



ST FRANCIS DE SALES COLLEGE

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

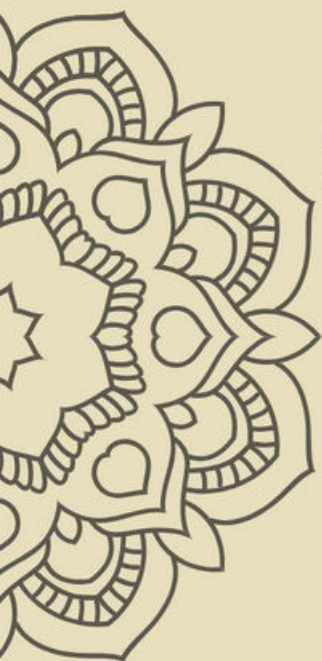
HEALTH CLUB

PRESENTS

SESSION ON

Yoga

FOR HUMANITY



DATE: 27/06/2022
VENUE: BUISNESS LAB
RESOURCE PERSON:
MAHESHA R





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REPORT ON WEBINAR ON YOGA FOR HUMANITY

Title	YOGA FOR HUMANITY
Date of Event(s)	27 th JUNE 2022
Department/Association/ Cell/Committee	HEALTH CLUB
Venue	Business lab
Number of Participants	140 students
Target Audience	1 st and 2 nd year BCOM "A, E, F" section students

Resource Person(s) with qualification (if applicable):	Mr. Mahesha R Head Department of Tourism studies Govt First Grade Collage KOLAR
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Place of visit/ details of Industrial Visit place (if applicable):	-
Event Coordinator	Asst. Prof. Priya E & Asst. Prof. Mouseme


COORDINATOR
Best Practices Cell
St. Francis de Sales College
Bengaluru - 560100


PRINCIPAL
St. Francis de Sales College
Electronics City Post, Bangalore - 560 100.


COORDINATOR
Health Club
St. Francis de Sales College
Bengaluru - 560100

Electronics City P.O., Bengaluru - 560 100
Tel.: 080-27836065 / 27834611, Fax: 080-27832299, Email: principal@sfscollege.in
www.sfscollege.in



Objective

The objective of the webinar conducted on the theme “Yoga for Humanity” is to know amazing health benefits of yoga, and to reduce health problems that may arise for young Generation and to spread peace or helps the students to maintain stability of mind through Yoga and through various Mudra's. Yoga promotes good mental and physical health of people.

Introduction

The resource Person Mr. Mahesha R, started the session by an introductory line “Yoga For Humanity”. International yoga day is celebrated every year on 21st June. “Yoga is the journey of the self, through the self, to the self” the resource person has given a detailed view to the students regarding the above statement. International Yoga Day was celebrated with welcome speech by Ms. Dhanushree a student from 4th bcom C section on virtual platform with great zeal and enthusiasm. Mr. Mahesha R (Yoga Instructor, Head Department of Tourism studies) was invited to conduct virtual yoga session through Google meet platform.

The resource person explained that The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body, which is necessary for the students to come out from all the stress and depression. Mr. Mahesha R not only gave the information regarding the yoga for mental wellness but also gave the information regarding the health and health benefits of Yoga, he told that Yoga Improves brain function Lower stress levels Alters gene expression Increases flexibility Lowers blood pressure Improves lung capacity. Most importantly the resource person has also concentrated on food habits of the young generation and gave the insightful knowledge on healthy food habits and dietary food that should be included in everyday life of a normal human being.

At last The resource person has taught the students about various mudras and its benefit. Mudras are a set of subtle hands gestures or bodily motions that can change one's emotion, mindset, or experience. Thus, the resource person told that mudras helps to increase focus, and which also helps in excelling the of the students.

Conclusion

The webinar on Yoga has helped the students to know the importance of Yoga in their life, and the students are able to learn how yoga is beneficial in their both physical and mental health. Students also gained the knowledge on Various mudras in Yoga and its benefits.





NAME

CLASS & SECTION

SIGNATURE.

