



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell

WOMEN'S DIGNITY CELL

Report of the Event Conducted

Department: BCA

Date of Report: 09/03/2026

Sl. No.	Particulars	Event related Details			
1.	Event*	Menstrual Hygiene Training			
2.	Title of the Event	My Menstruation, My Pride			
3.	Date of Conduction	05/03/2026	4.	Time :11:00 to 12:00 pm	
5.	Venue	Seminar Hall, Building No 17			
6.	Resource Person 1 Details	Name: MissVibhaPal Designation: Trainer Mobile No.: 9713048899		Organization: GlobalHuntFoundation Specialization: Social Work Professional Email ID : vibhapal2903@gmail.com	
7.	Topics Covered	NA			
8.	Resource Person 2 Details	Name: NA Designation: NA Mobile No.: NA		Organization: NA Specialization:NA Email ID:NA	
9.	Topics Covered	NA			
10.	No. Faculty Participants	Internal: 01	15	External: 01	NIL
11.	No. Student Participants	Internal:	92	External:00	NIL
12.	Faculty Coordinator/s	Full Name Department Designation	Prof. Poornima Puneekar Computer Applications Asst. Professor		
13.	Student Coordinator/s	Full Name Department	Prajakta K, Prakruthi B,Varshitha G, Priyanka Computer Applications		
14.	Total Expenditure	NIL	15	Sponsors and Amount	NA
16.	Agenda of the Event	NA	17.	Provide the link of the report uploaded on College Website	YES
18.	Social Media Links	YES	19.	Report sent to Newspapers? If yes, provide cuttings/images:	NO
20.	Certificates Printed?	YES	21.	Feedback Collected?	YES
22.	Attendance Sheet Attached?#	NO	23	Photographs of the Event	YES
24.	Summary of the Event	The Department of BCA successfully organized the "My Menstrual, My Pride" awareness program for students to promote understanding and positive attitudes towards menstrual health and hygiene.The resource person explained the importance of menstrual hygiene, safe practices, and maintaining good health during the menstrual cycle. Students actively participated in the session by asking questions and sharing their thoughts.The program was informative, interactive, and successfully created awareness about menstrual health among students.			

Event Coordinator

*Dr. Anjna D. ...

HOD-BCA

Dayananda Sagar College of Arts, Science & Commerce

Heavenly Mallashwara Hills, ...

Bangalore - 560 111

IQAC Coor...

Dayananda Sagar College of Arts

Science & Commerce

Kumaraswamy Layout, Bangalore - 560 111

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560078

Internal Quality Assurance Cell (IQAC) Cell

Women's Dignity Cell - Shakthi

Department: BCA

Date: 05/03/2026

Photos



Photo1: The Event featured with welcoming the resource person



Photo2: Resource person addressing the gathering



Photo3: Resource person explaining the process.



Photo 4: Event ended with awareness and motivate thoughts



**DAYANANDA SAGAR COLLEGE OF ARTS , SCIENCE
AND COMMERCE**

Department Of Computer Applications –BCA

Organizes

Awareness Program

On

“ My Menstruation , My Pride ”



By

Vibha Pal

Social Work Professional



Seminar Hall



05/03/2026



Comittee

HOD-BCA

Vice Principle

Principle



**DAYANANDA SAGAR COLLEGE OF
ARTS, SCIENCE AND COMMERCE**
Kumaraswamy Layout, Bangalore - 560111
(Affiliated to Bangalore University, Approved by AICTE,
NAAC Accredited)



Name of the Activity: MY MENSTRUAL MY PRIDE

Department: BCA

Date: 05.03.2026

Time: 11:00 AM - 12:00 PM

Sr.	Register No	Student Name	Signature
1	U03CJ25S0100	Sumana M.P	
2	U03CJ25S0119	Yuktha.M	
3	U03CJ25S0094	Spoorti.Sinnur	
4	U03CJ25S0091	Sona.RS	
5	U03CJ25S0073	Ranya.M.P	
6	U03CJ25S0066	Pooswi.H.M	
7	U03CJ25S0099	Duma.C.D	
8	U03CJ25S0068	Pravalika.B.M	
9	U03CJ25S0089	Shreha.N	
10	U03CJ25S0093	Spoorthi.H.V	
11	U03CJ25S0082	Panjara.B.N	
12	U03CJ25S0062	Nivetha.M.S	
13	U03CJ25S0012	Ankitha.L	
14	U03CJ25S0110	Jasanthha.K.S	
15	U03CJ25S0116	Yashaswini	
16	U03CJ25S0105	Thirisha.S.P	
17	U03CJ25S0032	Jyegou.Choudhary	
18	U03CJ25S0019	Bindushree.V.	
19	U03CJ25S0090	Seha.Ahmed	
20	U03CJ25S0021	DPcha	
21	U03CJ24S0147	Jaibhav.Kanwar	
22	U03CJ24S0113	Rekha.H.R	
23	U03CJ24S0148	Sushmitha.H.V	
24	U03CJ25S0022	Chandana.S	
25	U03CJ25S0011	Anjali.Kumari	
26	U03CJ25S0013	Ankitha.P	
27	U03CJ24S0122	S.M.Chakmi	
28	U03CJ24S0150	Vijaya.Shigani	
29	U03CJ24S0039	Bhoomika.N	

