



KLE Society's
S. NIJALINGAPPA COLLEGE

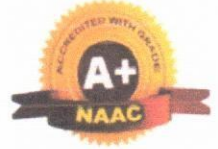
II-Block, Rajajinagar, Bengaluru-10
Re-accredited by NAAC at A⁺ grade with 3.53 CGPA
College with UGC-STRIDE Component – I

Phone: 080-23526055, 080-23325020, Fax 080-23320902

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E-mail: info@klesnc.org

kleacct@yahoo.com



YOUTH RED CROSS

AWARENESS PROGRAM ON HEALTH AND MENSTRUAL HYGIENE 2023

Date: 03/03/2023

Day: Friday

Venue: D11

Youth Red Cross wing has organized personal hygiene program for students, teaching and non teaching staff to create awareness about the menstrual hygiene which is important to lead healthy life. Delivered a lecture on how to change sanitary products regularly and to wash the hands before and after changing tampons, pads or any other sanitary products. In people with poor personal hygiene, the body provides an ideal environment for germs to grow, leaving it vulnerable to infection.

The ministry of health and family Welfare has introduced a scheme for program of menstrual hygiene among degree female students.

If we are not maintaining hygiene properly it may lead to fungal infection, bacterial infection or May leads to cervix cancer also. Our volunteers explained the personal hygiene and maintenance for students, teaching & non teaching staff of various department of college. At the end of program distributed hygiene kit of Whisper for students, non- teaching & teaching staff.

Whisper encourages women to embrace their bodies and celebrate life. Whisper is widely preferred by women across the country. Whisper sanitary pads are created to offer complete protection and comfort during the menstrual days. These napkins are thoughtfully designed for ultimate ease, comfort and protection.

Objectives:

1. To increase awareness among degree female students on menstrual hygiene.
2. To increase access to and use of high quality sanitary napkins.
3. To ensure safe disposal of sanitary napkins in an environmental friendly manner.

Beneficiaries: Students, Non teaching staff & teaching staff (91).



T. Wanda
Youth Red Cross
Programme Officer
KLE's S. Nijalingappa College
II Block, Rajajinagar, Bengaluru-560 010

[Signature]
Principal
KLE Society's S. Nijalingappa College
Rajajinagar, Bengaluru-560 010



DISTRIBUTION OF HYGIENE KIT TO STUDENTS AND TEACHING STAFF



DISTRIBUTION OF HYGIENE KIT TO NON-TEACHING AND TEACHING STAFF

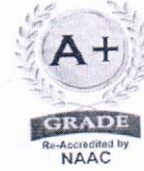


DISTRIBUTION OF HYGIENE KIT TO STUDENTS



Twandi
**Youth Red Cross
 Programme Officer**
 KLE's S. Nijalingappa College
 Rajajinagar, Bengaluru-560 010

[Signature]
Principal
 KLE Society's S. Nijalingappa College
 Rajajinagar, Bengaluru-560 010



K.L.E's S.NIJALINGAPPA COLLEGE

II Block, Rajajinagara, Bengaluru-560010, Karnataka, India.

YOUTH RED CROSS

EXTENSION ACTIVITY - HEALTH AND HYGIENE - 03/03/2023

List of beneficiaries - Staff

Sl. No	Name	Designation	Department	Signature
1	Dr. G. Asha	Asst Prof	Kannada	
2	Shivale N.T	Attender	Botany	
3	Daneshwari Alex	Ass. Prof	BCA	
4	Veena Revadi	Programmer	BCA	
5	Pavithra K C	Asst. Prof	Commerce	
6	S. Mangala	Attendant	Zoology	
7	Nagesathnagar	Attender	Physics	
8	Kamalesh	Attender	Physics	
9	Dr. Latha Rani N.	Asst Prof.	Physics	
10	Dr. Roopashri S. Hosang	Asst Prof	Hindi	
11	Bhuvaneshwari	Asst. Professor	Kannada	
12	M.R. Chay	Asst professor	chemistry	
13	Jalajakshi T.B	Asst professor	zoology	
14	Dr. Tejaswini V.N	Asst "	"	
15	Dr. Subashini L. K	"	Zoology	
16	Ashwini Hegde	"	Political Science	
17	Damini K. L	"	Economics	
18	Shivagangamma	"	office	
19	Sumathi H.C	"	office	
20	Shwetha. SM	office (FRA)	office	
21	Vidya B M	"	"	
22	Bharathi. P.B	office (SDA)	"	



