

CSSR & SRRM DEGREE & PG COLLEGE

AUTONOMOUS

Re-Accredited by NAAC with A Grade

Permanently Affiliated to Yogi Vemana University

Recognized Under 2(f) & 12(B) of UGC Act 1956



13/521, Reddy Colony, Kamalapuram-516 289, Kadapa Dist. A.P.

Six Day Webinar on Menstrual Health & Hygiene

(23-09-2024 to 28-09-2024)

ESTD : 1992

CSSR & SRRM DEGREE & PG COLLEGE

AUTONOMOUS

Re-Accredited by NAAC with A Grade

Permanently Affiliated to Yogi Vemana University

Recognized Under 2(f) & 12(B) of UGC Act 1956



13/521, Reddy Colony, Kamalapuram-516 289, Kadapa Dist. A.P.

Date: 20-09-2024

Circular

We are pleased to inform you that We are organizing an online session on menstrual health and hygiene by Mrs Harshita Upadhyay, Chitra Jalal and Nitya on [23-09-2024] to [28-09-2024] which will take place in the Reading Hall.

This session aims to provide important information and raise awareness about menstrual health among students and teachers. We encourage everyone to participate in this informative program to enhance understanding and promote better health practices. Let's come together to support this vital initiative!

Copy To:

- All the Staff
- All the students
- File
- Notice Board

G. Vinod
20/9/24
PRINCIPAL
CSSR & SRRM Degree & PG College
Autonomous
Kamalapuram, YSR (Dist), A.P.

Request Letter from College

ESTD : 1992

CSSR & SRRM DEGREE & PG COLLEGE AUTONOMOUS

Re-Accredited by NAAC with A Grade

Permanently Affiliated to Yogi Vemana University
Recognized Under 2(f) & 12(B) of UGC Act 1956



13/521, Reddy Colony, Kamalapuram-516 289, Kadapa Dist. A.P.

Dr G Vinod Kumar, M.Sc., Ph.D.

Principal

e-mail: principal@cssrandsrrmdc.ac.in

Ph: 9014064906


Date: 20/09/2024

To
Vidya R
Project Manager
Global Hunt Foundation
Kodihalli, Bangalore-560008

Respected Madam,

Sub: To conduct menstrual health and hygiene session through Online for students & teachers

College Name	CSSR & SRRM DEGREE & PG COLLEGE (AUTONOMOUS)
Location	13/521, Reddy Street, Kamalapuram
Session Coordinator Name	Dr G Vinod Kumar, Principal
Contact Number	8374835712
No of session Required	6 with 20 per each (Girls-2, Boys-2, Staff-Women-1, Staff-Gents-15)
Course	Menstrual Health and Hygiene Session Through Online for Students & Teachers
No of Students	100
Date	23/09/2024 to 28/09/2024
Timings	12: 00 PM to 13:00 PM
Online Platform	Google Meet/Zoom


PRINCIPAL
CSSR & SRRM Degree & PG College
Autonomous
Kamalapuram, YSR (Dist), A.P.

Acceptance Letter from GlobalHunt Foundation, Noida, Uttar Pradesh

Programme Details

G GlobalHuntFoundation-VidyaR
to me

Sep 20, 2024, 9:04 PM ☆ ☺ ↶ ⋮

Dear Sir

Thanks for the mail

All 6 sessions are confirmed. Please find below the session links.

Resource	Date	Time	Link	Session for
Harshita	23.09.2024	12:00 pm - 1:00 pm	https://meet.google.com/niv-okjm-vuq	Girls
Chitra	24.09.2024	12:00 pm - 1:00 pm	https://meet.google.com/zvc-jmwn-zuh	Girls
Chitra	25.09.2024	12:00 pm - 1:00 pm	https://meet.google.com/zvc-jmwn-zuh	Boys
Chitra	26.09.2024	12:00 pm - 1:00 pm	https://meet.google.com/zvc-jmwn-zuh	Boys
Harshita	27.09.2024	12:00 pm - 1:00 pm	https://meet.google.com/niv-okjm-vuq	Female Staff
Nitya	28.09.2024	12:00 pm - 1:00 pm	https://meet.google.com/xsk-qscz-ifs	Male Staff

Regards

Vidya R

Acknowledgement letter and college feedback will be required from College.

