



# REGENT EDUCATION & RESEARCH FOUNDATION

## Group of Institutions

### AWARENESS PROGRAM ON WOMEN'S HYGIENE

Internal Committee of Regent Education and Research Foundation Group of Institutions organized Awareness program on Women's Hygiene for all female staff members on 7<sup>th</sup> November, 2025. The program was held in Seminar Hall of RERF college premises from 12.40 P.M to 1.40 P.M.

Women's hygiene refers to the personal care practices that women follow to maintain cleanliness and prevent infections, especially related to reproductive and overall health. Proper hygiene is essential for physical well-being, confidence, and disease prevention.

#### Importance of Women's Hygiene

Maintaining hygiene is crucial because it:

- Prevents infections such as Urinary Tract Infection and Bacterial Vaginosis
- Reduces the risk of irritation, odor, and discomfort
- Supports reproductive health
- Improves self-esteem and quality of life

#### Types of Women's Hygiene

##### 1. Menstrual Hygiene

Menstrual hygiene involves safe and clean management of menstruation:

- Use of sanitary products like pads, tampons, or menstrual cups
- Changing products every 4–6 hours
- Proper disposal of used products
- Washing hands before and after changing

##### 2. Intimate Hygiene

- Clean the genital area daily with mild soap and water
- Avoid harsh chemicals or scented products
- Wear clean, breathable cotton underwear
- Maintain dryness to prevent fungal infections

**Number of Participating Female Staff members: 45**

*Campus: Regent Education & Research Foundation Group of Institutions*

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### COMMITTEE MEMBER LIST

| Name of the Committee Member   | Profession          | Associated with |
|--------------------------------|---------------------|-----------------|
| Dr. Nibedita Mukherjea         | CHAIRPERSON         | RERF            |
| Ms. Labani Nandi               | CONVENER            | RERF            |
| Ms. Payel Chakraborty          | MEMBER              | RERF            |
| Ms. Munmoon Chaki              | MEMBER              | RERF            |
| Dr. Enakshmi Nandi             | MEMBER              | RERF            |
| Ms. Mitali Shaw                | MEMBER              | RERF            |
| Ms. Madhabi Ghosh              | MEMBER              | RERF            |
| Mr. Mrinmay Das                | MEMBER              | RERF            |
| Mr. Ashes Rakshit              | MEMBER              | RERF            |
| Ms. Saheli Ghosh Mukhapadhyaya | MEMBER              | RERF            |
| Ms. Samapika Sinha             | NON TEACHING MEMBER | RERF            |
| Ms. Deblina Chatterjee         | NON TEACHING MEMBER | RERF            |
| Ms. Shreya Chakraborty         | EXTERNAL MEMBER     | SVIMS           |
| Mr. Tanmay Bose                | STUDENT MEMBER      | RERF            |
| Ms. Muskan Shaw                | STUDENT MEMBER      | RERF            |
| Ms. Antima Bera                | STUDENT MEMBER      | RERF            |

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### FLYER

The flyer is for an awareness program on women's hygiene. It features a purple header with the Regent Education & Research Foundation logo and name. Below the header, it says 'ORGANIZED BY INTERNAL COMMITTEE'. The main title is 'Awareness program on Women's Hygiene' in large, bold, pink letters. Below this, it says 'in collaboration with' followed by the 'P&G whisper choice' logo. A pink flower icon is next to the text 'MY VOICE, MY CHOICE'. At the bottom left, it says 'TOGETHER, WE RISE.' and provides the date and time: '7<sup>th</sup> NOVEMBER, 2025 AT SEMINAR HALL 12:40 PM to 1:40 PM'. On the bottom right, there is an illustration of a woman in a pink dress standing next to a large pink female symbol.

REGENT EDUCATION & RESEARCH FOUNDATION  
FOUNDATION GROUP OF INSTITUTIONS

ORGANIZED BY INTERNAL COMMITTEE

**Awareness program  
on Women's Hygiene**

in collaboration with

**P&G**  
*whisper*  
choice

MY VOICE,  
MY CHOICE

**TOGETHER,  
WE RISE.**

7<sup>th</sup> NOVEMBER, 2025  
AT SEMINAR HALL  
12:40 PM to 1:40 PM

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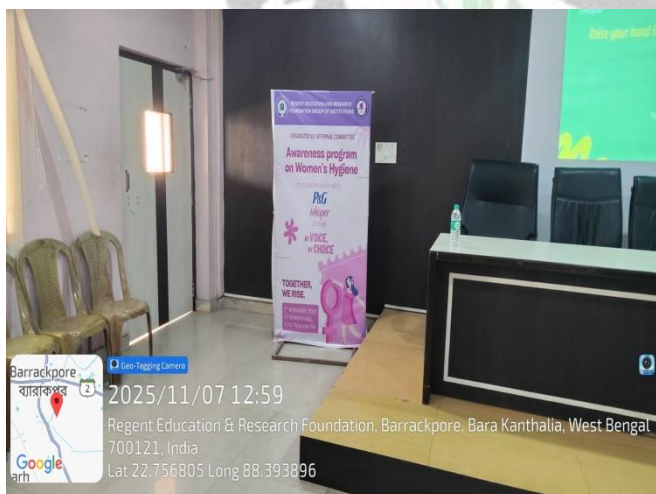
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### Photograph



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### CONCLUSION

The Women's Health and Hygiene Awareness Programmes were **highly successful and effective** in improving knowledge, attitude, and practices among participants. By providing a safe space for discussions, these initiatives successfully **dispelled myths, misconceptions, and taboos** surrounding menstruation.



**Ms. Labani Nandi**  
Convener, IC, RERFGI



**Mr. Suprovat Basu**  
Registrar, RERFGI

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