IV sem

IV sem



Sr.	Register No	Student Name	Signature
IV Sem	30	U03C5243000 Meethana .D. R	Meethana
	31	U03CJ2450079 LAKSHMI . R	Lakshmi . R
	32	U03CJ2450051 Anjali Kumari . M.	Anjali
	33	U03CJ2450052 Anjali Netaji . S.	Anjali
II Sem	34	U03CJ2550037 Gowthami	Gowthami
	35	U03CJ2550035 Mangathi R S	Mangathi
	36	U03CJ2550045 Jeevitha Sri . S	Jeevitha
	37	U03CJ2550008 Akshaya . A	Akshaya
	38	U03CJ2550016 Bahulya Raj B.M	Bahulya
	39	U03CJ2550051 Kusumitha V	Kusumitha
II Sem	40	U03CJ2550031 Duriga Sreethy P	Duriga
	41	U03CJ2550039 Harshika B.H	Harshika
	42	U03CJ2350083 Rohana Patel . T.R.	Rohana Patel . T.R.
III Sem	43	U03CJ2350085 Ruchitha . B.S.	Ruchitha . B.S.
	44	U03CJ2350002 Aradhya . N. G	Aradhya . N. G
	45	U03CJ2350017 CH. Trisha	Trisha
VI th 'A'	46	U03CJ2350057 Manasvi . NL	Manasvi
	47	U03CJ2350038 J. Pujitha	J. Pujitha
	48	U03CJ2350021 D. Harshitha	D. Harshitha
	49	U03CJ2350087 S. Tejaswree	S. Tejaswree
IV th 'B'	50	U03CJ2350099 Shwetha . K	Shwetha . K
	51	U03CJ2350100 Sidra	Sidra
	52	U03CJ2350095 Shalini	Shalini
	53	U03CJ2350079 Rashmi . K	Rashmi . K
IV Sem 'A'	54	U03CJ2350103 Subhang ^o Roy	Subhang ^o Roy
	55	U03CJ2450144 Tulasi . R	Tulasi . R
	56	U03CJ2450102 Pavithra . K	Pavithra . K
IV Sem 'A'	57	U03CJ2450045 Aishwarya . N	Aishwarya . N
	58	U03CJ2450042 Aaliya .	Aaliya .
	59	U03CJ2450043 Abhiksha	Abhiksha
2 nd Sem Asec	60	U03CJ2550033 Fathima Fida	Fathima Fida
	61	U03CJ2350066 Prajakt K.V	Prajakt K.V

Event Coordinator Name: Prof. Poornima Puneekar

Signature: Poornima



62 U03CJ2450064 Deeksha

Dec _____

IV 'B'

IV 'A' 61 U03CJ2450107 Priyanka Singh

Priyanka Singh



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Department: BCA

Date: 05.03.2026

Time: 11:00 AM - 12:00 PM

Sr.	Register No	Student Name	Signature
1	U03CJ25S0113	Vedika . N	Vedika . N
2	U03CJ25S0108	Varshitha . C.S	Varshitha
3	U03CJ25S0099	Suma - C.D	Suma
4	U03CJ25S0018	Bhoomika Ganesh	Bhoomika G
5	U03CJ25S0017	Bhavana M V	Bhavana
6	U03CJ25S0001	Ananya Maheshwari	Ananya
7	U03CJ24S0141	Tejashwini . V	Tejashwini
8	U03CJ24S0164	Deekshitha	Deekshitha
9	U03CJ24S0130	Suma . V	Suma
10	U03CJ24S0050	Ananya	Ananya
11	U03CJ24S0077	Keerthana	Keerthana
12	U03CJ24S0123	Dhakesha Shree	Dhakesha
13	U03CJ24S0093	Monisha . S	Monisha
14	U03CJ24S0054	Anushree . M	Anushree
15	U03CJ24S0076	Kavana . S	Kavana
16	U03CJ24S0081	Litha .	Litha
17	U03CJ24S0098	Namitha R.M	Namitha
18	U03CJ24S0078	Krupa . K	Krupa
19	U03CJ24S0058	Bhoomika . M	Bhoomika
20	U03CJ23S0041	Jyotsna Ganur	Jyotsna
21	U03CJ23S0064	Palak Jangir	Palak
22	U03CJ23S006	Ananya . B . S	Ananya
23	U03CJ23S0013	Bhoomika . B	Bhoomika
24	U03CJ23S0058	Namratha	Namratha
25	U03CJ23S0047	Lisha . M	Lisha
26	U03CJ23S0068	Prakruthi . B	Prakruthi
27	U03CJ23S0016	Varshitha . G	Varshitha
28	U03CJ23S0074	Keerthana . R	Keerthana . R
29	U03CJ23S0086	Niveditha . S	Niveditha



Feedback

5/07/26

The seminar was very informative and helpful. I learned about menstrual health, hygiene, and how to take proper care during periods. The session helped clear many doubts and created awareness about menstrual health.

- Surma .C.D

U03652550099

II sem BCA 'B' section

The session was well explained and easy to understand. It helped us understand the importance of menstrual hygiene and breaking the myths related to menstruation. It was a very useful and educational seminar.

- Varshitha .C.S

U03652550108

2nd SEM BCA 'B' section

The session highlights the importance of silence around menstruation. It encourages confidence and self respect instead of shame and hesitation. The awareness promotes a message about menstrual health and hygiene among everyone. It also inspires girls to feel proud of a natural and powerful process.

- Varshitha .G

U03652350116

6th sem BCA 'B' section

