



ST FRANCIS DE SALES COLLEGE

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

Recognized by NMAC with B++ Grade | Recognized under section 20F & 20B of the UGC Act | An ISO 9001:2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

PsyLight Club

Dept. of Psychology

Postgraduate Centre

&

Oikonomika Club

Dept. of Economics

Postgraduate Centre

&

Dept. of Humanities (UG)

In collaboration with

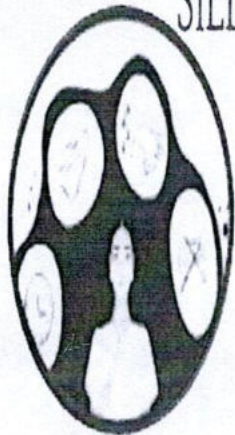
SIEDS (Society for Informal Education and Development Studies)

Jointly Organizes

Outreach Program



Topic: "Awareness on
Menstrual Hygiene"
Date: 18.06.2022
Target Population: School Girls





ST FRANCIS DE SALES COLLEGE

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

Reaccredited by NAAC with 'B++' Grade || Recognised under section 2(f) & 12(b) of the UGC Act || An ISO 9001: 2015 Certified Institution

A FRANSALIAN INSTITUTE OF HIGHER LEARNING

Report of "Outreach Program: Awareness on Menstrual Hygiene"

Title	Outreach Program: Awareness on Menstrual Hygiene
Date of Event(s)	18.06.2022
Department / Association	PsyLight Club Dept. of Psychology Postgraduate Centre & Oikonomika Club Dept. of Economics Postgraduate Centre & Dept. of Humanities (UG) <i>In collaboration with</i> SIEDS (Society for Informal Education and Development Studies)
Venue	Government Schools, Anekal
Number of Participants	200

Report:

Menstruation is a natural and unavoidable part of the lives of women and girls. Accommodating the menstrual needs is a key issue for the human rights to safe drinking water and sanitation. The simplest action a person can take to end period stigma is to not take part in discussing it vaguely. By speaking about any topic openly, we help to remove the societal rule against discussing it. This can be done with friends and family, work colleagues, acquaintances, or on a broader scale. Awareness among young girls is very important. Awareness programs among primary and high school children is one among the many social activities organized by *SIEDS (Society for Informal Education and Development Studies)*. St Francis de Sales College initiated to be part of one such program. Outreach Program: Awareness on Menstrual Hygiene was organized on 18th June 2022. Students along with few faculty reached the venue. Dr Mamatha had trained students priorly about activities and content to be spoken about menstrual hygiene.

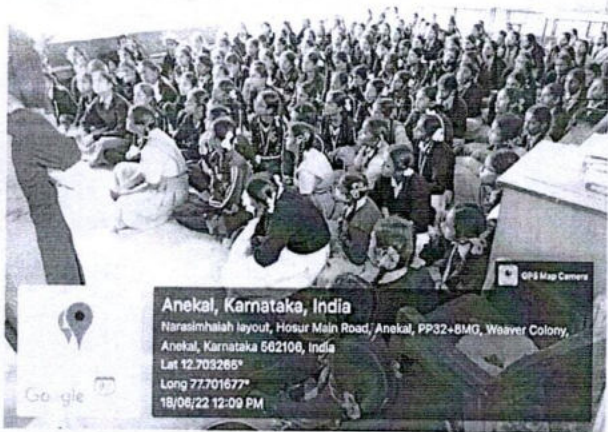
Students were divided into two groups. Two groups for two different schools. Along with SIEDS volunteers our students started speaking about the cause for the day. Rapport was built by students. Ice breaking activities were conducted as a start. They started introducing

PRINCIPAL

St. Francis de Sales College

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

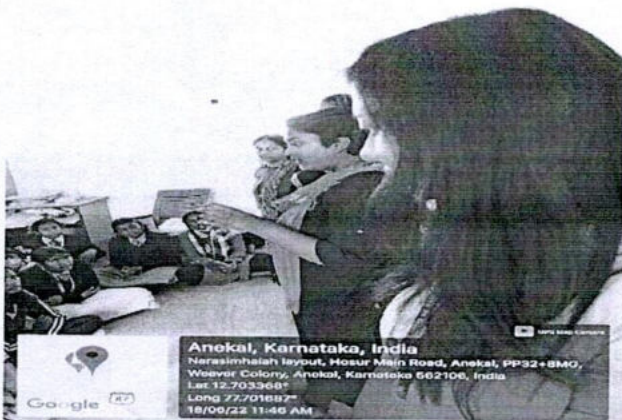




Anekal, Karnataka, India
Narasimhalah layout, Hosur Main Road, Anekal, PP32+BMQ, Weaver Colony,
Anekal, Karnataka 562106, India
Lat 12.703286°
Long 77.701677°
18/06/22 12:09 PM



