



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 2024-25

Date: 26-10-2024

Orders of the Vice Chancellor dt.26-10-2024

CIRCULAR

Sub: Conduction of Menstrual Hygiene on 28-10-2024 at Mangalagiri – Reg.

Ref: Letter dt. 25.10.2024 received from Dr. M. Subramanyam, 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 Menstrual Hygiene on 28-10-2024 at Mangalagiri.

Event : Menstrual Hygiene
Dates: : 28-10-2024
Timings : 01:30 pm to 04:30 pm
Venue : Mangalagiri

Interested Students can participate in the event.

Buses start from the Stadium.

For further information regarding this event contact Dr. M. Subramanyam (Mobile No. 9440446088), Prof.Incharge, (CEA) and Dr.S. Venkateswarlu, CEA- Coordinator, (Mobile No. 9052359906)



REGISTRAR
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Green Fields, VADDESWAREM-522 302.
Guntur District, Andhra Pradesh.



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A report on “Menstrual Hygiene” 28/08/2024 at Municipal High School, Mangalagiri



Details of the Event:

| | | |
|----------------------|---|------------------------------------|
| Date of the Event | : | 28-08-2024 |
| Name of the Event | : | Menstrual Hygiene |
| No. of Hours | : | 01:30 PM To 04: 30 PM |
| Venue of the Event | : | Municipal High School, Mangalagiri |
| No. of Participants | : | Students: 84, Faculty: 02 |
| No. of Beneficiaries | : | 221 |

Description of the Event:

On October 28, 2024, KLEF-CEA organized a Menstrual Hygiene Programme at the Municipal High School in Mangalagiri, aimed at raising awareness and promoting understanding of menstrual health among students. The event featured informative sessions led by healthcare professionals who discussed the importance of menstrual hygiene, addressing common myths and misconceptions. Participants engaged in interactive discussions and activities, allowing them to share their experiences and ask questions in a supportive environment. The initiative not only educated the students about proper hygiene practices but also emphasized the significance of breaking the stigma surrounding menstruation, fostering a culture of openness and understanding. The programme concluded with the distribution of hygiene kits, ensuring that students have access to essential products and resources for managing their menstrual health effectively.

Objectives:

- 1. Awareness and Education:** To educate girl children about menstrual hygiene, including the biological aspects of menstruation, menstrual cycles, and the importance of maintaining proper hygiene during this time.
- 2. Breaking Stigmas:** To challenge and break the stigma surrounding menstruation by fostering open discussions, dispelling myths, and encouraging a culture of acceptance and understanding.
- 3. Empowerment:** To empower girls with knowledge and skills that promote self-care and confidence in managing their menstrual health, contributing to their overall well-being and self-esteem.
- 4. Access to Resources:** To provide participants with essential menstrual hygiene products and information about where to access them, ensuring that they can manage their periods safely and effectively.
- 5. Encouraging Open Communication:** To create a safe environment where girls feel comfortable discussing menstrual health issues with peers, family, and educators, thereby promoting ongoing dialogue about menstrual hygiene.

- 6. Promoting Healthy Practices:** To encourage the adoption of healthy menstrual hygiene practices, emphasizing the importance of cleanliness, safe disposal of sanitary products, and regular health check-ups.
- 7. Community Engagement:** To engage parents, teachers, and the community in understanding the importance of menstrual hygiene, promoting support systems for girls during menstruation, and fostering an inclusive environment.

By achieving these objectives, the programme aimed to enhance the overall health and well-being of girl children, equipping them with the necessary knowledge and resources to manage their menstrual health confidently.

Outcome:

The Menstrual Hygiene Programme conducted on October 28, 2024, at the Municipal High School in Mangalagiri resulted in significant positive outcomes for the participating girl children. Attendees gained a deeper understanding of menstrual health, including the biological processes involved and the importance of maintaining proper hygiene. The programme effectively dispelled common myths and misconceptions, empowering the girls to speak openly about menstruation and fostering a supportive environment among peers. Participants reported increased confidence in managing their menstrual health and expressed gratitude for the essential hygiene kits provided, which ensured they had access to necessary products. Additionally, the engagement of teachers and parents helped reinforce the importance of menstrual hygiene, creating a ripple effect of awareness and support within the community. Overall, the initiative not only educated the girls but also contributed to breaking down stigmas associated with menstruation, promoting a culture of health, hygiene, and open communication.