01	Mithun	Bcom - C	Mithun
02	Deepika	Bcom - C	Deep
03	Likitha	BBA - 'A'	Likitha
04	Divya	BBA - A	Divya
05	Monisha	BSC - 'B'	Monisha
06	Jerwin	BSC - B	Jerwin
07	Suraj	BSC - B	Suraj
08	Ajith	BSC - B	Ajith
09	Manoj	Bcom - A	Manoj
10	Ananya	Bcom A	Ananya
11	Harshitha	Bcom - D	Harshitha
12	Kaviya	Bcom - D	Kaviya
13	Ravichandra	B.com - D	Ravichandra
14	Yashwanth	B.com - A	Yashwanth
15	Shadrak	BBA - B	Shadrak
16	Rithik	BBA - B	Rithik
17	Anupama	BSC - A	Anupama
18	Prem kumar	BSC - A	Premkumar
19	Shamili	Bcom - B	Shamili
20	Sowmiya	Bcom - B	Sowmiya
21	Jeevitha	BSC - B	Jeevitha
22	Soundarya	BSC - B	Soundarya
23	Kaviya	Bcom - E	Kaviya
24	Meghana	BSC - A	Meghana
25	Nandhini	BCA - A	Nandhini



26	Rahul D	BSC - B	Ref
27	Dhannsh	BCA - A	Ref
28	Tharun	BCA - A	Tharun
29	Kiran	BCA - A	Kunde
30	Sathya	BBA - C	Geetha
31	Aruna	BBC - C	Ref
32	Varun	BBC - C	Ref
33	Rajalakshmi	BSC - B	Ref
34	Sowmiya	BSC - B	Ref
35	Ashwin	BSC - B	Ref
36	Chethan	Bcom - C	Ref
37	Mageshwari	Bcom - C	Mageshwari
38	Ravi kiran	Bcom - C	Rambhar
39	Indhumathi	BSC - B	Indhu
40	Sam kumar	BSC - B	Ref
41	Faizan	BSC - A	Ref
42	Kuchi	BBA - C	Ref
43	Vedha	BBC - C	Ref
44	Indhuja	Bcom - B	Indhuja
45	Shalini	Bcom - B	Ref
46	Nisha Gopika	BSC - A	Nisha Gopika
47	Mamtha	Bcom - B	Mamf
48	Snawanthi	BSC - B	Snawthi
49	Arjun	BSC - B	Arjun
50	Mythri	BSC - B	Mythri



Name.	Class/combination	Signature
Chethan V	Bsc 'B'	Chethan
Jacob B	Bsc 'B'	Jacob
Jerwin Andro. S	Bsc 'B'	Jerwin
Harinath	Bsc 'B'	Harinath.
Rahul D	Bsc 'B'	Rahul D
Veeresh. S	Bsc 'A'	Veeresh
Megaraj	Bsc 'A'	Megaraj
Veeresh. B	Bsc 'B'	Veeresh
Gowtham Veer	Bsc 'B'	Gowtham
Chethan Kumar	B.Com. 'B'	Chethan
Chethan N	B.Com 'A'	Chethan
Anith.	BBA 'A'	Anith
Gajendra	BBA 'A'	Gajendra
Budeep	BBA 'B'	Budeep
Akash.	BBA 'B'	Akash.
Dhanush	B.Com 'B'	Dhanush.
Adharsh	B.Com 'B'	adharsh.
Girish.	B.Com 'C'	Girish
Towseef.	B.Com 'D'	Towseef
Harath	B.Sc 'A'	Harath.
Sharath	B.Sc 'A'	Sharath.
Sudharsh	B.Sc 'B'	Sudharsh
Sunilveer	B.Sc 'B'	Sunilveer.
Rahul S	B.Sc 'B'	Rahul



