



## **Koneru Lakshmaiah Education Foundation**

(Category -1, Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

Accredited by NAAC as 'A++' ♦ Approved by AICTE ♦ ISO 9001-2015 Certified

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Date: 01.10.2021

Venue: Z.P. High School, Mangalagiri

### **MENSTRUAL HYGIENE**

#### **Description of the Event:**

Menstruations are the ultimate weapon of re creation. Apart from severe physical pain, menstruations require nurturing, care and especially no period shaming. Menstrual health plays a pivotal role in every girl's and a woman's life. Maintaining a balanced diet and ample exercising, aids for a good menstrual health. Hygiene during this period of time reduces many adverse affects of post adolescent and post menopause.

We team KLEF-CEA has successfully accomplished the event “menstrual hygiene” after some substantial ground works. The event was held with a motto of educating girls at their puberty to deal with the most common biological change that happens with their body that is, “periods”.

As a part of this event our volunteers interacted with the girls of municipal high school, Mangalagiri and enlightened them with the amount of care and nurturing that their body require during their menstruation. The event created awareness among many girls and encouraged them to share their concerns regarding periods without any embracements. This is a step taken towards the vision leading to “No period shaming”. The girls were educated about the necessity of sanitary napkins and the right manner to use them. They were also thought the ways to dispose the sanitary

napkins. Our volunteers also projected a power point presentation in the class rooms showing the video elaboration regarding the usage of menstrual cups.

**Benefits:**

1. Educated young girls regarding menstrual hygiene and explained the science behind periods.
2. Addressed their problems and suggested few medically proved natural remedies.
3. A step against period shaming.

No. of Students participated: 30

No. of Faculty participated: 02

**Event Photos:**





**List of volunteers:**

S.No	ID. No	Name	Branch	Year
1	2000030346	G.Pavan Kalyan	CSE	II
2	2000030334	G.Siddhartha	CSE	II
3	190030422	D.Kiran	CSE	III
4	190031599	T.Ravi Teja	CSE	III
5	2000031022	T.Asrith	CSE	II
6	2000031030	U.Lalith	CSE	II
7	2000030378	Manohar	CSE	II
8	2000030875	S.B.N. Vamsi	CSE	II
9	190049009	N.Prudhvi	ECE	III
10	2000080015	B.Sandeep	AI & DS	II
11	2000031925	G.Sri Ram Chowdary	CSE	II
12	2000031876	V.Venkatesh	CSE	II
13	2000030724	G.Nikhila Sri	CSE	II
14	2000030777	P.Swathi	CSE	II
15	2000030591	M.Sai Divya	CSE	II
16	2000032124	B.Nikhitha	CSE	II
17	190070114	Y.santosh	MECH	III
18	190030106	A.Thanishka	CSE	III
19	2000570057	K.Anuhya	BBA-LLB	II
20	190550058	N.Yogendra Mani	BBA-LLB	III
21	2000570035	M.Krishna Subash	BBA-LLB	II
22	2000570033	Ukeerthi	BBA-LLB	II
23	2000570044	Hari Priya	BBA-LLB	II
24	2000600015	M.Preethi	BHM	II
25	2000570014	Salma. SK	BBA-LLB	II
26	2000570015	K.Niha	BBA-LLB	II
27	2000570019	M.Priya	BBA-LLB	II
28	2000540022	A.Lalasa	B.Sc (VC)	II
29	2000540028	M.Lalitha	B.Sc (VC)	II
30	2000540026	P.Hema Moulika	B.Sc (VC)	II