



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 21001:2018 Certified
Campus: Green Fields, Vaddeswaram - 522 302, Guntur District, Andhra Pradesh, INDIA.
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Ref: KLEF/SA/CEA/Events 2022-23

Date: 05-12-2022

Orders of the Vice Chancellor dt.05-12-2022

CIRCULAR

Sub: Conduction of Poor Mental, Physical Health & Taboos on Menstruation on 06-12-2022 at Pedapalem & Tadeipalli Villages – Reg.

Ref: 1. Letter dt. 03-12-2022 from Dr. P. Gopi Krishna, Prof.Incharge, Centre for Extension Activities (CEA) and forwarded by Dean (Student Affairs)

This is to inform that the Centre for Extension Activities (CEA) of KLEF will be organizing the Poor Mental, Physical Health & Taboos on Menstruation on 06-12-2022 at Pedapalem & Tadeipalli Villages.

Event : Poor Mental, Physical Health & Taboos on Menstruation
Dates: : 06-12-2022
Timings : 01:30 am to 04:30 pm
Venue : Pedapalem & Tadeipalli Villages

Interested Students can participate in the event.

Buses start from the Stadium.

For further information regarding this event contact Dr. P. Gopi Krishna (Mobile No. 9963696066), Prof.Incharge, (CEA) and Dr.S. Venkateswarlu, CEA- Coordinator, (Mobile No. 9052359906)


REGISTRAR



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Guntur District, Andhra Pradesh.



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A report on awareness on menstrual for girl childrens “Taboos of Menstruation” on 06/12/2022 at Tadepalli



CENTER FOR EXTENSION ACTIVITIES



TABOOS OF MENSTRUATION



DATE

06-12-2022

VENUE

Z.P.High School,
Tadepalli



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Objective

Menstruation, far from being a weapon, is a natural process that women experience. It involves physical discomfort and requires nurturing and care, alongside the eradication of period shaming. Menstrual health holds significant importance in the lives of girls and women. Adopting a balanced diet and engaging in regular exercise contribute to maintaining good menstrual health. Proper hygiene practices during this time help alleviate potential adverse effects during post-adolescence and post-menopause. Access to menstrual hygiene products and education is crucial for promoting overall well-being. By destigmatizing menstruation, society can empower women to embrace their bodies and celebrate this natural cycle.

Together, we can foster an inclusive environment that supports women's menstrual health, ensuring they have the resources and support necessary to thrive. Let us work towards a world where menstruation is seen as a normal and respected aspect of women's lives.

Description

Menstruation, far from being a weapon, is a natural process that women experience. It involves physical discomfort and requires nurturing and care, alongside the eradication of period shaming. Menstrual health holds significant importance in the lives of girls and women. Adopting a balanced diet and engaging in regular exercise contribute to maintaining good menstrual health. Proper hygiene practices during this time help alleviate potential adverse effects during post-adolescence and post-menopause. Access to menstrual hygiene products and education is crucial for promoting overall well-being. By destigmatizing menstruation, society can empower women to embrace their bodies and celebrate this natural cycle. Together, we can foster an inclusive environment that supports women's menstrual health, ensuring they have the resources and support necessary to thrive. Let us work towards a world where menstruation is seen as a normal and respected aspect of women's lives.

Proceedings of the event:

During the event, our dedicated volunteers engaged in meaningful interactions with the girls of Z.P. High School, Tadepalli, enlightening them about the care and

nurturing their bodies require during menstruation. The event successfully created awareness among numerous girls, fostering an environment where they felt comfortable discussing their concerns about periods without feeling ashamed. This initiative is a significant step towards our vision of eradicating period shaming. The girls were encouraged to embrace their bodies and understand that menstruation is a natural process. By breaking the taboo surrounding periods, we aim to empower girls to confidently manage their menstrual health and seek support when needed. The event fostered a sense of solidarity and encouraged open dialogue, ensuring that no girl feels isolated or stigmatized due to menstruation. Together, we are working towards a world where every girl can experience their periods with dignity and without fear of judgment.

Outcome:

Our dedicated team took the initiative to educate young girls about menstrual hygiene while providing a comprehensive understanding of the science behind periods. We addressed their concerns and sensitively discussed various menstrual issues they may encounter. Furthermore, we shared medically proven natural remedies to alleviate discomfort during menstruation. This endeavor was a significant step in our ongoing battle against period shaming. By imparting knowledge and debunking myths, we aim to empower girls and foster a supportive environment where they feel comfortable discussing their menstrual health. Our focus on education and practical solutions ensures that young girls have the tools and resources to manage their periods confidently. Together, we strive for a society where period shaming becomes a thing of the past, and every girl can embrace her menstrual journey with pride and dignity.

Details of the Event

Name of the Event	:	Taboos on Menstruation
Date of the Event	:	06/12/2022
Time	:	01:50 pm to 4:00pm
Venue	:	Z P High School, Tadepalli Village
No. of Participants	:	Students: 96, Faculty & Staff: 03
No. of Beneficiaries	:	225


Event Photos:



The KLEF_CEA team explained to the girl students of the Z.P, High School about the taboos of the menstruation and the measures to be taken.