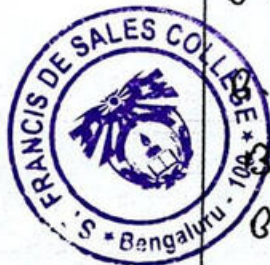
Name.	Class/Combination	Signature
Chethan. V	Bsc 'B'	Chethan
Jacob. B	Bsc 'B'	Jacob
Jerwin Andro. S	Bsc 'B'	Jerwin
Harinath	Bsc 'B'	Harinath.
Rahul. D	Bsc 'B'	Rahul. D
Veeresh. S	Bsc 'A'	Veeresh
Megaraj	Bsc 'A'	Megaraj
Veeresh. B	Bsc 'B'	Veeresh
Gowtham Veer	Bsc 'B'	Gowtham
Chethan Kumar	B. Com. 'B'	Chethan
Chethan N	B. Com 'A'	Chethan
Anish.	BBA 'A'	Anish
Gajendra	BBA 'A'	Gajendra
Deeep	BBA 'B'	Deeep
Akash.	BBA 'B'	Akash.
Dhanush	B. Com 'B'	Dhanush.
Adharsh	B. Com 'B'	Adharsh.
Spish.	B. Com 'C'	Spish
Towseef.	B. Com 'D'	Towseef
Harshith	B. Sc 'A'	Harshith
Sharath	B. Sc 'A'	Sharath
Sudharsh	B. Sc 'B'	Sudharsh
Sunilveer	B. Sc 'B'	Sunilveer
Rahul S	B. Sc 'B'	Rahul



Name	Combination	Signature.
Rahul. D	Bsc 'B'	<u>Rahul. D</u>
Jerwin Andro. S	Bsc 'B'	<u>Jerwin</u>
Chethan. V	Bsc 'B'	<u>Chethan</u>
Harinath	Bsc 'B'	<u>Harinath</u>
Jacob	Bsc 'B'	<u>Jacob</u>
Veeresh	Bsc 'A'	<u>Veeresh</u>
Megaraaj	Bsc 'A'	<u>Megaraaj</u>
sachin	BCA	<u>Sachin</u>
santhosh	BCA	<u>Santhosh</u>
Eric Anton	B.com 'A'	<u>Eric</u>
Chethan Kumar. K	B.com 'B'	<u>Chethan</u>
Amith	BBA 'A'	<u>Amith</u>
Sudheep	BBA 'B'	<u>Sudheep</u>
Grajendra	BBB 'A'	<u>Grajendra</u>
Chethan. N	B.com 'D'	<u>Chethan</u>
Akash	BBA 'B'	<u>Akash</u>
Dhanush	B.com 'B'	<u>Dhanush</u>
Adhresh	B.com 'B'	<u>Adhresh</u>
Gurish	B.com 'C'	<u>Gurish</u>
Harish. P. K	BCA	<u>Harish</u>
Rakshit.	BBA	<u>Rakshit</u>
Thomasee f	B.com 'D'	<u>Thomasee</u>
manoj	B.com 'B'	<u>Manoj</u>
Sharanth	Bsc 'A'	<u>Sharanth</u>
Karthik	Bsc 'A'	<u>Karthik</u>



Name	Combination	Signature
Rahul.D	Bsc 'B'	<u>Rahul.D</u>
Jerwin Andro.S	Bsc 'B'	<u>Jerwin</u>
Chethan.V	Bsc 'B'	<u>Chethan</u>
Harinath	Bsc 'B'	<u>Harinath</u>
Jacob	Bsc 'B'	<u>Jacob</u>
Veeresh	Bsc 'A'	<u>Veeresh</u>
Megaraj	Bsc 'A'	<u>Megaraj</u>
Sachin	BCA	<u>Sachin</u>
Santhosh	BCA	<u>Santhosh</u>
Eric Anton	B.com 'A'	<u>Eric</u>
Chethan Kumar. K	B.com 'B'	<u>Chethan</u>
Amith	BBA 'A'	<u>Amith</u>
Sudeep	BBA 'B'	<u>Sudeep</u>
Gajendra	BBB 'A'	<u>Gajendra</u>
Chethan. N	B.com 'D'	<u>Chethan</u>
AKash	BBA 'B'	<u>AKash</u>
Dhanush	B.com 'B'	<u>Dhanush</u>
Adhresh	B.com 'B'	<u>Adhresh</u>
Girish	B.com 'C'	<u>Girish</u>
Harish. P.k	BCA	<u>Harish</u>
Rakshit.	BBA	<u>Rakshit</u>
Thowsee f	B.com 'D'	<u>Thowsee</u>
Manoj	B.com 'B'	<u>Manoj</u>
Sharath	Bsc 'A'	<u>Sharath</u>
Karthik	Bsc 'A'	<u>Karthik</u>





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HEALTH CLUB

PRESENTS



BASIC HEALTH

CHECKUP CAMP!

