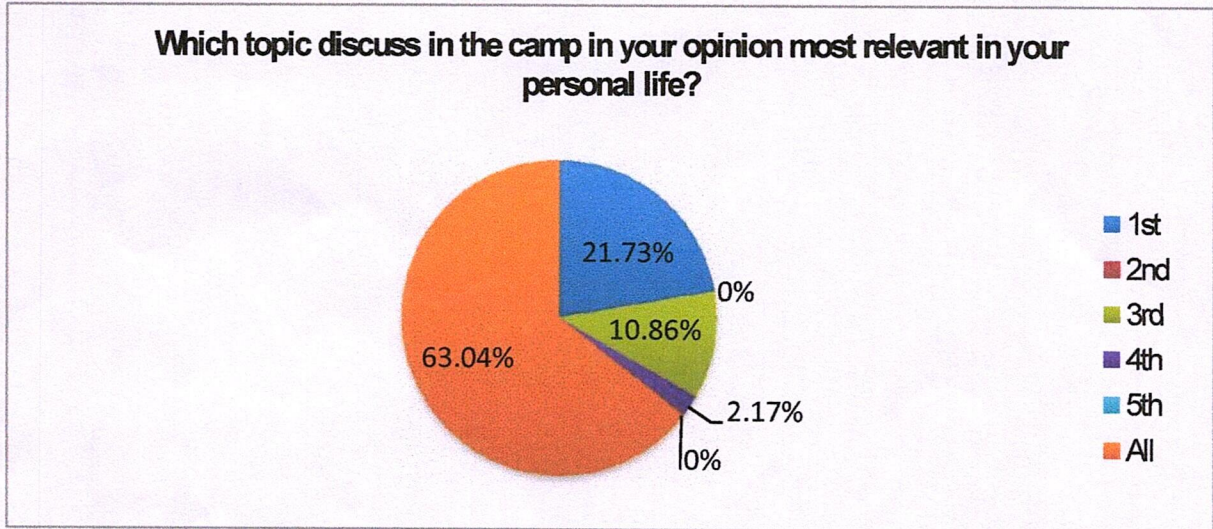


Question No. 2	A Lot	Something	will not	Misunderstanding
How well did the topic covered in the camp help you in future judgement?	86.95%	13.04%	0	0

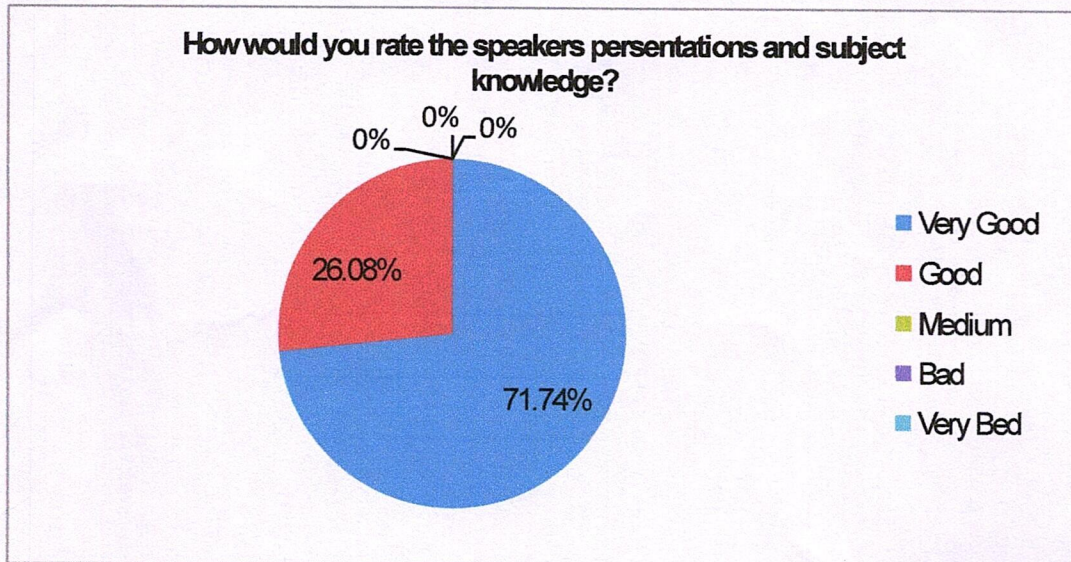


I. Ghosh  
26.09.23  
Teacher-in-Charge  
Kalinagar Mahavidyalaya

WOMEN DEVELOPMENT CELL						
MATERNAL NUTRITION						
FEEDBACK ANALISYS						
Question No. 3	1st	2nd	3rd	4th	5th	All
Which topics discuss in the camp in your opinion most relevant in your personal life?	21.73%	0%	10.86%	2.17%	0%	63.04%

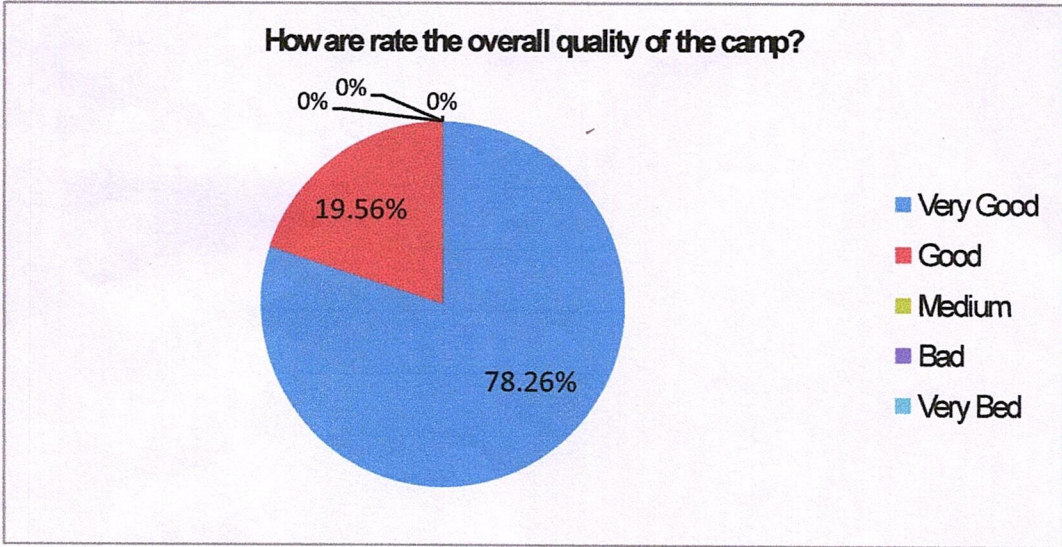


Question No. 4	Very Good	Good	Medium	Bad	Very Bed
How would you rate the speakers persentations and subject knowledge?	71.74%	26.08%	0.00%	0.00%	0.00%



I. Aksh  
26.09.23

WOMEN DEVELOPMENT CELL					
MATERNAL NUTRITION					
FEEDBACK ANALISYS					
Question No. 5	Very Good	Good	Medium	Bad	Very Bed
How are rate the overall quality of the camp?	78.26%	19.56%	0.00%	0.00%	0.00%



I. Ghosh  
26.09.23  
Teacher-in-Charge  
Kalinagar Mahavidyalaya