



# 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 UOC 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

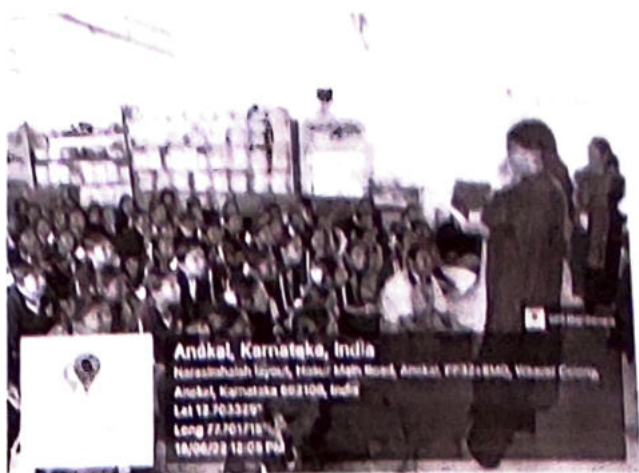
#### Report:

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 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.

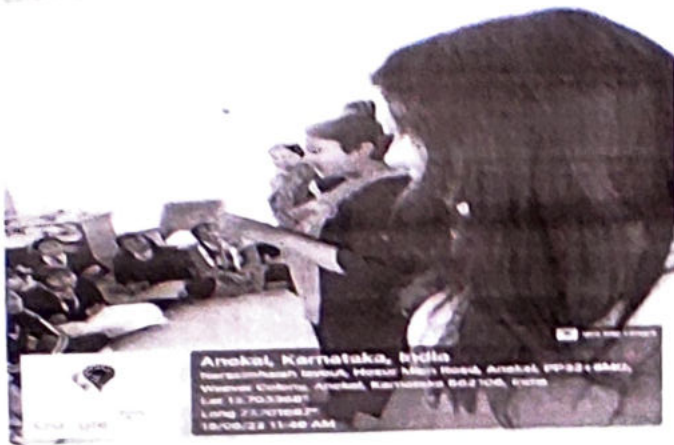
Students were divided into two groups. Two groups for two different schools. Along with SIEDS volunteers our students started speaking about the cause for the day. Rapport was built by students. Ice breaking activities were conducted as a start. They started introducing



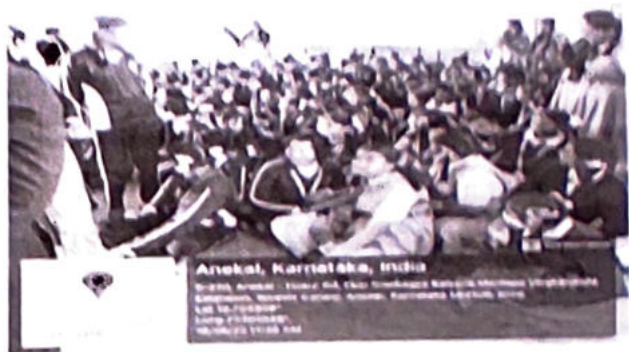
**Anekal, Karnataka, India**  
Narasimhalah injou, Housur Main Road, Anekal, PP02+BM1, Whitey Colony,  
Anekal, Karnataka 562100, India  
Lat 12.705296°  
Long 77.701877°  
18/06/22 12:00 PM



**Anekal, Karnataka, India**  
Narasimhalah injou, Housur Main Road, Anekal, PP02+BM1, Whitey Colony,  
Anekal, Karnataka 562100, India  
Lat 12.70529°  
Long 77.70171°  
18/06/22 12:09 PM



