

**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**

## **THE TABOOS**

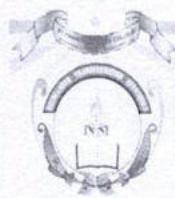
DEPARTMENT OF HUMANITIES IN ASSOCIATION WITH  
PSYCHOLOGY - HALCYON ACADEMY INVITES JOIN US  
FOR AN OUTREACH PROGRAMME  
ON MESTRUAL HYGENITY AMONG BUDDING MINDS



MARK YOUR ATTENDENCE  
ON  
18-6-2022

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## 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>
Date of Event(s)	<b>18.06.2022</b>
Department / Association	<b>Haleyon Academy</b> Dept. of Psychology (UG) & <b>Dept. of Psychology and Economics (PG)</b> <i>In collaboration with</i> <b>SIEDS (Society for Informal Education and Development Studies)</b>
Venue	<b>Government Schools, Anekal</b>
Number of Participants	<b>40</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.

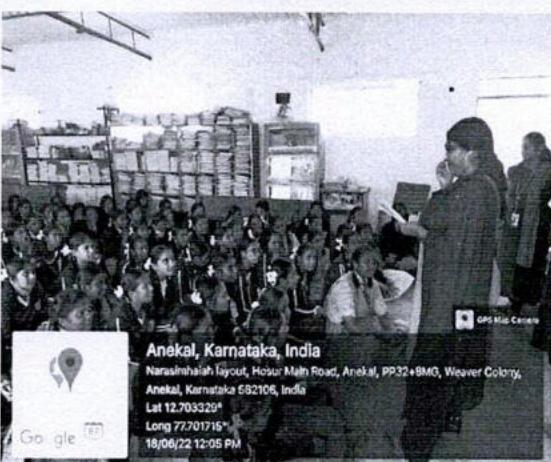
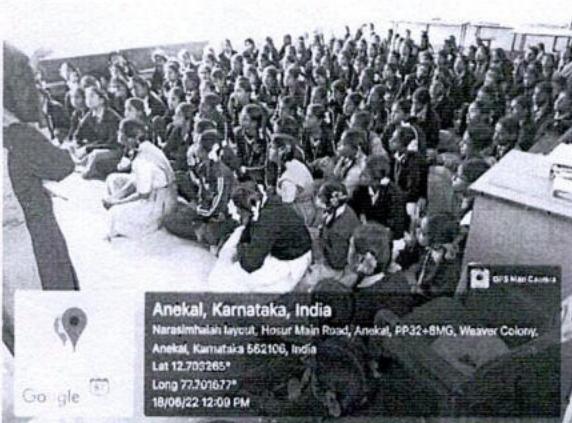
Students were divided into two groups. Two groups for two different schools. Along with SIEDS volunteers our students started speaking about the cause for the day. Rapport was built by students. Ice breaking activities were conducted as a start. They started introducing the topic to girls. Later spoke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

Mamatha, SIEDS 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*











**Report prepared by:**

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