DATE: 18/07/2022 RESOURCE PERSON: DR NAGENDRA

VENUE: CLOSED AUDITORIUM



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Report on Training on how to give a Cardio Pulmonary Resuscitation and Basic Health Check- up Camp

Title	Training on how to give a Cardio Pulmonary Resuscitation and Basic Health Check- up Camp
Date of Event(s)	18/7/2022
Department / Association /Cell / Committee	Rotaract club St Francis De Sales College in association with Health Club
Venue (Mention the platform if it is Online)	Closed Auditorium
Number of Participants	300
Target Audience	UG students
Resource Person(s) with qualification	Dr.Nagendra and his team NH Health City
Place of visit/ details of Industrial visit place (if applicable):	
Event Coordinator	Counsellor Ms.Lathika Chandran, Asst. Prof. Priya Prof. Mousime Xalxo , Prof. Maruti Board Members of Rotaract Club

[Signature]
COORDINATOR
Health Club
St. Francis de Sales College
Bengaluru - 560100



[Signature]
COORDINATOR
Best Practices Cell
St. Francis de Sales College
Bengaluru - 560100

Electronics City P.O., Bengaluru - 560 100
Tel.: 080-27836065 / 27834611, Fax: 080-27832299, Email: principal@sfscollege.in
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Objectives

The objective of conducting the training program and basic health checkup is To create awareness on basic health checkup among the audience, To understand the importance of identifying risk factor and illnesses before they start to cause problems, To make positive changes in the lifestyle for long term healthy life.

Introduction

Health is wealth the motto practiced in our day to day life. Giving importance to health education and keeping in mind our schedules Rotaract Club of St Francis De Sale Degree College in association with Health Club took an opportunity to invite one of the renowned doctor from Narayana Health City Bangalore. Rotaract club member were also the part of this camp.

Dr. Nagendra CV , Associated Consultant an experience personality specialty in emergency medicine. Dr Nagendra CV had completed his MBBS from government medical college- Mysore. He had completed BLS and ACLS instructor course from American heart association. He had also completed MEM (Master in emergency medicine) from Narayana health Bangalore.

The session started with an inaugural Programme at closed auditorium on 18th July 2022. The team was welcomed by health and Rotaract club members. Dr Nagendra CV was assisted by his team members to show students demonstration on basic health checkup. To keep the students engaged the team showed us a video presentation on basic health checkup.

Dr Nagendra CV discussed on getting the appropriate kind of health checkup is vital for very human being and while considering it some important factor like age, lifestyle, family, background and risk. Examinations and test at the early stages of the illness can help to cure it faster and save a life before it can cause any damages.

After the session Narayana health city organized a free health checkup for students and staffs of SFS Degree College at closed auditorium. Students volunteers were active throughout the session and assisted the medical staffs. Free checkup was based on Blood pressure, Diabetes test and Weight.

The free health checkup camp was successfully organized for the staffs and students. A set up was inside the closed auditorium. The students worked as volunteers to maintain the crowd and name list were already enlisted for health checkup. Free medical camp was


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crowd and name list were already enlisted for health checkup. Free medical camp was successfully organized under the guidance of Ms. Lathika coordinator of Rotaract club and health club.

Outcome

After the training session on CPR (Cardiopulmonary Resuscitation) students understood the importance of training programme, and able to face emergency at any place in day to day life. CPR is an emergency procedure consisting of chest compressions often combined with artificial ventilation in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. There were three hundred beneficiaries from college staff, students and lecturers.

Pictures

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ROTARACT CLUB OF SES
IN ASSOCIATION
WITH HEALTH CLUB

Organizes
Training on BLS
Basic health checkup
18th July, 2022

Dr. NAGENDRA C V
ASSOCIATE CONSULTANT
NARAYANA HEALTH CITY

TIME: 11:00am - 11:45am BLS TRAINING
11:45 am - 3:00pm BASIC HEALTH CHECKUP

VENUE : CLOSED AUDITORIUM

STUDENT LINK FOR REGISTRATION : <https://forms.gle/7mNMsXwGjHqG11G>





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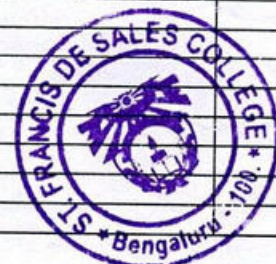
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Rotract Club in Association with Health Club organising Free Health Check up including
Random Blood sugar, BP, Height, Weight and BMI
(on 18th JULY 2022, 11:45 am - 3:00 pm)