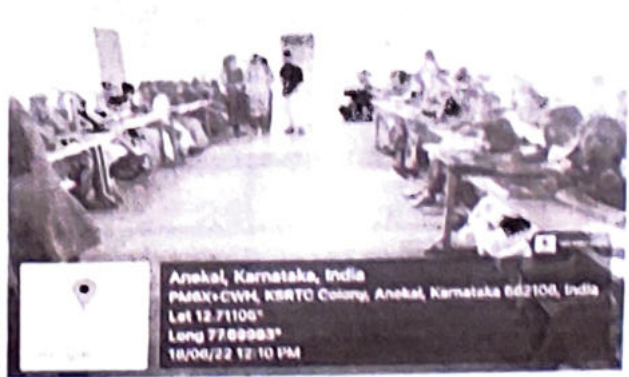
**Anekal, Karnataka, India**  
Narasimhalah injou, Housur Main Road, Anekal, PP02+BM1,  
Whitey Colony, Anekal, Karnataka 562100, India  
Lat 12.705296°  
Long 77.701877°  
18/06/22 11:48 AM



**Anekal, Karnataka, India**  
Narasimhalah injou, Housur Main Road, Anekal, PP02+BM1,  
Whitey Colony, Anekal, Karnataka 562100, India  
Lat 12.70529°  
Long 77.70187°  
18/06/22 11:58 AM



**Anekal, Karnataka, India**  
Mirza Road, SH 87, Vinayaka Nagar, Anekal, Karnataka 562100, India  
Lat 12.712311°  
Long 77.699696°  
18/06/22 12:07 PM



**Anekal, Karnataka, India**  
PM&+CWH, KSRTC Colony, Anekal, Karnataka 562100, India  
Lat 12.71100°  
Long 77.69993°  
18/06/22 12:10 PM



**Anekal, Karnataka, India**  
PP02+F3C, KSRTC Colony, Anekal, Karnataka 562100, India  
Lat 12.711138°  
Long 77.700078°  
18/06/22 12:09 PM



**Bengaluru, KA, India**  
SH 35, Anekal, Bengaluru, 562100,  
Lat 12.711147, Long 77.699914  
06/18/2022 11:08 AM



ವಿಜ್ಞಾನ ವಿಭಾಗದ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಪ್ರಯೋಗಶಾಲೆ ಪ್ರವೇಶ ಕಾರ್ಯಕ್ರಮ



Anekal, Karnataka, India  
 PP02-F3C, KSRTC Colony, Anekal, Karnataka 562106, India  
 Lat 12.711332°  
 Long 77.700092°  
 18/09/22 12:28 PM

Anekal

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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

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 St. Francis de Sales College  
 Electronics City Post, Bangalore - 560100



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PsyLight Club

Department of Psychology

&

Oikonomika Club

Department of Economics

&

Dept. of Humanities (UG)

Faculty of Arts

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





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## ATTENDANCE SHEET

Event: Outreach Program: Awareness on Menstrual Hygiene

Date: 18.06.2022

### Volunteers List

Sl.No	Name	Reg. No.	Signature
1	AKRITI RAO	20NCSM8001	
2	AKSA MARY JOSE	20NCSM8002	
3	DIBYANGANA PAUL	20NCSM8003	
4	EBIN LEO ABRAHAM	20NCSM8004	
5	FELICIA SALDANHA	20NCSM8005	
6	ISHMAT	20NCSM8006	
7	JEEVAN V	20NCSM8007	
8	PREETHI DEVI Y	20NCSM8008	
9	SHILPA T R	20NCSM8009	
10	SIDDARTHA KUMAR	20NCSM8010	
11	TIBIRISETTI S MATHA	20NCSM8011	
12	DEEKSHA K N	P03MB21S0001	
13	ANAJANA SHAJI	P03MB21S0002	
14	NAFIYA FATHIMA M	P03MB21S0003	
15	SHALINI M	P03MB21S0004	
16	BAPTIST MILTON	P03MB21S0005	
17	VAISHNAVI A	P03MB21S0006	
18	VINCY VERONICA T	P03MB21S0007	
19	SOWJANYA ADIGA	P03MB21S0008	
20	EDATHURATHIKARAN ANCY ALEXANDER	P03MB21S0009	
21	AASHIN SHAJEEV KELOTH	P03MB21S0029	

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