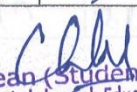
Participated Volunteers List:

ID.No	Name of the Student	Branch	Year	Signature
190030352	Harshitha Pavan	CSE	4th	Pavan
20000303126	Ch. Sap Dev	CSE	4th	Ch
190030044	A. Durga	CSE	4th	A
2000030772	P. Naga Sai	CSE	3rd	Ch
190030568	G. Prabhakar	CSE	4th	Prabha
2000040059	K. Jandeepi	ECE	3rd	Ch
2000040002	A. Bhavya	ECE	3rd	A
2000040038	G. Tyothi Suroop	ECE	3rd	Ch
190030344	Ch. Hari charan	CSE	4th	Ch
2000090008	A. Akash	ECE	3rd	Ch
2000040117	R. Nithish	ECE	3rd	R
2000040035	K. Janishai	ECE	3rd	Ch
190030162	B. Sri Vidhya	CSE	4th	B
2000040005	A. Damjanthi	ECE	3rd	Ch
2000040113	P. Vamsi Krishna	ECE	3rd	P
2000040012	T. Janni Teja	ECE	3rd	T
190030891	K. Charan	CSE	4th	Ch
200001003	C. Nithish	ECE	3rd	Ch
2000040162	M. Keerthi	ECE	3rd	M
2000010153	Jatani	ECE	3rd	J
190030727	K. Sai Kiran	CSE	4th	K
2000040017	P. Kaalya	ECE	3rd	P
2000040110	P. Baksh	ECE	3rd	P
2000040042	Ch. Neha	ECE	3rd	Ch
19001030136	V. Sranya	CSE	4th	V
2000040028	Ch. Bala Namini	ECE	3rd	Ch
2000040156	G. Siva	ECE	3rd	G
2000040040	C. Saketh	ECE	3rd	C
190030669	K. Meghana	CSE	4th	Megha
2000040034	G. Venkata Abhishek	ECE	3rd	G
2000040048	B. Hari Prayag	ECE	3rd	B
2000040012	B. Nruanyai	ECE	3rd	B
190031729	N. Sravani	CSE	4th	N


 Dean (Student Affairs),
 Koneru Lakshmaiah Education Foundation
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 GreenFields, VADDESWARAM-522502,
 Guntur Dist, Andhra Pradesh.

ID.No	Name of the Student	Branch	Year	Signature
190010018	J. Gowtham Akash	BT	4th	Gowtham
200002002	B. Madhu Vishal	CSE	3rd	Madhu
200004008	M. Akhila	ECE	3rd	Akhila
2000030871	R. Ragu	CSE	3rd	Ragu
190010031	K. Satyarathi	BT	4th	Satya
2000030459	K. Hemanth	CSE	3rd	Hemanth
2000040053	J. Sweetha	ECE	3rd	Sweetha
2000040059	K. Jaideep	ECE	3rd	Jaideep
190010023	K. Dhruvika	BT	4th	Dhruvika
2000030309	K. Sunarav	CSE	3rd	Sunarav
2000040089	M. Sabi Kumar	ECE	3rd	Sabi Kumar
2000030169	CH. Mohesh	CSE	3rd	Mohesh
190010020	J. Devendra Nath	BT	4th	Devendra Nath
2000030460	K. Keela Keerthana	CSE	4th	Keerthana
2000040163	Y. Kavya	ECE	3rd	Kavya
2000030095	G. Sri	CSE	3rd	Sri
190010043	O. Bharath	BT	4th	Bharath
2000030053	A. Mani Satya	CSE	2nd	Mani Satya
2000040004	A. Abhilash	ECE	3rd	Abhilash
2000030202	CH. Sai Prashanth	CSE	3rd	Sai Prashanth
190010001	A. Neha reddy	BT	4th	Neha reddy
2000030645	G. Mounika	CSE	3rd	Mounika
2000040063	K. Saradhar	ECE	3rd	Saradhar
2000030900	B. Pritish	CSE	3rd	Pritish
190010003	P. Nithya	BT	4th	Nithya
2000040014	B. Shankar	ECE	3rd	Shankar
2000030184	J. Nikhil	CSE	3rd	Nikhil
2000040086	M. Abhiram	ECE	3rd	Abhiram

ID.No	Name of the Student	Branch	Year	Signature
190010057	S.K. Kaja	BT	4 th	Kaja
2000040132	S. Abhiram	ECE	3 rd	Abhiram
190010055	K. Adithi	BT	4 th	Adithi
190010046	Q. Nithya	BT	4 th	Nithya
190010015	G. Vaneetha	BT	4 th	Vaneetha
190010021	J. Mesureeda	BT	4 th	Mesureeda
200040081	M. Venay	ECE	3 rd	Venay
200010019	Meqheer	BT	3 rd	Meqheer
200100196	Arunod	BT	3 rd	Arunod
190010058	S. Sarayu	BT	4 th	Saru
200100202	A. Shammukha	BT	3 rd	Shammukha
190010069	V. Manasa	BT	4 th	Manasa
20010021	M. Sresta	BT	4 th	Sresta
200004004	M. Sai Abhiram	ECE	3 rd	Sai Abhiram
190010035	M. Sri Manya	BT	4 th	Sri Manya
190010077	B. Vikranth Varma	CSE	4 th	Vikranth Varma
190010021	Rishuck	CSE	4 th	Rishuck
200100210	P. Aravind	ECE	3 rd	Aravind
20010003	A. Prasad	BT	3 rd	Prasad
20010040	K. Shanmukh	BT	3 rd	Shanmukh
2000110041	Nithya Chaudhary	BT	3 rd	Nithya Chaudhary
200100211	T. Bharani	BT	3 rd	Bharani
2000040070	K. Sushra Sri	ECE	3 rd	Sushra Sri
200100100	G. Durga	BT	3 rd	Durga
2000100201	Nithya Munu	BT	3 rd	Nithya Munu
200100050	T. Tharun	BT	3 rd	Tharun
20000100	Ch. Nithyai	BT	3 rd	Nithyai
200004037	B. Shourabh	ECE	3 rd	Shourabh
200010018	Mahaveer	ECE	3 rd	Mahaveer
200100191	G. Ganeshwar	BT	3 rd	Ganeshwar


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