Impact of the Society:

The Menstrual Hygiene Programme for girl children held on October 28, 2024, at the Municipal High School in Mangalagiri had a profound impact on the broader community, fostering a more informed and supportive environment surrounding menstrual health. By

educating girls about menstrual hygiene and addressing misconceptions, the programme helped to break the long-standing stigma associated with menstruation, encouraging open conversations not just among peers but also with families and educators. This shift in dialogue has the potential to promote greater acceptance and understanding within the community, leading to improved health practices and increased support for young girls during their menstrual cycles. Furthermore, the initiative has inspired local stakeholders to prioritize menstrual hygiene in educational curricula and health programs, advocating for better resources and policies to support women's health. As a result, the programme not only empowered the participants but also contributed to a cultural change, emphasizing the importance of menstrual hygiene as a fundamental aspect of health and well-being in society.

Event Photos:



Place: Mangalagiri

Date: 28-10-2024

Name of the Event: Menstrual Hygiene
Mental Health Awareness

| S.No | ID. No | Name of the Student | Branch | Signature |
|------|------------|------------------------------------|--------|----------------|
| 1 | 2300090107 | Devireddy Sai Charan Kumar Reddy | CSIT | Sai Charan |
| 2 | 2300090123 | Sravanam Vamsi Babu | CSIT | Babu |
| 3 | 2300090134 | Perikala Vipul Rooney | CSIT | Rooney |
| 4 | 2300090314 | Nikhilesh Kommaraju | CSIT | Nikhilesh |
| 5 | 2300090208 | Rompicherla Maruthi Bala Sesha Sai | CSIT | Sesha |
| 6 | 2300090246 | Vattigunta Harshitha | CSIT | Harshitha |
| 7 | 2300090253 | Locharla Shreya Sree | CSIT | Sree |
| 8 | 2300090280 | Maraka Chandrahas | CSIT | Chandras |
| 9 | 2300090306 | Tadiboyina Meghana | CSIT | Megha |
| 10 | 2300090006 | Bommisetty Bavana | CSIT | Bavana |
| 11 | 2300090048 | Kavuru Manoj | CSIT | Manoj |
| 12 | 2300090078 | Mohammad Mansoor Ahmed | CSIT | Mansoor |
| 13 | 2300090086 | Moka Murali Krishna | CSIT | Krishna |
| 14 | 2300090205 | Mandala Naga Venkata Sai Ram | CSIT | Sai Ram |
| 15 | 2300090368 | Arza Sriram | CSIT | Sriram |
| 16 | 2300090371 | Sanaka Siva Teja | CSIT | Teja |
| 17 | 2300090124 | Dandibotla Sai Rakesh | CSIT | Rakesh |
| 18 | 2300090171 | Mantha Venkata Harsha Tanuj | CSIT | Tanuj |
| 19 | 2300090318 | Achutha Meenakshi | CSIT | meenakshi |
| 20 | 2300090320 | Dunna Snehitha | CSIT | Snehitha |
| 21 | 2300090321 | Maradani Baby Sowmya Sri | CSIT | Sowmya |
| 22 | 2300090322 | Dudekula Kasim Saheb | CSIT | Saheb |
| 23 | 2300090326 | Turlapati Venkata Srinivas | CSIT | Srinivas |
| 24 | 2300090341 | Morla Revanth Kumar | CSIT | Revanth |
| 25 | 2300090350 | Shaik Nihatabassum | CSIT | Nihatabassum |
| 26 | 2300090361 | Munagoti Rajesh | CSIT | Rajesh |
| 27 | 2300090226 | Kundurthi Kusuma Gayathri | CSIT | Gayathri |
| 28 | 2300090269 | Chitturi Manikanta | CSIT | Manikanta |
| 29 | 2300090309 | Janga Sathvikreddy | CSIT | Sathvikreddy |
| 30 | 2300090315 | Thamma Sasidhar Reddy | CSIT | Sasidhar Reddy |

