

**DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE**  
 ShavigheMalleshwara Hills, Kumaraswamy Layout, Bangalore-560111  
 Internal Quality Assurance Cell (IQAC) Cell  
 Women's Dignity Cell-SHAKTHI in Association with  
 Institutional Social Responsibility Cell (DISHAA)

Awareness programme on Menstrual Health and Hygiene

Department: BBA/B.Com

Date: 16/3/2024


Sl. No.	Particulars	Event related Details			
1.	Event*	Awareness programme on Menstrual Health and Hygiene			
2.	Title of the Event	Awareness programme on Menstrual Health and Hygiene			
3.	Date	15/3/2024			
4.	Time	10:00 AM			
5.	Venue	Gallery No.1, Ground Floor, Building no.13.			
6.	Resource Person 1 Details	Ms.Veda Shree , Manager, Fohoway India ,Women's Health Matters, Bangalore.			
7.	Topics Covered	Menstrual Health, hygiene during cycle, precautions to be taken during overflow, healthy food habits , YOGA and meditation and clinical advices to be taken.			
8.	Resource Person 2 Details	Nil			
9.	Topics Covered	Nil			
10.	No. Faculty Participants	Internal:	35	External:	Nil
11.	No. Student Participants	Internal:	15	External:	Nil
12.	Faculty Coordinator/s	Prof Ashwini Basavaraju ,Prof Anitha A,Prof.Shruthi B K and Prof.Shalini Rawani Department: BBA/B.Com, DSCASC Designation: Assistant Professor			
13.	Student Coordinator/s	Gagan P N, Sanjana, Sachin M and Ankitha – VI SEM BBA			
14.	Total Expenditure (Details to be enclosed)	Rs 1,210/-			
15.	Sponsors and Amount (if any)	Nil			
16.	Program Schedule of the Event attached?	Nil			
17.	Provide the link of the report uploaded on College Website	Yes			
18.	Provide the links of the report uploaded on Social Media				

Sl. No.	Particulars	Event related Details
19.	Report sent to Newspapers?	No
20.	Certificates Printed?	NO
21.	Feedback Collected? (Attach a copy**)	NO
22.	Attendance Sheet Attached? *	Yes
23.	Summary of the Event (Around 100 words)	The Women Faculties and Girl students from Department of B.Com, BBA, M.Com & MCA of Dayananda Sagar College of Arts, Science & Commerce, with the presence of Principal Dr.Nagaraj Shenoy, IQAC Coordinator Prof. Gurunath, Prof.Rekha MP and Prof.Murugesha BN HOD,BBA/B.Com Department an awareness program in relation to menstrual health and Hygiene was conducted on Friday, 11th March, 2024 between 10:00a.m to 12:30p.m in Gallery room in building No.13. The Guest speaker for the day was Ms.Veda Shree, Manager, Women's Health Matters, Bangalore. The program started with invocation song, followed by Principal address, Guest speaker talk and felicitation of guest speaker by Rekha MP, HOD of BBA Department and ended with vote of thanks. Ms.Veda Shree focused on topics - Women health, healthy food habits, YOGA importance for girls and women, precautions to be taken during menstrual, rest and work to be performed during menstrual, Problems during menstrual and tips for taking care of health and hygiene, regular exercise benefits to girls It was very informative & useful for women to face the challenges bravely. It has been followed by some Questions by girl students and lady faculties. There were 50 total participants.
24.	Photographs of the Event	Yes

  
Event Coordinator

  
HOD/Director

  
IQAC Coordinator

  
Principal -  
Dayananda Sagar College of Arts  
Science & Commerce  
K.S. Layout, Bangalore - 560 0



## Poster of the event



### Dayananda Sagar College of Arts, Science and Commerce

Shivalga Malleshwara Hills, Kumaraswamy Layout,  
Bangalore - 560111

Women's Dignity Cell (SHAKTHI)

an initiative of

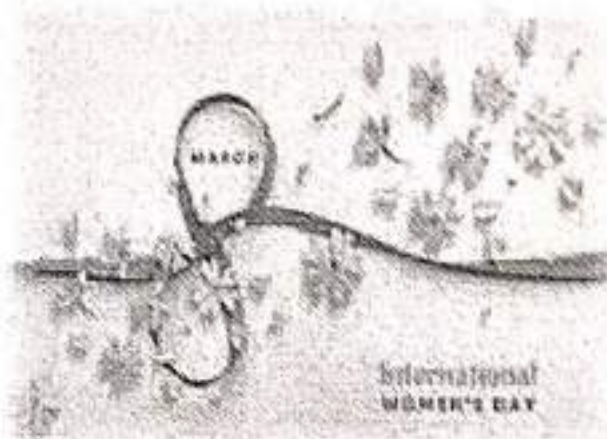
Institutional Social Responsibility Cell (DISHAA)

