

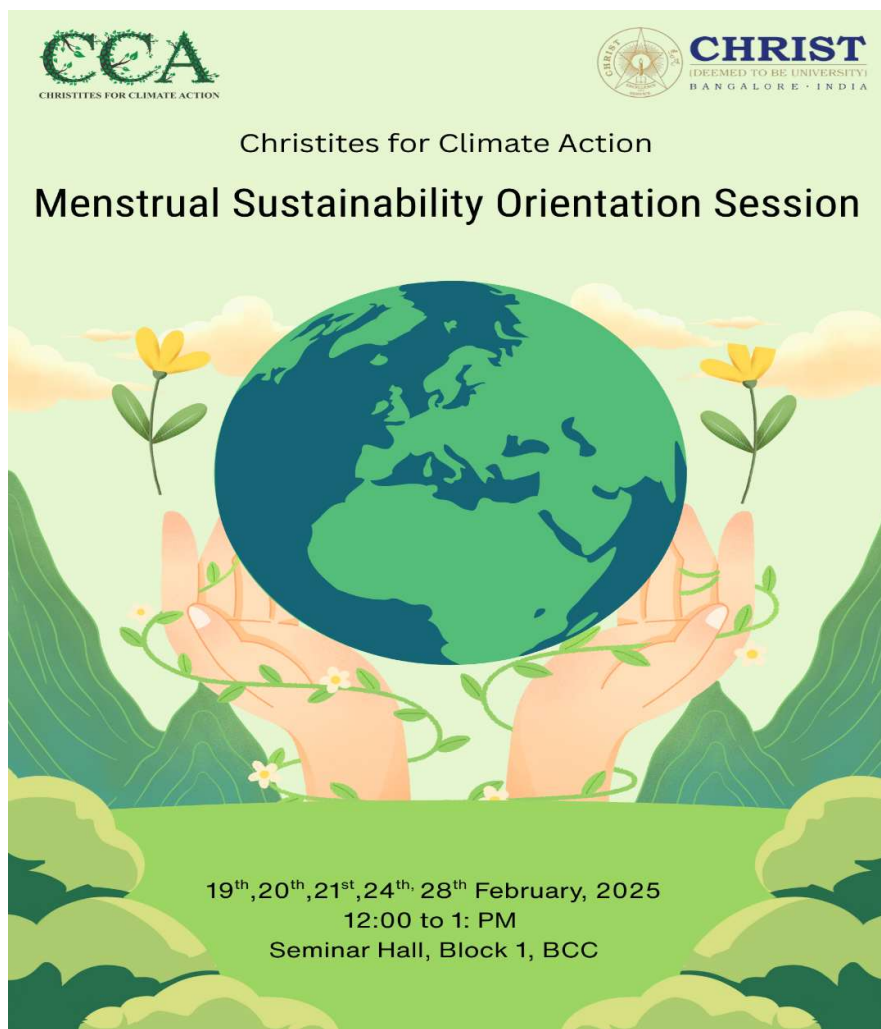


CHRIST (Deemed to be University), Bangalore

Christites For Climate Action (CCA)

Activity Report

Poster:



General Information

Type of activity	Awareness Session
Title of the Activity	Menstrual Orientation Session
Dates	19 th , 20 th , 21 st , 24 th , 28 th February, 2025
Venues	628, 6 th Floor R&D Block; Cabinet Room, Auditorium Block; Panel Room, Block 2; Seminar Hall, Block 1; CHRIST BCC

Participants Profile

Participant Type	Female House Keeping Staff
Number of Participants	66

Synopsis of the activity


Objectives of the Activity	The objective of this session was to introduce to the female house keeping staff the concept of menstrual sustainability, menstrual health, awareness about prevalent fatal health conditions in women such as Breast Cancer and Cervical Cancer and remedies and precautions for such health conditions
Highlights of the Activity	<ul style="list-style-type: none">● Games were conducted to know their understanding regarding menstruation, menstrual hygiene products● Menstrual Cups and Reusable Cotton Pads were introduced to them as alternatives to non-reusable menstrual pads● The Disadvantages of using a non reusable sanitary pads were discussed.● Common misconceptions and taboos around menstruation were broken down and the facts of such were put forward

	<ul style="list-style-type: none"> • Methods of detecting Breast Cancer and Cervical cancer were discussed • The floor was further opened for discussion wherein several questions regarding the precautions to be taken when at the time of menstruation, menopause and abnormal discharge were answered
Summary of the Activity	The session worked towards the learning of menstruation, best practise during menstruation and preventative measures against breast cancer and cervical cancer.
Follow-up task	Help connect the Akka's to the Medical Head to find solutions to queries they have.

List of Members:

SL. No	Name	Class
1.	Smitha Elsheba P M	2 Bcom A&T
2.	Aadya Poddar	4BAPECO
3.	Niyati Awasthi	4 BBA F
4.	Apoorva Yadav	2 Bsc BtZ
5.	Siddeshwari Deora	4 BACP
6.	Samaksh Sharma	4 BCOM B
7.	Swaraj Langde	4 EMS
8	Mehak Gera	4 BACP
9	Roohanie Sachdeva	6 BBA D

Faculty Incharge

Event Incharge	Dr. Priya J
Designation	Faculty Coordinator CCA
Signature	

Appendix:

1.) Pictures:



