

Ref: MSRCASC/WC/2024-25/001 29th August 2024

CIRCULAR

Women Cell

This is to inform Women Cell is organizing "Orientation Program on Orientation on Menstrual Hygiene Waste Disposal" for all I Semester UG girlstudents on 4th September 2024 at 1:30 PM. Hence, students are informed to actively take part in the session.

Date: 04/09/2024

Timing: 2:00 PM to 3:30 PM

Venue: Abdulkalam Auditorium

Resource Person: Dr. Jayashree D.R, Associate Professor – Biotechnology, MSRCASC


Convener


Principal 16/11/2024

MS RAMAIAH COLLEGE OF ARTS, SCIENCE & COMMERCE

WOMEN's CELL

ORGANISES

Orientation Program

Menstrual Cycle: a Journey to manage health & Hygiene



DR. JAYASHREE

(Msc, M.Phil, B.Ed, PhD, NTT (AIECCE))

Professor-

Department of Biotechnology

DATE: 04/09/2024 TIME: 01:30 P.M

VENUE: Abdul Kalam Auditorium

MS. PUSHPALATHA
(CONVENER)

DR.VIJAYALAKSHMI
(CO-ORDINATOR)

DR. PUSHPA H
(PRINCIPAL)

MS.SRIVIDYA
(CO-ORDINATOR)

MS.SAVTHA

MS.KRITHI

MS.SRIVAIDESHWARI

MS.AISHWARYA

MS.SPOORTHY

MS.NUMAILA
(STUDENT COORDINATOR)

MS.MANASA
(STUDENT COORDINATOR)

Report on Orientation Program conducted by the Women's Cell

Title "Menstrual Cycle – A Journey to Manage Health and Hygiene"

Venue: A P J Abdul Kalam Auditorium

Date: 04-09-2024

Time: 01:30 pm

Resource person: Dr. Jayashree, Professor, Dept. of Biotechnology, MSRCASC

Number of beneficiaries: 100

The Women's Cell at Ramaiah College of Arts, Science and Commerce serves as a dedicated body committed to fostering a safe, inclusive, and empowering environment for all female students and staff. Established with the aim of upholding the principles of gender equality and ensuring the welfare of women within the institution, the cell plays a crucial role in addressing grievances, promoting awareness, and facilitating supportive programs. Through workshops, seminars, and counselling services, the Women's Cell works to educate the campus community on issues related to women's rights, safety, and personal development. By collaborating with college administration, the cell advocates for policies and practices that enhance security, encourage leadership, and create opportunities for the growth and empowerment of women in the academic sphere.

On [04/09/2024], the Women's Cell at Ramaiah College of Arts, Science and Commerce organized an orientation program titled "*Menstrual Cycle – A Journey to Manage Health and Hygiene*" in the Abdul Kalam Auditorium, starting at 1:30 PM. Convened by Ms. Pushpalatha from the Department of English, the event aimed to promote awareness and practical strategies for menstrual health management among students and faculty. Dr. Jayashree, Professor of the Department of Biotechnology at MSRCASC, served as the chief guest and delivered an enlightening keynote on the science of the menstrual cycle, its impact on health, and hygiene best practices. The session encouraged open discussions, dispelled myths, and featured active participation from attendees, fostering a supportive atmosphere for learning and empowerment. The program reaffirmed the Women's Cell's dedication to promoting health education and ongoing advocacy for women's well-being in the academic community.

Objective of the Orientation Program:

The seminar titled "*Menstrual Cycle a Journey to manage health and Hygiene*" aimed to educate participants on menstrual health, reduce stigma, and foster an open dialogue about issues surrounding menstruation. It was designed to provide information on the biological, social, and health aspects of menstruation while emphasizing the importance of education and supportive practices.

Detailed Proceedings:

2:00 PM to 2:05 PM – Pageantry

The seminar commenced with a ceremonial pageantry that set a respectful and anticipatory tone for the event. The participants and guests were led into the venue, signalling the start of an informative and insightful session.

2:05 PM to 2:10 PM – Ramaiah Anthem

The event continued with the Ramaiah Anthem, instilling a sense of unity and pride among the attendees and honouring the institution's values.

2:10 PM to 2:15 PM – Invocation

A short invocation was performed by Ms Ananya from BA I semester to seek blessings and create a positive atmosphere for the orientation program. This spiritual beginning was meant to set the stage for a productive and enlightening discussion.