Under the Guidance of

Internal Quality Assurance Cell (IQAC)

Organises an awareness programme on

# MENSTRUAL HEALTH AND HYGIENE



Resource Person

Ms. Vedashree

Master - English Dept



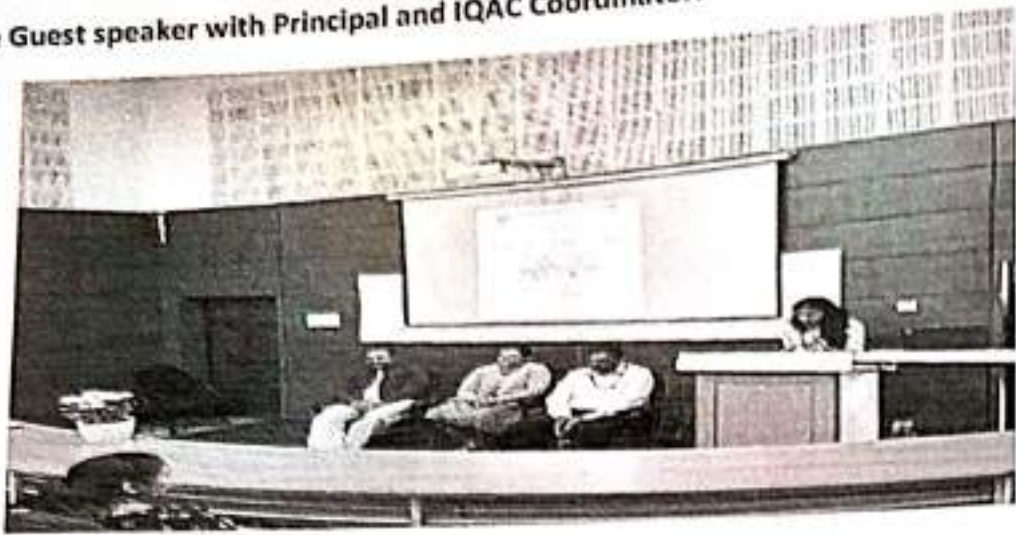
Date: 15<sup>th</sup> March 2024 @ 10 AM

