



ST FRANCIS DE SALES COLLEGE

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

Reaccredited by NAAC with 'B++' Grade (Recognized 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

&

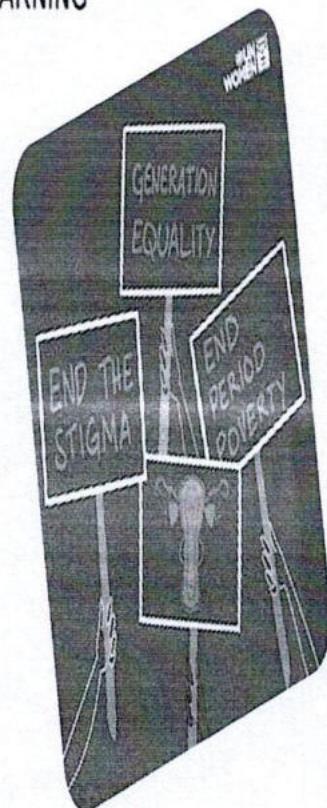
Oikonomika Club

Dept. of Economics

Postgraduate Centre

&

Dept. of Humanities (UG)

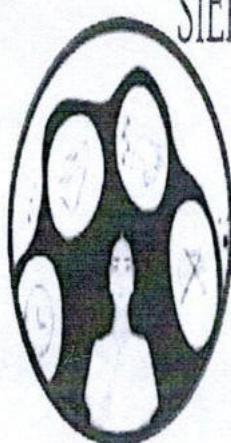


In collaboration with

SIEDS (Society for Informal Education and Development Studies)

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"

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

#### 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

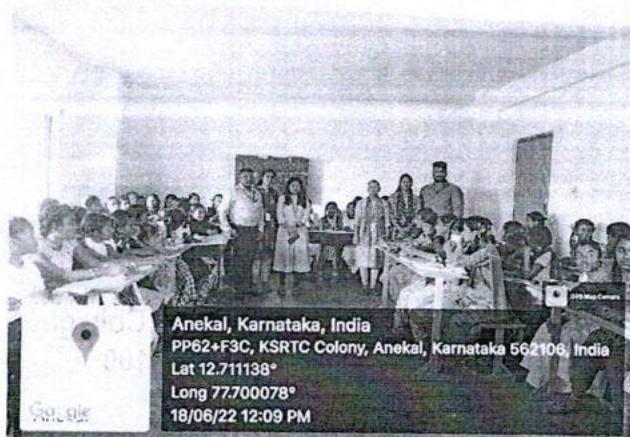
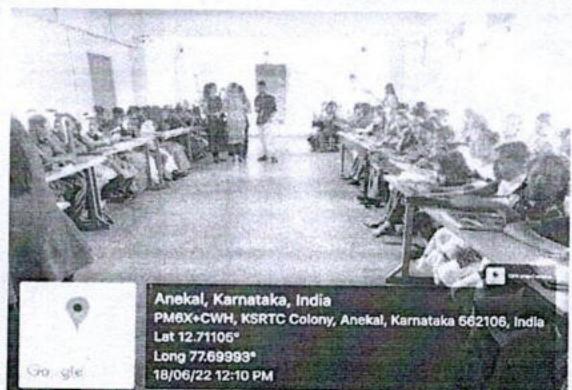
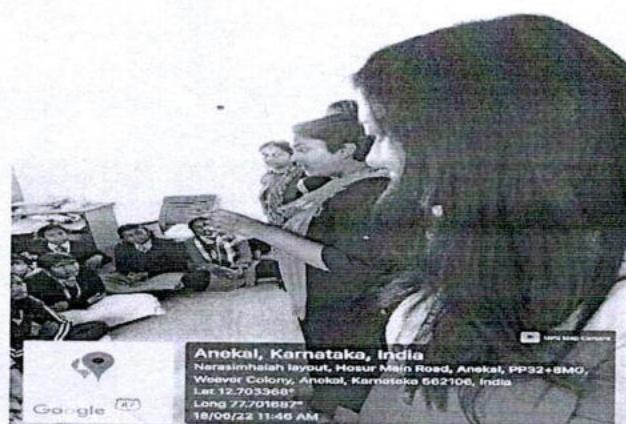
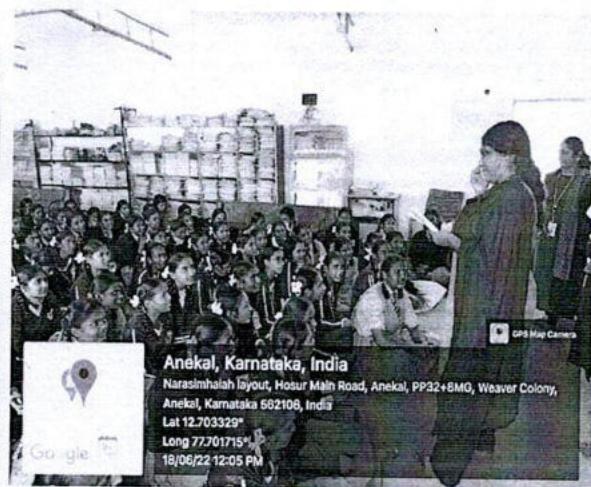
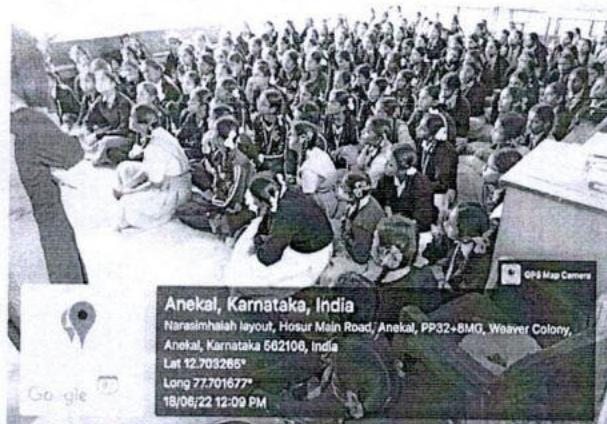
PRINCIPAL