E-Certificates can be provided to all the participants

In this respect we seek your kind availability of date and time where the Unicharm team can conduct the knowledge session with the College girls. **Please note we do not charge anything from the College for the session.**

About the Webinar:

A 6-Day virtual session on “**My Menstruation-My Pride**” was organized by the Department of Zoology, & Botany, in association with GlobalHunt Foundation, Noida, Uttar Pradesh, from 23-09-2024 to 28-09-2024 during 12:00 PM to 1:00 PM daily. The Webinar session was intended to give brief idea about ‘What is Menstruation - Health and Hygiene about Menstruation’ to the students and at the end of the session there will be Queries session for doubt clarification. The Sessions handled by the Speakers Harshita, Chitra, Nitya. At the end of the last 15 mins there will be Queries raised by the students for the further clarification. This Programme purpose is to create awareness in students about the menstruation, its process, and Precautions and health care. Each day Session is carried out 30 students.

About the Speakers:

Speaker 1: Mrs. Harshita Upadhyay is accomplished educator with a passion for science and mathematics, a Master’s degree in Physics and a member of NGO named Global hunt Foundation where she is deeply committed to promoting menstrual health and hygiene awareness.

Speaker 2 & 3: Chitra Jalal and Nitya are the persons having good versatile professional with expertise in physiotherapy, nutrition, and lids – yoga instruction. Chitra Jalal is a Valuable asset in both the healthcare and education sectors.

Day: 1**Topic:** My Menstruation - My Pride**No. of Students:** 30**Speaker:** Harshita**Session:** BSc Girls

About Day-1: This Session was hosted by Harshita. This session included about Girls Precautions, Puberty changes and discussed the stages of menstruation to have an idea about it.

Students those who attended for the Day-1 Session are listed below:

Name of the student	Course and Year
Y.V Charitha	1ST BSC COMPUTER SCIENCE
Y. A Pravallika	
C. Jaya Sree	
A. Sunanda	
S.B. Anisha	
S. Riyazun	
H. Padmini	
S. Jubedha	
N. Pavithra	
B.G. Harshini	
N. Lakshmi Narasimha	
S.M. Karishma	
D. Gowthami	
M. Suha	2ND BSC- COMPUTER SCIENCE
M. Muskan	
S. Jahida sultana	3RD BSC- COMPUTER SCIENCE
P. Sana Parveen	
P. Venkata Rajitha	1ST BSC- BOTANY
P. Annu	
S. Muskan	
S. Sneha latha	
A. Priyanka	
A. Kalyani	2ND BSC-BOTANY
P. Bharani	
C. Gowri	
R. Naga Yogeswari	
M. Ayisha siddika	

Day 1-Pics



unicharm
 NOLA & DOLA

CERTIFICATE OF PARTICIPATION

This is to certify that

A KALYANI

II B.Sc. (Botany) Participated in the Webinar Titled
“ Menstrual Health & Hygiene Management ”

Organized by

CSSR & SRRM Degree & PG College, (Autonomous), Kamalapuram, Kadapa, A.P.,
 in association with Unicharm India & *Tanu Goel*
 Tanu Goel, Director
 GlobalHunt Foundation on 23.09.2024

GlobalHunt FOUNDATION™
 Creating Sustainable Solutions

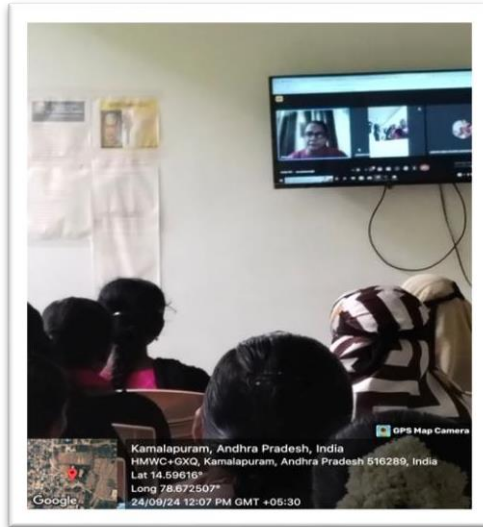
Day 2:**Topic:** My Menstruation- My Pride**No. of Students:** 38**Speaker:** Chitra**Session:** B.Com. Girls

About Day 2: This Session was hosted by Chitra. This session included about Girls Precautions, Puberty changes and discussed the stages of menstruation to have an idea about it.