Sl.NO	Name of the faculty	Department	Gender	Age	Are you Willing to take Health Checkup	Sign
1	Dr. Nebula Murukesh	Science	Female	42	yes	
2	Siny Philip	PG	Female	44	yes	
3	Dr. Thanapackiam	Commerce-P	Female	41	yes	
4	Sailaja. M	Computer appli	Female	43	yes	
5	Gowthami S	computer appli	female	25	yes	
6						
7	Kavya Shree B.V	Commerce	Female	34	yes	
8	Dr.Noor Nigar	English	Female	42	yes	
9	J.Umamaheswari	English	Female	36	yes	
10	Deepashree P	commerce	female	34	yes	
11	Deepa S	Humanities	female	36	yes	
12	Kumara C	Kannada	Male	34	yes	
13	Dr.PRAKASHA	kannada	male	49	yes	
14	Arun B	Economics	Male	36	yes	
15	Rakshitha G	BBA	Female	26	yes	
16	Anusha N Bhat	Commerce	Female	26	yes	
17	JOHN DSOUZA	Library	Male	47	yes	
18	KONITA . R	Commerce	Female	30	yes	
19	Sibi'sebastien	Staff	Male	48	yes	
20	Umapatharan	Phy. Sci	Male	35	yes	
21	Maya	Staff	Male	52	yes	
22	Jeneetha Mathias	Staff	Female	45	yes	
23	Magnayartarani	Staff	female	56	yes	
24	Prasanna	Staff				
25	B.SIVAKAM	Staff	female	26	yes	
26	chandamma	STAFF	female	48	yes	
27	lalitha	Staff	female	39	yes	
28	Shrutha	Staff	female	50	yes	
29	Shrutha	Staff	female	50	yes	
30	Dr. Elisabeth NOKER	Staff	female	42	YES	
31	G.Keerthi	Staff	Female	33	yes	
32	Mariammas	Staff	female	50	yes	
33	Arumma Mary	Staff	female	40	yes	
34	Andhriani	Staff	female	39	yes	
35	Reet					
36	Reet	MDA	F	36	yes	
37	Den das Tularam	Hind.	MA	40	yes	
38						
39						
40	Komh	Ministom/Staff	Female	36	Yes.	
41						
42						
43						
44						
45						
46						
47						
48						
49						
50						