2:15 PM to 2:20 PM – Welcome Address

Ms Pushpalatha BV the women's cell convener welcomed the audience and distinguished guests. The speaker underscored the importance of addressing menstrual health openly and expressed gratitude to everyone present for their support and interest in this essential topic.



2:20 PM to 2:25 PM – Introduction of the Keynote Speaker

Ms Ananya Thakuri of BA III semester introduced the keynote speaker, Dr. Jayashree from the department of Biotechnology. The introduction highlighted Dr. Jayashree's contributions to women's health and their dedication to breaking menstrual taboos and promoting awareness.

2:25 PM to 3:25 PM – Address by the Keynote Speaker

Dr. Jayashree delivered an engaging and comprehensive address on "*Menstrual Cycle a Journey to manage health and Hygiene*"

. Key points covered included:

- **Biological Aspects:** Explanation of the menstrual cycle and its phases.
- **Menstrual Hygiene:** Effective practices and the significance of using clean and safe menstrual products.
- **Social Stigma:** Addressed common myths and taboos associated with menstruation and their impact on education and mental health.
- **Empowerment through Education:** The importance of raising awareness and educating the audience about menstrual health to foster a supportive environment.



The speaker also shared real-life anecdotes and data that resonated with the audience, underscoring the need for continued efforts in promoting menstrual health education.

3:25 PM to 3:35 PM – Q & A Session

The floor was opened for questions, allowing participants to engage directly with the keynote speaker. Thought-provoking questions were raised, such as:

- Addressing menstrual-related school absenteeism.
- The role of sustainable menstrual products and their accessibility.
- Effective ways to reduce menstrual stigma in communities.

Dr. Jayashree responded to each question with insightful answers, reinforcing the importance of collective action and continued conversation.



3:35 PM to 3:40 PM – Vote of Thanks

Ms Manasa the student Coordinator from Bsc concluded the orientation

program with a vote of thanks. Appreciation was extended to Dr. Jayashree for their valuable insights, the organizing committee for their efforts, and the participants for their attentive presence. The event was formally closed with a sense of achievement and a call to action for sustained advocacy and education.

Outcome: The orientation program was highly effective in raising awareness, providing practical knowledge on menstrual health, and reducing stigma. Attendees left with a better understanding and a willingness to contribute to positive change in their communities.


Acknowledgments: Special thanks to Principal Dr. Pushpa, MS Ramaiah College of Arts, Science and Commerce for their support in organizing this successful Orientation Program.



Convener

Principal

S. No	Name of the student	Reg No	Class & Sec	Signature
01	Sanjana B	34363	EMCS	<u>Sanjana B</u>
02	Namitha M	319	EMCS	<u>Namitha M</u>
03	Thirisha R	208	EMCS	<u>Thirisha R</u>
04	Renuka C	309	EMCS	<u>Renuka C</u>
05	Vandha V	194	EMCS	<u>Vandha V</u>
06	Mang. Manogna S	081	EMCS	<u>Mang. Manogna S</u>
07	A. Swathi P.V	082	EMCS	<u>A. Swathi P.V</u>
08	Pranathi R	303	EMCS	<u>Pranathi R</u>
09	Vaishnavi K.	191	EMCS	<u>Vaishnavi K.</u>
10.	Chiranthana S	083	EMCS	<u>Chiranthana S</u>
11.	Chaitanya G	209	EMCS	<u>Chaitanya G</u>
12.	Kushmitha M	189	EMCS	<u>Kushmitha M</u>
13.	Tanziga	062	EMCS	<u>Tanziga</u>
14.	Pooja	195	EMCS	<u>Pooja</u>
15.	Havini H.V.	091	EMCS	<u>Havini H.V.</u>
16.	Parinitha M	355	EMCS	<u>Parinitha M</u>
17.	Uochana R	193	EMCS	<u>Uochana R</u>


 (Pushpalatha S.V.)