Students those who attended for the Day-2 Session are listed below:

Name of the Student	Course and year
M. Mythili	I BCOM AND BBA
U. Lavanya	
S. Aliya sultana	
J. Pavithra	
E. Prashanthi	
P. Pravallika	
D. Fareeda	
S. Mabbu sunnia	
K. Keerthi	
S. Athika bhanu	
M. Bhargavi	
A. Vanaja	
M. Anusha	
K. Ammulu	
A. Lahari	
M. Srisaidha	
S. Arundathi	
C. Varshini	
D.v hemalatha	
P. Gowri	
N. Gangadevi	
P. Swathi	
L. Malathi	
S. Reshma	
S. Samrina	
P. Sunitha	
B. Kanchana mythreye	
D. Swarna latha	
E. Poojitha	II - BCOM
P. Sailu	
G.m jyothi	
Y. Sruthi	
D. Vandana	
K. Tabassum	II - BCOM
F. Siri chandu	
S. Lakshmi hema	
G. Deepthi	
Y. Mamatha	

Day 2 Pics:




NOLA & DOLA

CERTIFICATE OF PARTICIPATION

This is to certify that

A.lahari

1st BCOM (CA) Participated in the Webinar Titled
“ Menstrual Health & Hygiene Management ”

Organized by

CSSR & SRRM Degree & PG College, (Autonomous), Kamalapuram, Kadapa, A.P.,
in association with Unicharm India &
GlobalHunt Foundation on 24.09.2024

Tanu goel
Tanu Goel, Director


Global Hunt FOUNDATION™
Creating Sustainable Solutions



Day 3:

Topic: My Menstruation- My Pride – Puberty and Adolescence

No. of Students: 30

Speaker: Chitra

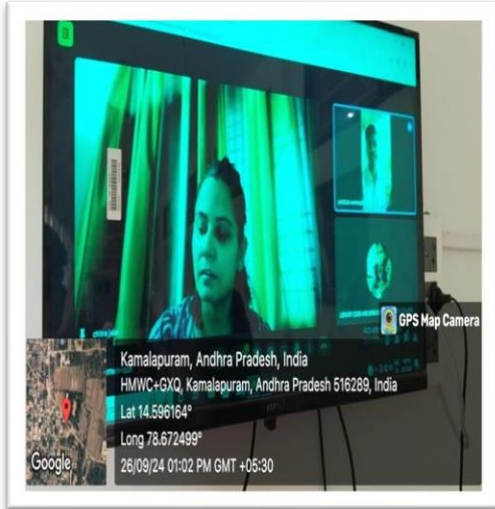
Session: BCom Boys

About Day 3: This Session was hosted by Chitra. This session included about Boys Precautions, Puberty changes and discussed the stages of Adolescence to have an idea about it.

Students those who attended for the Day-3 Session are listed below:

Name of the Student	Course and Year
U. MADHU	I – BCOM AND BBA
M. SAI	
S. HASSAIN BASHA	
E. MANOJ	
P. RAVI TEJA	
C. VENKATESH REDDY	
K. HARI BABU	
V. NIKHIL	
S.V MAHAMMAD GHOUSE	
Y. PREM SAGAR	
T. MAHAMMAD MUDDASEER	
S. BALAJI	
M. VIKRAM TEJA	
N. LAKSHMI NARASIMHULU	
S. SAMEER	
SMD. HAMEED	
S. KHADAR HUSSAIN	
M. HARSHA VARDHAM	
S. ARSHAD	
B. REDDY RAJA	
A. KRISHNA	II - BCOM
D. VISHNU MANIKANTA	
Y. PADMANABHAM	
V. SUNIL	
A. SURYA TEJA	
V. RAJU	
P. AJAY	
M. SUDHARSHAN	
N. NARENDRA	
P. SANTHOSH KUMAR	II - BBA
S.V AKRAM	III- BCOM
M. SURESH	
E. RAJESHWAR	

Day 4 Pics:



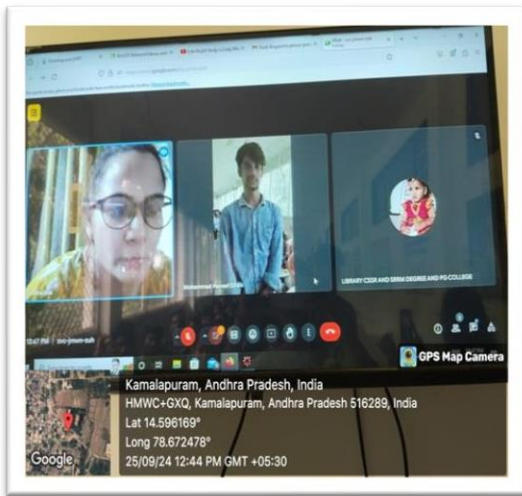
Day 4:**Topic:** My Menstruation- My Pride – Puberty and Adolescence**No. of Students:** 30**Speaker:** Chitra**Session:** BSc Boys

About Day 4: This Session was hosted by Chitra. This session included about Boys Precautions, Puberty changes and discussed the stages of Adolescence to have an idea about it.

