



# 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

## THE TABOOS

DEPARTMENT OF HUMANITIES IN ASSOCIATION WITH  
PSYCHOLOGY - HALCYON ACADEMY INVITES JOIN US  
FOR AN OUTREACH PROGRAMME  
ON MESTRUAL HYGENITY AMONG BUDDING MINDS



MARK YOUR ATTENDENCE  
ON  
18-6-2022

LOCAT US:

<https://www.google.com/maps/place/Government+School/data=!4m6!3m5!1s0x3bae6f7f6912f659:0xe0d660420e72d52c!8m2!3d12.705020!4d77.826310!1!16s%2Fg%2F11fylqwtmr?authuser=0&hl=en&rlz=1>



# 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

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



## PsyLight Club

Dept. of Psychology  
Postgraduate Centre

&

## Oikonomika Club

Dept. of Economics  
Postgraduate Centre

&

## Dept. of Humanities (UG)

*Jointly Organizes*

## Outreach Program





# 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	Halcyon Academy Dept. of Psychology (UG) & Dept. of Psychology and Economics (PG) <i>In collaboration with</i> SIEDS (Society for Informal Education and Development Studies)
Venue	Government Schools, Anekal
Number of Participants	40

### 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 18<sup>th</sup> 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 the topic to girls. Later spoke about the facts, importance, challenges and ways to deal with the situation. Children were given detailed explanation about menstrual cycles and its impact. Girls had to know the importance of speaking about it, and share if they undergo any difficulties. Smt.

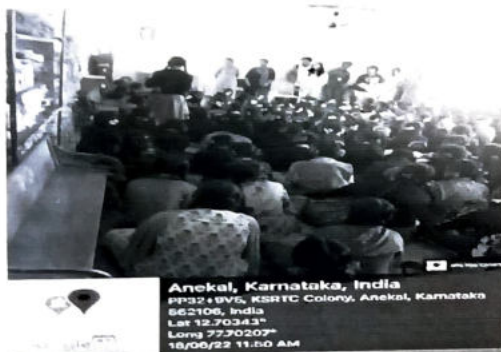
HEAD  
Department of Humanities  
St. Francis de Sales College  
Bengaluru - 560 100.

Mamatha, SH DS correspondent had a poem written by Sreenivasa Murthy on Menstruation. She made all children sing along with her and explained about menstruation and facts related to it. Awareness program intended to break the stigma. Children listened and interacted with our students. Many queries were raised and our students were able to clarify all their doubts. Children expressed to be happy and also learnt the importance of menstrual hygiene.

**Positive Outcome:** Outreach Program on bringing awareness about menstrual hygiene was a success. Students could relate to the situation and speak to children. Students could learn public speaking skills. The program could build civic sense among students. Bringing awareness on menstrual hygiene has shown the role of each citizen to build a healthy society. The outreach program was effective and successful.

*Photo Gallery*

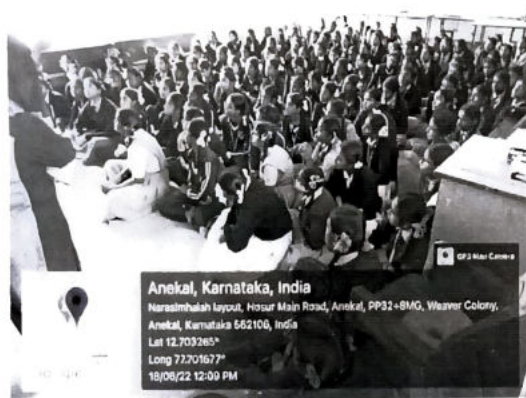
**HEAD**  
Department of Communities  
St. Francis de Sales College  
Bengaluru - 560 100.