Venue: Classroom #212, 2<sup>nd</sup> Floor, Building #13

Principal | Vice Principal | Director | HoOs | Staff

**Photos of the Event:**

**Photo 1: The Guest speaker with Principal and IQAC Coordinator.**



**Photo 2: The Guest Speaker addressing the Participants**

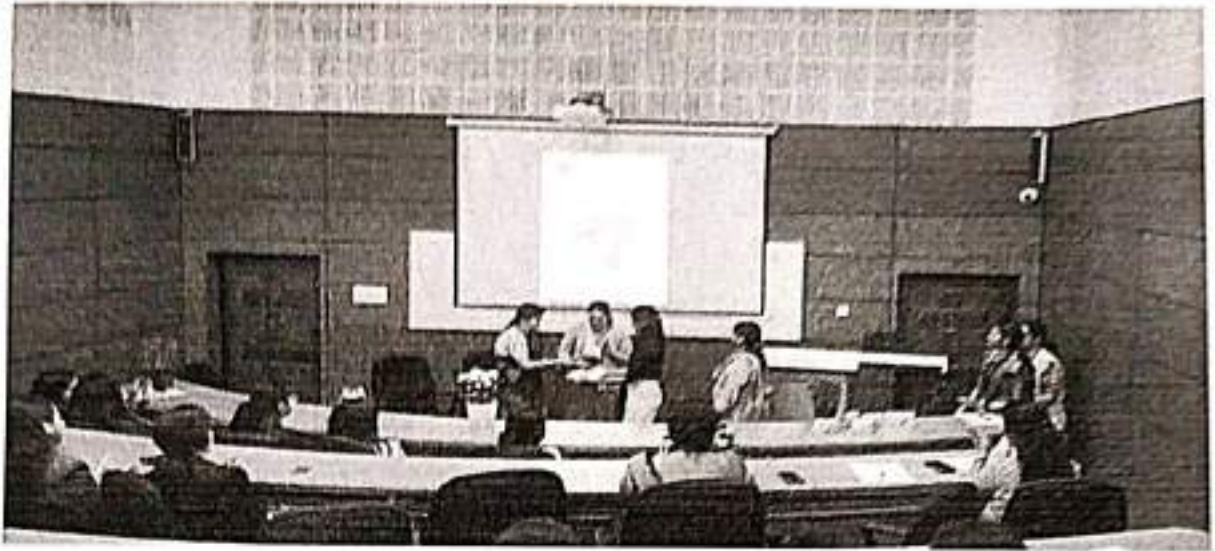


**Photo 3: The participants involved in the awareness program**





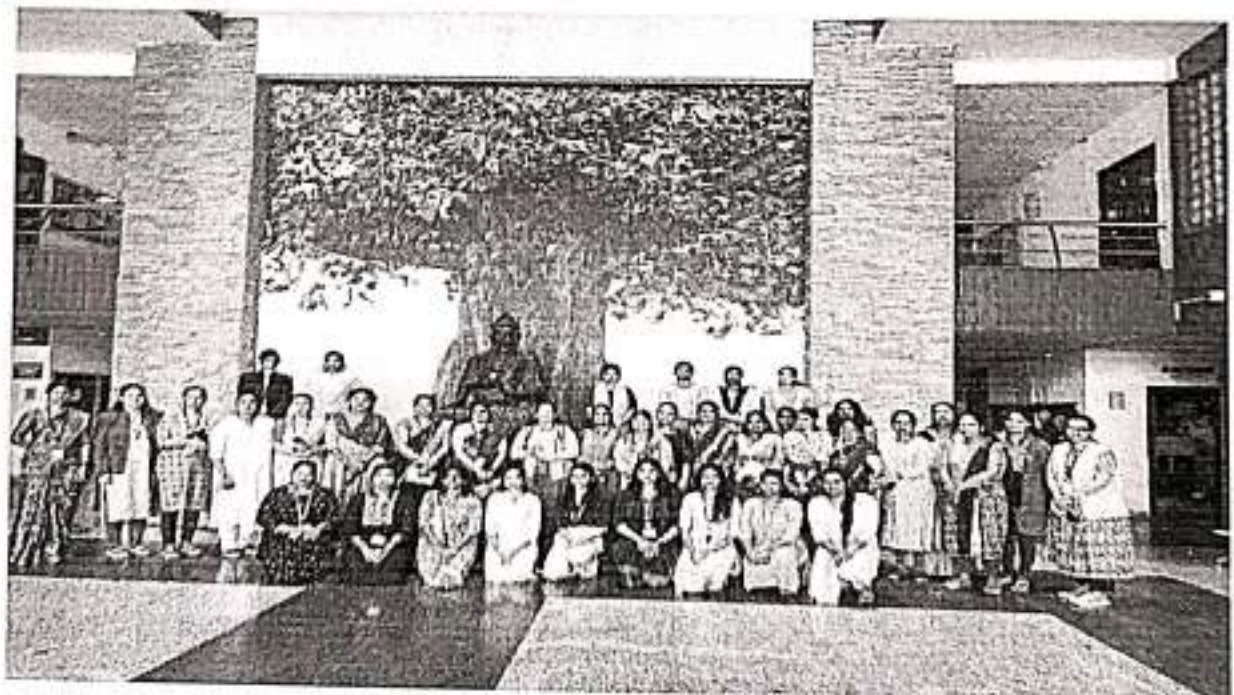
**Photo 4: The Felicitation of resource person by the Prof.Rekha M P,HOD –BBA.**



**Photo 5: The Resource person with the Organising Team of the event.**



**Photo 6: The Resource person and the participants of the event.**





# Dayananadasagar College of Arts, Science and Commerce

Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore

Women's Dignity Cell- SHAKTHI and Institutional Social Responsibility  
Cell-DISHA

Under the guidance of IQAC

Awareness Program on Menstrual Health and Hygiene

15/03/2024

SL NO	Name of the Faculty	Department	Signature
01.	Dr. Chitluka Pusphalata	BBA/B.Com	C. Pusphalata
02.	Dr. R. Pavithra	BBA/B.Com	R. Pavithra
03	Elvina Preemalatha	BBA/B.Com	Elvina Preemalatha
04	Dr. Pooja Sharma	BBA/B.Com	Pooja Sharma
05.	Kanya R	BBA/B.Com	Kanya R
06.	Fascha Begum	BBA/B.Com	Fascha Begum
07.	Sadiya Firdose R.2	BBA/B.Com	Sadiya Firdose R.2
08	Chitra D Rao	BBA/B.Com	Chitra D Rao
09	Shylaja .N	BBA/B.Com	Shylaja .N
10.	Dr. Shwetha. S.P	BBA/B.Com	Dr. Shwetha. S.P
11.	Anshupa k. v.	BBA/B.Com	Anshupa k. v.
12	Rashmi S	BBA/B.Com	Rashmi S
13.	Parmiinder Kaur	BBA/B.Com	Parmiinder Kaur
14	Dr Deepika	BBA/B.Com	Dr Deepika
15.	Amutha Nachappa .N	BBA/B.Com	Amutha Nachappa .N
16	Nagarajeswari M	BBA/B.Com	Nagarajeswari M 15/3/24
17	Lalitha	B.Com/B.BA	Lalitha
18	Vinutha .K	BBA/B.Com	Vinutha .K
19	Pasimala .R	BBA/B.Com	Pasimala .R 15/3/24