Name	e-mail	Course	semester	Section	Do you want to take health Check	sign
Kiran	Kiran80206@gmail.com	B.com	2nd	B sed	Yes	Kiran
Yashwanth	Yashwanth1111@gmail.com	B.Com	2nd	B	Yes	Yashwanth
Rohana	rohana81184@gmail.com	B.com	2nd Sem	A	Yes	Rohana
Uppalakrishna	uplakrishna587@gmail.com	B.com	2nd Sem	A	Yes	Uppalakrishna
Abhishek R	AbhishekR11@gmail.com	B.com	2nd Sem	A	Yes	Abhishek R
Shritha	shritha1901@gmail.com	B.com	2nd Sem	D	Yes	Shritha
Vasun	bvelyvasun48@gmail.com	B.com	2nd Sem	D	Yes	Vasun
Akhil	Akhilunaga@gmail.com	B.com	2nd Sem	A	Yes	Akhil
Kavitha	k434255@gmail.com	B.com	2nd Sem	A	Yes	Kavitha
Ahalya	Ahalyavenkatesh688@gmail.com	B.com	2nd Sem	A	Yes	Ahalya
Divisha	cddivisha@gmail.com	BCOM	2nd Sem	A	Yes	Divisha
Gokul	gokulmayak877@gmail.com	B.com	2nd Sem	D	Yes	Gokul
Rathish	RathishH02@gmail.com	B.com	2nd Sem	D	Yes	Rathish
Althina	althina12345@gmail.com	B.com	2nd Sem	A	Yes	Althina
Nandini	NandiniNandini3@gmail.com	B.com	2nd Sem	A	Yes	Nandini
Chandini	chandini12345@gmail.com	B.com	2nd Sem	A	Yes	Chandini
Hirahbanu	hirahbanu@gmail.com	BBA (AVI)	2nd Sem	C	Yes	Hirahbanu
Megha	megha.sns666@gmail.com	B.com	1st Sem	B	Yes	Megha
Karthik	Karthik905@gmail.com	B.com	2nd Sem	A	Yes	Karthik
Hrithik	Hrithik12345@gmail.com	B.com	2nd Sem	A	Yes	Hrithik
Tharun	TharunR05@gmail.com	B.com	2nd Sem	A	Yes	Tharun
Santhosh	kingSanthoshwagga@gmail.com	B.com	2nd Sem	E	Yes	Santhosh
Rakshit	rakshit1710@gmail.com	BBA	2nd Sem	A	Yes	Rakshit
Pooja	pooja321@gmail.com	BBA	2nd Sem	A	Yes	Pooja
Suliga	aman01227@gmail.com	B.com	1st Sem	E	Yes	Suliga
Ann	anjanees3358@gmail.com	B.com	1st Sem	E	Yes	Ann
Faiza	amans01227@gmail.com	B.com	1st Sem	E	Yes	Faiza
Rakshit	amans01227@gmail.com	B.com	1st Sem	E	Yes	Rakshit
Geeta	geeta12345@gmail.com	B.A	4th Sem		Yes	Geeta
Kannan	KannanKutty706@gmail.com	B.com	2nd Sem	B	Yes	Kannan
Arjun	Arjun12345@gmail.com	B.com	2nd Sem	B	Yes	Arjun
Pooja	Pooja12345@gmail.com	B.com	2nd Sem	B	Yes	Pooja
Sachin	sachin12345@gmail.com	B.com	2nd Sem	D	Yes	Sachin
Madhu	Madhu12345@gmail.com	B.com	2nd Sem	D	Yes	Madhu
Harsh	Harsh12345@gmail.com	B.A	2nd Sem	A	Yes	Harsh
Pradeep	Pradeep12345@gmail.com	BBA	4th Sem	A	Yes	Pradeep
Yashwanth	Yashwanth12345@gmail.com	B.com	4th Sem	A	Yes	Yashwanth
Sharan	Sharan313@stscollage.com	B.com	4th Sem	B	Yes	Sharan
Gokul	GokulKishore.v16@gmail.com	B.com	4th Sem	E	Yes	Gokul
Jyoti	Jyoti329@gmail.com	BBA	4th Sem	A	Yes	Jyoti



Abnie	Email	Source	Semester	Section	Yes/No	Sign
DEEKSHA.K	deekshakrishna murthy1509@gmail	B.COM	2	C	✓	Deeksha
Arun	valhiakathi8@gmail	B.COM	2nd	B	✓	Arun
Keerthi.D	keerthi284@gmail	B.COM	2nd	A	✓	Keerthi
Aishwarya	keerthi284@gmail	B.COM	2nd	A	✓	Aishwarya
Roshni.G	Roshni1501@gmail.com	B.COM	2nd	A	✓	Roshni
Priyashree.S	Priyashree3195@gmail	B.COM	2nd	A	✓	Priyashree
Nandini.V	NandiniV325-sfcollege.in	B.COM	2nd	D	✓	Nandini
Janani.J	Janani316-sfcollege.in	B.COM	2nd	D	✓	Janani
Punith.D	Punithdardas@gmail.com	B3(Avi)	2nd	C	✓	Punith
Buba.R	BubaRony168@gmail.com	B3(Avi)	1st	C	✓	Buba
Haseeba Afreen.J	Haseebaafreen-016@sfscdly	BA	2nd sem	A	✓	Haseeba
Parashanth.S	Parashanth-030@SFSCD	B.COM	2nd Sem	A	✓	Parashanth
Harish C.G	HarishCG-2010@univ.com	B.COM	2nd sem	A	✓	Harish
Bharath Kumar.S	Bharathkumar661@gmail.com	B.COM	2nd sem	E	✓	Bharath
DhanuStiKum	DhanuStiKumreddy@gmail	B.COM	2nd Sem	X'	✓	Dhanu
Pradeep.M	mepradeep508@gmail	B.COM	6th Sem	D	✓	Pradeep