Date - 18-6-2022

S.No.	Name Roll No	Roll No Name	Signature
01	Rakshitha.K	20CIP036K	[Signature]
02	Ankitha.S	20CIP037K	[Signature]
03	Smriti.N	20CIP030K	[Signature]
04	Sajitha	20CIP032K	[Signature]
05	Namitha.S	20CSP018H	[Signature]
06	Abhinav.J	20CIP001H	[Signature]
07	Syed Nourul	20CIP016H	[Signature]
08	Sri. Anisha	20CIP002H	[Signature]
09	Shardadha	20CIP036H	[Signature]
10	M. Pradeepa	20CIP030E	[Signature]
11	Mulali.R	20CIP034K	Mulali
12	Moin nasha	20CIP022K	[Signature]
13	M. Vasanth	20CIP032TA	[Signature]
14	Ravi.L	20CIP017TA	[Signature]
15	Sri. Rabees	20CIP009TA	[Signature]
16	D. Gowtham	20CIP005TA	[Signature]
17	Bharath	20CIP003K	[Signature]
18	Chandhana.C	20CIP004K	[Signature]
19	Sangay.M	20CIP011K	[Signature]
20	Vinay.R	20CIP021TA	[Signature]
21	ManuPriya	20CIP028K	[Signature]
22	Kusuma.S	20CIP031K	[Signature]
23	Ambika	20CIP029K	[Signature]
24	Steffi	20CIP023T	[Signature]
25	Sugay	20SEP004T	[Signature]
26	Aishwariya	20CIP035E	[Signature]
27	Musika.R	20CIP034K	[Signature]
28	Vasanth	20CIP032T	[Signature]
29	Noel.S	20CIP026E	[Signature]
30	Arun.V	20CIP025TA	[Signature]
31	Dhinesh	20CIP006TA	[Signature]
32	Kusuma.V	20CIP008K	[Signature]
33	Rabees.D	20CIP009TA	[Signature]
34	Keerthana	20IPE004K	[Signature]
35	Sandeep.N	20IPE011TA	[Signature]
36	Sasitha.R	20IPE015H	[Signature]
37	Jeevitha.	20IPE019H	[Signature]
38	Ramya.M	20IPE017T	[Signature]
39	Pratyanka	20IPE001H	[Signature]
40	Rahul Kumar	20IPE010H	[Signature]

  
 HEAD  
 Department of Humanities  
 St. Francis de Sales College  
 Bengaluru - 560 100.





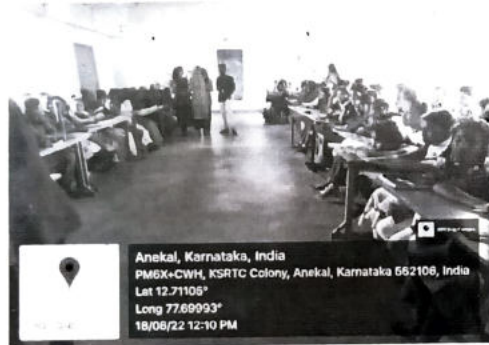
Anekal, Karnataka, India  
Rao Bahaduriah Road-41, Hinale Masi Road, Anekal, PP-32+PMAC,  
Wasmu Colony, Anekal, Karnataka 562106, India  
Lat 12.7113618°  
Long 77.6999933°  
18/06/22 11:08 AM



Anekal, Karnataka, India  
R-070, Anand - Haveli Rd, Opp. Sri-Bhagya Kalyani Hanuman Mandir  
Bhadravan, Anand Colony, Anekal, Karnataka 562006, India  
Lat 12.708200°  
Long 77.691340°  
18/06/22 11:08 AM



Anekal, Karnataka, India  
Mirza Road, SH 87, Vinayaka Nagar, Anekal, Karnataka 562106, India  
Lat 12.712311°  
Long 77.699598°  
18/06/22 12:07 PM



Anekal, Karnataka, India  
PM6X+CWH, KSRTC Colony, Anekal, Karnataka 562106, India  
Lat 12.71109°  
Long 77.699933°  
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 77.699814  
06/18/2022 11:40 AM





**Report prepared by:**

Lakshmi Balakrishnan  
Asst. Professor  
Dept. of Psychology  
Humanities (UG)  
St Francis de Sales College



GPS Map Camera

## Anekal, Karnataka, India

Narasimhaiah layout, Hosur Main Road, Anekal, PP32+8MG,  
Weaver Colony, Anekal, Karnataka 562106, India

Lat 12.703371°

Long 77.701657°

18/06/22 12:01 PM



Go gle





GPS Map Camera

## Anekal, Karnataka, India

Narasimhalah layout, Hosur Main Road, Anekal, PP32+8MG,  
Weaver Colony, Anekal, Karnataka 562106, India

Lat 12.703279°

Long 77.701837°

18/06/22 12:04 PM



Google