Students those who attended for the Day-3 Session are listed below:

Name of the student	Course and year
M. AJAY KUMAR	II B.COM
G. DURGA DARSHAN	
C. SAI SHIVA SASHIDAR	
P. DASTAGIRI	
K. SAI THARUN REDDY	I-BSC COMPUTER SCIENCE
L. GANESH REDDY	
P. SAMPATH KUMAR	
P. CHANDU	
D. MANOJ KUMAR REDDY	
C. SATHISH KUMAR REDDY	
Y. JAGADESWAR REDDY	
B. PAMULETI	
K. MAHINDRA REDDY	
M. GIRISH	
S. SAMPATH REDDY	
NITHIN	
SUDHARSHAN	
R. UDAY KIRAN REDDY	
P. TEJA	
K. VAMSI	
D. GOPAL	
SHAIK ZAYED	
S. ASHWAK	
K. HARSHA VARDHAN	
N. MAHAMMAD JAFAR	
SMD MANSOOR	II- BSC BOTANY
S. ZAMEER	II – BSC COMPUTER SCIENCE
S. TOHID AHAMMAD	
D. OM NATH	I- BSC BOTANY
P. SASHIDAR	

Day-4 Pics:



Day 5:

Topic: My Menstruation- My Pride

No. of Participants: 11

Speaker: Harshita

Session: Female Faculty

About Day 5: This Session was hosted by Harshita. This session included about Girls Menstruation Precautions, Puberty changes and discussed the stages of Adolescence to have an idea about it.

Faculty those who attended for the Day-3 Session are listed below:

Name of the Faculty	Name of the Department
K. JYOTHIRMAYE	LECTURER IN ZOOLOGY
Y.V LAKSHMI	LECTURER IN CHEMISTRY
N. HEMA SUNDARI	LIBRARIAN
K. VIJAYA BHARATHI	LIBRARIAN
T. PRAVALLIKA	LECTURER IN MATHEMATICS
Y. NAGA SHILPA DEVI	LECTURER IN MATHEMATICS
P V PAVANI	LECTURER IN MATHEMATICS
I. SREE VANI	LECTURER IN COMPUTER SCIENCE
A. SIRISHA	LECTURER IN STATISTICS
M. PRAVALLIKA	LECTURER IN COMMERCE
A. BABY	LECTURER IN COMMERCE
I. LAKSHMI DEVI	LECTURER IN COMMERCE

Day 5 Pics:





Day 6:

Topic: My Menstruation- My Pride – Puberty and Adolescence

No. of Students: 16

Speaker: Chitra


Session: Male faculty

About Day 6: This Session was hosted by Chitra. This session included about Boys Precautions, Puberty changes and discussed the stages of Adolescence to have an idea about it.

Faculty those who attended for the Day-3 Session are listed below:

Name of the Faculty	Designation & Department
DR G. VINOD KUMAR	PRINCIPAL
M. LAKSHMAIAH	LECTURER IN TELUGU
M. VENKATA SHIVA	LECTURER IN COMMERCE
B. ASHOK	LECTURER IN ENGLISH
DR. P. KRISHNA	LECTURER IN TELUGU
P. PRADEEP KUMAR	LECTURER IN COMPUTER SCIENCE
DR. S NAGENDRA	LECTURER IN ECONOMICS
D. VINAY KUMAR	LECTURER IN ENGLISH
S. ASHOK KUMAR	LECTURER IN COMMERCE
C. AYYAVARAPPA	LECTURER IN HISTORY
P. MAHESH REDDY	LECTURER IN PHYSICS
K. SREENIVAS REDDY	LECTURER IN COMPUTER SCIENCE
SMD. HANEEF	LECTURER IN BOTANY
G. RAJ KUMAR	LECTURER IN COMPUTER SCIENCE
D. VIJAY KUMAR	COMPUTER OPERATOR
ADBUTH KUMAR	PHYSICAL DIRECTOR

Conclusion: For past 10 years under the CSR initiative “**My Menstruation My Pride**” the company have been undertaking menstrual hygiene among school & college girls covering almost 2000+ schools & colleges and 1,00,000 beneficiaries at pan India level. The session entails a comprehensive understanding on the what, why and how of menstruation comprising of meaning of menstruation, develop a biological understanding, talk on related social taboos and aware them on hygiene practices to be maintained during menstruation.


PRINCIPAL
CSSR & SRRM Degree & PG College
Autonomous
Kamalapuram, YSR (Dist), A.P.