





Burdwan Raj College

NOTICE

Date: 05.12.2025

All female students of Burdwan Raj College are hereby informed that a Menstrual Hygiene and Feminine Care Awareness Session titled "SELENA" will be conducted on:

 **Date:** 9th December 2025 (Tuesday)

 **Time:** 11:00 AM

 **Venue:** College Auditorium

This awareness programme will be presented by a trained female presenter and will cover:

Anatomy and physiology of menstruation

Best hygiene practices during periods

Common myths and cultural taboos

Proper use and disposal of sanitary products


Interactive session with Q&A

Distribution of free Whisper & Venus sanitary product samples

As the organisers require the exact number of participants for providing complimentary sample kits, all interested female students are requested to confirm their participation by contacting:

Ms. Soumili Bhattacharya

NSS Volunteer

 9732094304

Last date of confirmation: Sunday, 7th December 2025

Your cooperation is highly solicited to make this programme meaningful and successful.

Teacher-in-Charge
Burdwan Raj College

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