



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

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Website: www.klesnc.org

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YOUTH RED CROSS WING

World menstrual hygiene Awareness program

Menstrual hygiene day is celebrated on 28th may 2022 to promote good menstrual health and hygiene for all women and girls. Menstrual hygiene day was initiated by the German non profit WASH United in 2013.

The main vision of menstrual hygiene day is every woman and girl is empowered to manage her menstruation safely, hygienically with confidence and without hesitation.

Menstruation has always been a taboo in India but during the past decade, efforts by NGO's new age, start ups, mainstream bollywood & different sections of the government have resulted in a definite increase in awareness & dialogue around menstruation & menstrual hygiene.

We visited Gangamma Government High School, Shivanagar on 30th may 2022 to create awareness about process of menstruation and precautions during the menstruation. YRC volunteers explained about importance of sanitary napkins and effect of prolonged usage of sanitary napkins. Sanitary napkins have been touted as the ideal product to manage menstruation for the better half of a century in India, we distributed the menstrual hygiene materials in schools and taught girls how to manage their periods so they feel confident and stay in school. YRC volunteers also explained about myths and realities associated with menstruation, usage of sanitary napkins among the all girls, explained about fungal and other infections, allergies, inflammation to the women and demonstrated yoga therapy to reduce cramps before menstrual cycle. For hygiene it's important to change sanitary napkins frequently and proper disposing is very important.

Beneficiaries: 65

Outcome: Girl students gained knowledge about improving menstrual health and tackling period-shame, improve girls' attendance and performance at school. Learnt misconceptions around menstruation; raise girls' self-esteem and enable girls to fully participate in all aspects of society. Also raises awareness of period poverty, or the inability to afford the menstrual supplies needed to manage health and hygiene with dignity.





YRC volunteer Ms. Shraddha delivering talk.



Students gathering.



YRC volunteer Ms. Abhinavya delivering talk.



Ms. Shraddha demonstrating yoga therapy



Distribution of napkins.



Resource persons with School teachers.





YRC Programme officer delivering talk



Distribution of menstrual material



Photo with students.

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



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



KLE Society's
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Youth Red Cross & Department of Zoology
Menstrual Hygiene -28/05/22 30/05/22

SL. No	Name	Class	Age	Signature
1	Aishwarya . P	9 th	14	Aishwarya . P
2	Ambika . B	9 th	14	Ambika . B
3	Sonu . C	9 th	15	Sonu . C
4	Sonija Thakur	9 th	15	Sonija
5	Pukeyadharshini . K	9 th	13	Pukeyadharshini . K
6	Anitha . S	9 th	15	Anitha . S
7	Chinmai Shree . S	9 th	14	Chinmai Shree . S
8	Keerthi . D . K	9 th	14	Keerthi . D . K
9	Deekshitha . V	9 th	14	Deekshitha . V
10	Bindushree . J	9 th	14	Bindushree . J
11	Rishika . N . R	9 th	14	Rishika . N . R
12	Shalini . A	9 th	14	Shalini . A
13	Likitha - R	9 th	15	Likitha - R
14	Gaganashree . S	9 th	13	Gaganashree . S
15	Farhana Banu .	9 th	14	Farhana Banu .
16	Shanthamma	8 th	13	Shanthamma
17	Sneha	8 th	13	Sneha
18	Ramya	8 th	13	Ramya
19	Vandana . M	8 th	13	Vandana . M
20	V. Harshini	8 th	13	V. Harshini
21	Nagamma	8 th	13	Nagamma
22	Rachitha . S	8 th	13	Rachitha . S
23	Karuna . N . U	8 th	13	Karuna . N . U
24	Ankitha . R	8 th	14	Ankitha . R



25	Manasa H.M	8 th	13	Manasa H.M
26	A. Deepika	8 th	13	A. Deepika
27	Deeksha .M	8 th	13	Deeksha
28	Poivpdkashini.G	8 th	14	Poivpdkashini
29	Jayadurga .K.	8 th	14	Jayadurga .K.
30	Renuka .K.m	8 th	14	Renuka .K.m
31	Pavithra .K.P	8 th	13	Pavi
32	Poonthi .G.P	8 th	13	Poonthi
33	Pooja - S	8 th	14	Pooja
34	Tanvi .N.	8 th	13	Tanvi
35	Radhika .R	8 th	15	Radhika
36	Darshini	9 th	14	Darshini
37	Harshitha .B.G	10 th	16	Harshitha .B.G
38	Kavana .N	10 th	16	Kavana .N
39	Kavya .G	10 th	16	Kavya .G
40	Reneeka .M.N	10 th	16	Reneeka .M.N
41	Supriya	10 th	15	Supriya
42	Radhika	10 th	15	Radhika
43	Lakshmi .M	10 th	16	Lakshmi .M
44	Seetha	10 th	15	Seetha
45	Seetha	10 th	16	Seetha
46	Seetha	10 th	16	Seetha
47	Swathi	10 th	15	Swathi
48	Tejwini	10 th	16	Tejwini
49	Varalakshmi	10 th	16	Varalakshmi
50	Shavani .V	10 th	16	Shavani .V
51	Ayesh	7 th	13	Ayesh
52	Bhoomika .S	7 th	13	Bhoomika .S
53	Bhoomika .R	7 th	13	Bhoomika .R
54	BinduShree	7 th	13	BinduShree
55	Brunda .K.	7 th	13	BRUNDA .K
56	Kavya .D	7 th	13	Kavya .D
57	Krutika	7 th	13	KRUTIKA
58	Lahari .M	7 th	13	Lahari .M



59	Madhumitha.	7th	13	Madhumitha S
60	Vishmitha.	7th	13	Vishmitha
61	Syed saniya.	7th	13	Syed Saniya
62	Devamma	7th	13	Devamma
63	Devamma.	7th	13	Devamma
64	Priya	7th	13	Priya
65	Nidhi	7th	13	Nidhi



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