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HEALTH CLUB

PRESENTS

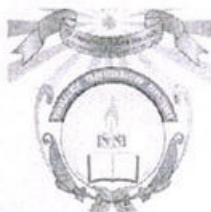


AWARNESS ON MENSTURAL CUPS



DATE- 17/09/2021

VENUE- GOOGLE CLASSROOM



ST FRANCIS DE SALES COLLEGE

Permanently Affiliated to Bangalore University || AICTE Approved Electronic City, Bengaluru - 100

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A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Title	Awareness in Mensutral Cups
Date& Time of Event(s)	17-09-2021
Department / Association	Health Club
Venue	Google Classroom
Number of Participants	75

Report

Health club of St Francis de Sales College organized Awareness in Covid Vaccination on 17th September 2021 for all the UG students of the college. Brochure and circular were send to the students through the Class Coordinators. students were asked to assemble in the business lab for the session. Session was conducted by Dr Jishy, Ciril and Diya from St.John's hospital,Bangalore.

These were the points discussed by the Doctor The small, flexible cup is made of silicone or latex rubber. Instead of absorbing your flow, like a tampon or pad, it catches and collects it. Just before your period begins, tightly fold the menstrual cup and insert it like a tampon without an applicator. Used correctly, you shouldn't feel it. It's similar to putting a diaphragm or birth control ring in place.

Your cup will spring open (you may need to rotate it first) and rest against the walls of your Vagina. It forms a seal to prevent leaks. The blood then simply drips into the cup. Some types are disposable, but most are reusable. To remove it, you pull the stem sticking out the bottom and pinch the base to release the seal. Then you just empty, wash with soap and water, and replace. At the end of your cycle, you can sterilize your cup in boiling water.

Almost 75 students attended the session. This session was conducted for the students for creating awareness about Mensutral Cups for Girl Students. It was noticed that only 2% of students were using this Menstrual Cups.

This session was conducted keeping in mind that it would enable girl students to seek and to build trust and enable greater confidence in using menstrual Cups during their periods for tension free Periods.

PRINCIPAL
St. Francis de Sales College
Electronics City Post, Bangalore - 560 100.

Photos of the Event





Participant List:

ST FRANCIS DE SALES COLLEGE		
NOMINAL ROLL : B.SC (MEC) - III SEM		
SL.NO	ROLL NO.	NAME 28/10/21
1	20MEC00TA	BRINDA JENIFFER SANTINER R
2	20MEC002K	DEVI SHREE R V
3	20MEC003K	HARSHA KUMAR V
4	20MEC004K	LAVANYA G Lavanya G
5	20MEC005TE	MALLESH N Mallesh N
6	20MEC006K	MANIKANTA R Manikanta R
7	20MEC007H	SAHIL MOLLAH
8	20MEC008H	RENTALA V M SREEJA Renta V M Sreeja
9	20MEC009K	MADHAN P S
10	20MEC010K	HARSHITH S
11	20MEC012E	NITHIN M
12	20MEC013K	VYSHALI H N Vyshali H N
13	20MEC014K	HAMSAVENI M Hamsaveni M



ST FRANCIS DE SALES COLLEGE		
NOMINAL ROLL - B.SC (MEC)- V SEM		
ACADEMIC YEAR 2021-22		
SL.NO.	ROLL NO.	NAME
1	19MEC001K	AMRUTHA K
2	19MEC002T	ASHOK KUMAR B
3	19MEC003K	CHAITRA R
4	19MEC004E	CHALLA KISHAN CHOWDARY
5	19MEC005K	HARSHITHA K
6	19MEC006K	HITHESH R
7	19MEC007K	KALAVATHI S
8	19MEC008T	MANOJ KUMAR G
9	19MEC009K	NAVYA G
10	19MEC010K	PUNITHA R
11	19MEC011K	ROJA E
12	19MEC012K	SANDHYA V
13	19MEC013M	SANDROSE ALEXANDER
14	19MEC014H	SANJAY SINGH
15	19MEC015K	SHASHIKIRAN A
16	19MEC016K	SONIYA V
17	19MEC017K	SOUNDAR R
18	19MEC018E	SRIMANIGANDAN N
19	19MEC019K	SUJINPAUL S
20	19MEC020K	SUMIKSHA S
21	19MEC021K	VANDANA V
22	19MEC022K	YOGASATHISH S

23 19MEC023H Libin S

24 19MEC024K Pashmi