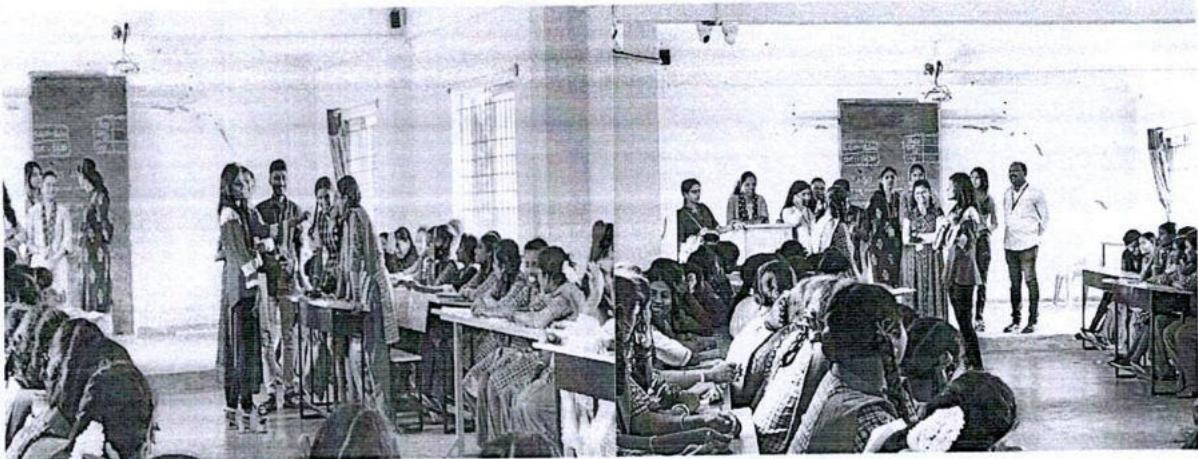
St. Francis de Sales College

Electronics City P.O., Bengaluru - 560 100

Tel.: 080-27836065 / 27834611, Fax: 080-27832299, Email: [principal@sfscollege.in](mailto:principal@sfscollege.in)







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.