| S.No | ID. No | Name of the Student | Branch | Signature |
|------|------------|----------------------------------|--------|------------------------|
| 31 | 2300090155 | Varshachalam Maruthi Ranga | CSIT | <i>MRG</i> |
| 32 | 2300090272 | Yarlagadda Mahesh | CSIT | <i>X. Mahesh</i> |
| 33 | 2300090282 | Shaik Bilaluddin | CSIT | <i>Shaik</i> |
| 34 | 2300090348 | Chagantipati Naveen | CSIT | <i>Naveen</i> |
| 35 | 2300090366 | Sasi Kiran Nalamala | CSIT | <i>Kiran</i> |
| 36 | 2300090061 | Amirisetty Sai Naga Adithya | CSIT | <i>Adithya</i> |
| 37 | 2300090342 | Polu Vinay | CSIT | <i>Vinay</i> |
| 38 | 2300090257 | Mullapudi Sai Ramana | CSIT | <i>Ramana</i> |
| 39 | 2300090379 | Kasiraju Gayathri Pavankalyan | CSIT | <i>K. Pavankalyan</i> |
| 40 | 2300090383 | Punnavalli Pallavi | CSIT | <i>P. Pallavi</i> |
| 41 | 2300090332 | Kanagala Harsha Vardhan | CSIT | <i>Vardhan</i> |
| 42 | 2300090233 | Mangalagiri Sai Praneeth | CSIT | <i>M. Sai</i> |
| 43 | 2200090006 | Mohammad Rahena | CSIT | <i>Rahena</i> |
| 44 | 2200090007 | Kaki Bhargavi | CSIT | <i>Bhargavi</i> |
| 45 | 2200090008 | Ratala Bhargavi | CSIT | <i>Bhargavi</i> |
| 46 | 2200090009 | Yenugula Harsha Bhargav | CSIT | <i>Harsha</i> |
| 47 | 2200090010 | Naragani Harika | CSIT | <i>Harika</i> |
| 48 | 2200090011 | Chilukuri Kousalya | CSIT | <i>Kousalya</i> |
| 49 | 2200090012 | Peddi Dheeraj Chowdary | CSIT | <i>P. Chowdary</i> |
| 50 | 2200090013 | Cherukuri Vishnu Sreya | CSIT | <i>Vishnu</i> |
| 51 | 2200090014 | Marri Bharanidhar | CSIT | <i>Bharanidhar</i> |
| 52 | 2200090015 | Shaik Mastanvali | CSIT | <i>Mastanvali</i> |
| 53 | 2200090017 | Pachava Hari Krishna | CSIT | <i>P. Hari Krishna</i> |
| 54 | 2200090002 | Kolli Trilochana | CSIT | <i>Kolli</i> |
| 55 | 2200090001 | Gudla Sai Vishnu | CSIT | <i>Vishnu</i> |
| 56 | 2200090019 | Chittabattina Tirumala | CSIT | <i>Tirumala</i> |
| 57 | 2200090020 | Chittineni Kesava Rao | CSIT | <i>Kesava Rao</i> |
| 58 | 2200090021 | Eluri D M Sanjana Nagamani | CSIT | <i>Sanjana</i> |
| 59 | 2200090022 | Pavuluri Roop Sai | CSIT | <i>Roop Sai</i> |
| 60 | 2200090024 | Uppala Yamini Lakshmi Aparna Sai | CSIT | <i>U. Sai</i> |
| 61 | 2200090025 | Kancharla Navyasri | CSIT | <i>Navyasri</i> |
| 62 | 2200090027 | Javvadi Naga Sai Bhavani | CSIT | <i>J. Sai</i> |
| 63 | 2200090028 | Nallani Sravya Sri | CSIT | <i>Sravya</i> |

| S.No | ID. No | Name of the Student | Branch | Signature |
|------|------------|-------------------------------|--------|------------|
| 64 | 2200090029 | Sundarasetty Vyshnavi | CSIT | Vyshnavi |
| 65 | 2200090030 | Vetsa Lakshmi Padmaja Sai Sri | CSIT | Lakshmi |
| 66 | 2200090031 | Kommineni Shashank | CSIT | Shashank |
| 67 | 2200090032 | Parvathaneni Surya | CSIT | Surya |
| 68 | 2200090033 | Tankala Reshma Rohitha Sai | CSIT | Reshma |
| 69 | 2200090034 | K Vikita Reddy | CSIT | Vikita |
| 70 | 2200090035 | Mohammad Adnan Shariff | CSIT | Adnan |
| 71 | 2200090036 | Chappa Damodhar Krishna | CSIT | Damodhar |
| 72 | 2200090037 | Karri Dinesh Pavan Kumar | CSIT | Pavan |
| 73 | 2200090038 | Syed Muntaz | CSIT | Muntaz |
| 74 | 2200090039 | Vishnumolakala Pooja | CSIT | Pooja |
| 75 | 2200090040 | Reddy Keshava Laxmi | CSIT | Laxmi |
| 76 | 2200090041 | Devarapalli Sai Satwika | CSIT | Sai |
| 77 | 2200090043 | Pavuluri V V N S Kotes | CSIT | Kotes |
| 78 | 2200090044 | Gokavarapu Sai Bhargav | CSIT | Bhargav |
| 79 | 2200090045 | Kota Gnana Venkat Sathya | CSIT | Sathya |
| 80 | 2200090046 | Md Ikramullah | CSIT | Ikramullah |
| 81 | 2200090047 | Kakarla Vara Prasad | CSIT | Prasad |
| 82 | 2200090048 | Devana Pavan Kumar Reddy | CSIT | Pavan |

KRSP/2024
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