No	Name of the Student	Reg No	Class & sec	Signature
18	Hanini. S	U18MB2450113	Bsc → (A)	Hanini S
19	Hanini. S	U18MB2450387	BSc → (A)	Hanini
20	G. Vansha	U18MB2450351	BSc → (A)	Vansha
21	Ankitha. N	U18MB2450314	BSc → (A)	Ankitha
22	Mahalakshmi. P	U18MB2450328	BSc → (A)	Manasa
23	Manasa. M	U18MB2450202	BSc → (A)	Manasa M
24	Anurutha. M. E	U18MB2450131	B.Sc (A)	Anurutha M.E
25	D.V Nithya	U18MB2450285	BSc (A)	Nithya
26	Ankitha. G	U18MB2450348	BSc (A)	Ankitha
27	Bharathi. V	U18MB2450034	BSc → (A)	Bharathi V
28	Jeevitha. M	U18MB2450369	BSc → (A)	Jeevitha
29	Mahwishi Green		BSc → (A)	Mahwishi
30	Kavana. S	U18MB2450122	BSc → (A)	Kavana
31	Chasmitha. M. S	U18MB2450068	BSc → (A)	Chasmitha M.
32	Krupa. R	U18MB2450114	B.Sc → (A)	K.R
33	Lekhana SP	U18MB2450316	BSc → (A)	Lekhana Sp
34	Disha. N	U18MB2450333	BSc - (A)	Disha N
35	Anusha. L	U18MB2450339	BSc - (A)	Anusha. L
36	Poonima YH	U18MB2450390	BSc - (C)	
37	Keerthana. W	U18MB2450098	BSc - (A)	Keerthana
38	Varshitha. N	U18MB2450053	BSc - (C)	Varshitha
39	Smruthi Nagesh	U18MB2450056	BSc - (C)	Smruthi
40	Abshwarya. R	U18MB2450389	BSc - (A)	Abshwarya
41	Harshitha K S	U18MB2450011	BSc - (A)	Harshitha K S
42	Druti. V	U18MB245017	BSc - (A)	Dr. V
43	G. Divya	U18MB2450031	BSc - (A)	Divya
44	Memal. L	U18MB2450076	BSc (A)	Memal
45	Janharvi gauda	U18MB2450205	BSc (A)	Janharvi
46	Karuna. S. Prohit	U18MB2450198	BSc (A)	Karuna

47	Madha	U18MB2450039	BSC CA7	<u>Merdy</u>
48	Gracy Selva M	U18MB2450372	BSC(A)	<u>gray</u>
49	Nivedya	U18MB2450299	BSC(B)	<u>Am</u>
50	Hanika G	U18MB2450040	BSC(A)	<u>Hanika</u>
51	Anurha N	U18MB2450028	BSC(A)	<u>Anurha</u>
52	Poojalakshmi K S	U18MB2450052	BSC(C)	<u>Pooja</u>

PSP
(Pushpalakshmi B.V.)

Sl. No	Name of the student	Reg No	class & sec	Signature
1.	Indusri M	U18EV2250088	BCA 3 rd Sem (A)	<u>Indusri</u>
2.	Vani J.V	U18EV2250086	BCA 5 th Sem	<u>Vani</u>
3.	Nandana Sreeram	U18EV2250151	" (A)	<u>Nandana</u>
4.	Shreya Sinha	U18EV2250137	"	<u>Shreya</u>
5.	Namitha A	U18EV2250184	BCA 6 th Sem 'A'	<u>Namitha</u>
6.	Preethi D	U18EV2250182	BCA 5 th Sem 'A'	<u>Preethi</u>
6	R. Vandana	U18EV2250181	BCA 5 th Sem 'A'	<u>R. Vandana</u>
7	Deepamalini K	U18EV2250044	BCA 5 th Sem 'A'	<u>Deepamalini</u>
8.	Aradhana M.	U18EV2250050	BCA 5 th Sem 'A'	<u>Aradhana</u>
9.	Inchara G. P	U18EV2250073	BCA 5 th Sem 'A'	<u>Inchara</u>
10.	Sirika Arana	U18EV2250179	BCA 5 th Sem 'A'	<u>Sirika</u>
11.	Ashwini N	U18EV2350224	BCA 3 rd Sem 'A'	<u>Ashwini</u>
12.	Samyuktha V	U18EV2350254	BCA 3 rd Sem 'A'	<u>Samyuktha</u>
13.	Namrutha K. S	U18EV2350304	BCA 3 rd Sem 'A'	<u>Namrutha</u>
14.	Thejashree P	U18EV2350260	BCA 3 rd Sem 'A'	<u>Thejashree</u>
15.	Seidheri S	U18EV2350348	BCA 3 rd Sem 'B'	<u>Seidheri</u>
16.	Afeen	U18EV2350362	BCA 3 rd Sem 'B'	<u>Afeen</u>