Sl. No	Names	Designation	Department	Signature
23	Kavitha-P	E-D-A	IDC	
24	Van. H	Accountant	Bcome RSC	
25	Mangala	Accountant	MTTM	
26	Vinutha J.L	Accountant		
27	KAVITHA D	Manager	PUC Office	
28	DIVYA-P	Asst Prof	FAD	
29	TWINKLE.R	Asst Prof	FAD	
30	Tanjiji	Lecturer	Chemistry	
31	Savitri	"	"	
32	Calathi	attender	"	
33	Suretha	" Lect "	"	
34	Tuladimani	Lecturer	Chemistry	
35	Deepustree S.R	Lecturer	"	
36	Lakshmanma.M	Attender	Chemistry	
37	Anitha.P	"	"	
38	Sumangala.M	Staff	Biology	
39				
40				
41	 Co-ordinator			
42	Internal Quality Assurance Cell S. Nijalingappa College, Bengaluru-10		 Principal	
43			K.K.E. Society's Nijalingappa College 2nd Block, Rajalingga, Bengaluru-560010	
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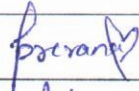


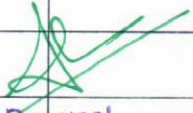
EXTENSION ACTIVITY - HEALTH AND HYGIENE - 03/03/2023

List of beneficiaries - students

Sl. No	Name	Class	Signature
1	Janath Anuai	III Bcom 'c' sec	Janath Anuai
2	Sumitra pattanayak	III B.com 'sec	Sumitra .P
3	NIS hu	III Bcom 'c' sec	NIS hu
4	Divya .R	III Bcom 'c'	Divya .R
5	Ramya Shree .T.R	III Bcom 'c'	Ramya Shree .T.R
6	Harithanayana bhat	III B.com 'c'	Harithanayana bhat
7	Aishwarya .G	III Bcom B	Aishwarya .G
8	Bindu	III Bcom B	Bindu
9	Ramya .s	III Bcom B	Ramya .s
10	Sirisha .P	III Bcom B	Sirisha .P
11	Chandah Priya .D	III B.com A	Chandah Priya .D
12	Keerthika .S	III B.com A	Keerthika .S
13	Sangeetha .B.C	III B.COM A	Sangeetha .B.C
14	Vanitha .s	III B.COM A	Vanitha .s
15	Sangeetha .R	III B.COM B	Sangeetha .R
16	Sheetta .K	III B.com A	Sheetta .K.
17	Veena .v	III B.COM A	Veena .v
18	Rakshitha .C	III Bcom C	Rakshitha .C
19	Afra .P.M	III Bcom C	Afra .P.M
20	Harini .K	III Bcom C	Harini .K
21	Akshatha .M.B	III Bcom	Akshatha
22	Preethi .M	III Bcom C	Preethi .M

Sl. No	Names	Class	Signature
23	Gowthami . S	III B.com	
24	Bhavana . K	III B. com	
25	Kavyashree . B	III B.COM	
26	Sahana . G	III B. Com	
27	Preethi . M	III B. COM	
28	Aisha Khanam	III B. com	
29	Monika . M	III B. com	
30	Nandini . M	III B.COM	
31	Rishma . R	III B. com	
32	Monisha . R	II BSC	
33	Ueena E	II BSC	
34	Ankitha . V	II BSC	
35	Punitha NM	II BSC	
36	Shilpa . R	II BSC	
37	Rakshitha . S	III BSC	
38	Kanchana . S	III BSC	
39	Kavana	III Bsc	
40	Ranjana CN	III BSC	
41	Sahana P	III BSC	
42	Rakshita	III BSC	
43	Meghana . S	III B. com	
44	Divya . M	III B.Sc.	
45	Ranjana . D.H.	III B Rec	
46	Sanchitha	III B Rec	
47	Manasa . N.	III B.Com .	
48	Bindushree . D	III BSC	
49	Mounika	III BSC	
50	Supriya . G	III B.com	
51	Savita	III B.com	



Sl. No	Names	Class	Signature
52	Parana Bagrecha	1st Bcom	
53	Rachana	Ti Puc	
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60	 Co-ordinator Internal Quality Assurance Cell KLE's Nijalingappa College, Bengaluru-10		 Principal K.L.E. Society's S. Nijalingappa College 2nd Block, Rajajinagar, Bangalore-560 010.
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