Anekal, Karnataka, India
Narasimhalah layout, Hosur Main Road, Anekal, PP32+BMQ, Weaver Colony,
Anekal, Karnataka 562106, India
Lat 12.703329°
Long 77.701715°
18/06/22 12:05 PM



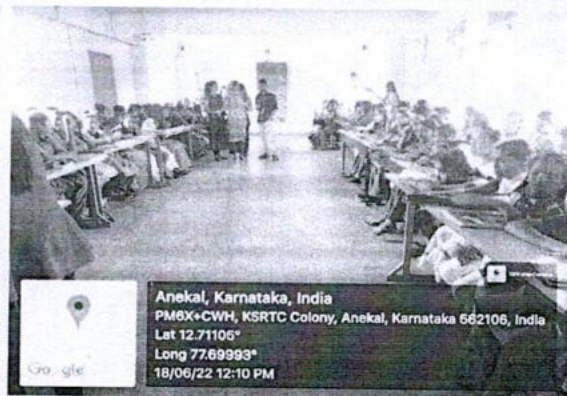
Anekal, Karnataka, India
Narasimhalah layout, Hosur Main Road, Anekal, PP32+BMQ,
Weaver Colony, Anekal, Karnataka 562106, India
Lat 12.703368°
Long 77.701892°
18/06/22 11:46 AM



Anekal, Karnataka, India
562106, Anekal - Hosur Rd, Old Government Railway Station, Narasimhalah
Extension, Weaver Colony, Anekal, Karnataka 562106, India
Lat 12.703309°
Long 77.701888°
18/06/22 11:38 AM



Anekal, Karnataka, India
Mirza Road, SH 87, Vinayaka Nagar, Anekal, Karnataka 562106, India
Lat 12.712311°
Long 77.699698°
18/06/22 12:07 PM



Anekal, Karnataka, India
PM6X+CWH, KSRTC Colony, Anekal, Karnataka 562106, India
Lat 12.71106°
Long 77.69993°
18/06/22 12:10 PM



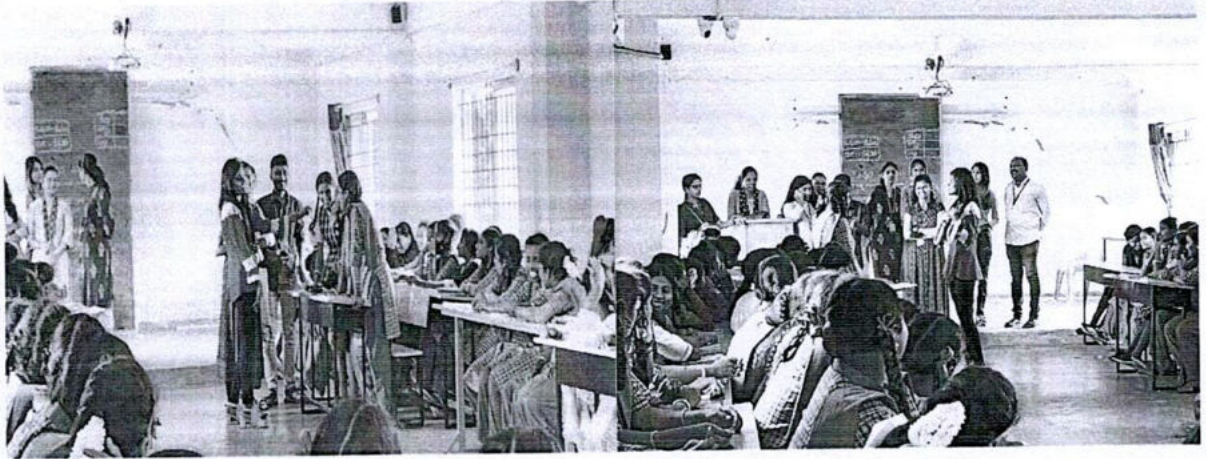
Anekal, Karnataka, India
PP62+F3C, KSRTC Colony, Anekal, Karnataka 562106, India
Lat 12.711138°
Long 77.700078°
18/06/22 12:09 PM



Bengaluru, KA, India
SH 35, Anekal, Bengaluru, 562106,
Lat 12.711147, Long 77.699811
06/18/2022 11:40 AM



PRINCIPAL
St. Francis de Sales College
Bengaluru



Report prepared by:

Dr. Mamatha K
 Asst. Professor
 Dept. of Psychology
 Postgraduate Centre
 St Francis de Sales College

HEAD
 Department of Psychology
 PG Centre
 St. Francis de Sales College
 Bengaluru - 560100

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