

Sree Siddaganga College of Education

Sree Shivakumara Swamiji Road, Tumakur-02

Affiliated to Tumkur University & NCTE , New Delhi

Youth Red Cross Wing

ONLINE MENSTRUAL HEALTH & HYGIENE SESSION



Resource Persons

Girls Session

Mrs. Harshita Upadhyay,
member, Globalhunt

Boys Session

Mrs. Nityal
member, Globalhunt

Organisers

Dr. Jagadeesh Kumar
Chairman
YRCW

Sri. P.Shambulingaswamy
Convener
YRCW

Dr. Jyothi. B. Panth
Member
YRCW

28th September 2024

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Sree Siddaganga College of
Education, B.H.Road, Tumkur

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Memo

Title of the activity: Online Menstrual Health & Hygiene session

Date: 28th September 2024








Time: 12.30 pm


Place: SJM Hall & LH 06

Organising Committee/ Cell: Youth Red Cross Wing, SSCE in collaboration with GlobalHunt Foundation.

Staff Incharge: Sri. P.Shambulingaswamy(Convenor) & Dr. Jyothi. B. Panth(Member)

Participants: IV semester student teachers (48)
II semester student teachers (47)

Dr. GVS 
Sri. PSS 
Dr. JBP 
Sri KK 
Dr. NR 
Smt. NRR 
Sri SS 


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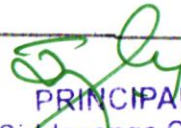
Regarding conduct of menstrual health and hygiene session through Online for students & teachers

1 message

siddaganga B.Ed <siddagangabed72@gmail.com>
To: GlobalHuntFoundation-VidyaR <vidya.r@globalhunt.in>

Thu, Sep 26, 2024 at 1:01

College Name	Sree Siddaganga College of Education
Location	B H Road, Tumakuru-572102
Session Coordinator Name	Dr Jyothi B Panth
Contact Number	9448881706
No of session Required	2 (boys & girls)
Course	B.Ed.
No of Students	95
Date	28-09-2024
Timings	12.30 PM
Online Platform	Yes


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siddaganga B.Ed <siddagangabed72@gmail.com>

Request to please give us an opportunity to conduct menstrual health and hygiene session through Online for students & teachers

6 messages

GlobalHuntFoundation-VidyaR <vidya.r@globalhunt.in>

Thu, Sep 19, 2024 at 8:16 PM

Dear Sir/Ma'am

Greetings from GlobalHunt Foundation.

I would like to take this opportunity in introducing GlobalHunt Foundation (www.globalhuntfoundation.org) a section 8, not-for-profit, registered under The Indian Companies Act 1956. **Carrying forward the CSR mandate of one of our corporate client Unicharm India we would like to conduct 60 minutes menstrual hygiene training for girls of your respective College.** The session will be conducted by our corporate partner, Unicharm India, a leading Japanese firm in India, existing in the market with the names of Sofy and Mamypoko pants.

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.

The modality for the session will be as follow:

Girls Session

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[26/09, 4:06 pm] Project Manager Menstrual Hygiene Vidya: Dear Ma'am

Please find below the session link

Date: 28.09.2024 (Saturday)

Timings: 12:30 pm – 1:30 pm

Girls session : <https://meet.google.com/niv-okjm-vuq>

Speaker Name: Harshita

Boys Session : <https://meet.google.com/zvc-jmwn-zuh>

Speaker Name: Chitra

Regards

Vidya R

[26/09, 4:06 pm] Project Manager Menstrual Hygiene Vidya: Chitra.jpg


[26/09, 4:07 pm] Project Manager Menstrual Hygiene Vidya: Ms Harshita.pdf


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Mrs. Harshita Upadhyay is an accomplished educator with a passion for science and mathematics, a Master's degree in Physics, and extensive experience in teaching *international boards*.

In addition to her academic pursuits, she is also a member of an NGO named Globalhunt Foundation (in association with Unicharm), where she is deeply committed to promoting menstrual health and hygiene awareness. She conducts informative sessions on this crucial topic, empowering students with essential knowledge and breaking down societal taboos surrounding menstruation.


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Chitra Jalal is a versatile professional with expertise in physiotherapy, nutrition, and kids' yoga instruction. With a background in law, she brings a unique perspective to her holistic approach to health and wellness. Chitra has extensive experience conducting ante-natal and post-natal workshops both in corporate settings and clinics/hospitals, empowering individuals with essential knowledge and techniques for maternal health. She is also passionate about educating young people on menstrual hygiene, having conducted workshops in schools. With her diverse skill set and dedication to promoting well-being, Chitra Jalal is a valuable asset in both the healthcare and education sectors.


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Report of Online session on Menstrual Health & Hygiene

Date of Conduct: 28-09-2024

Organised under the aegis of Youth Red Cross Wing, SSCE

Objectives:

1. To develop an awareness about maintaining Menstrual Health & Hygiene
2. To attend the grievance of the girl student teachers
3. To remove the myths related to menstruation
4. To develop an positive attitude with female during menstruation and menopause stage and act accordingly.

Resource Persons :

Girls Session: Mrs. Harshita Upadhyay, member, Globalhunt

Boys Session: Mrs. Nityal, member, Globalhunt

Location: Boys session: L.H.06 & Girls Session: SJM Hall

Number of students Participated: II Semester 40 (47) & 45 (48)

Number of faculty Participated: 06

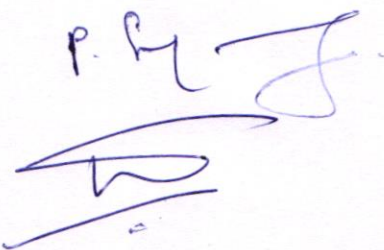
Content of the Programme:

- Male & Female Reproductive System
- Reproductive phase in men & Women
- Menstrual cycle and Menstrual Management
- Menopause

Staff Incharge:

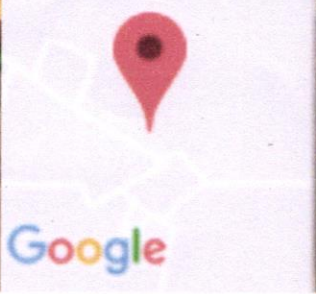
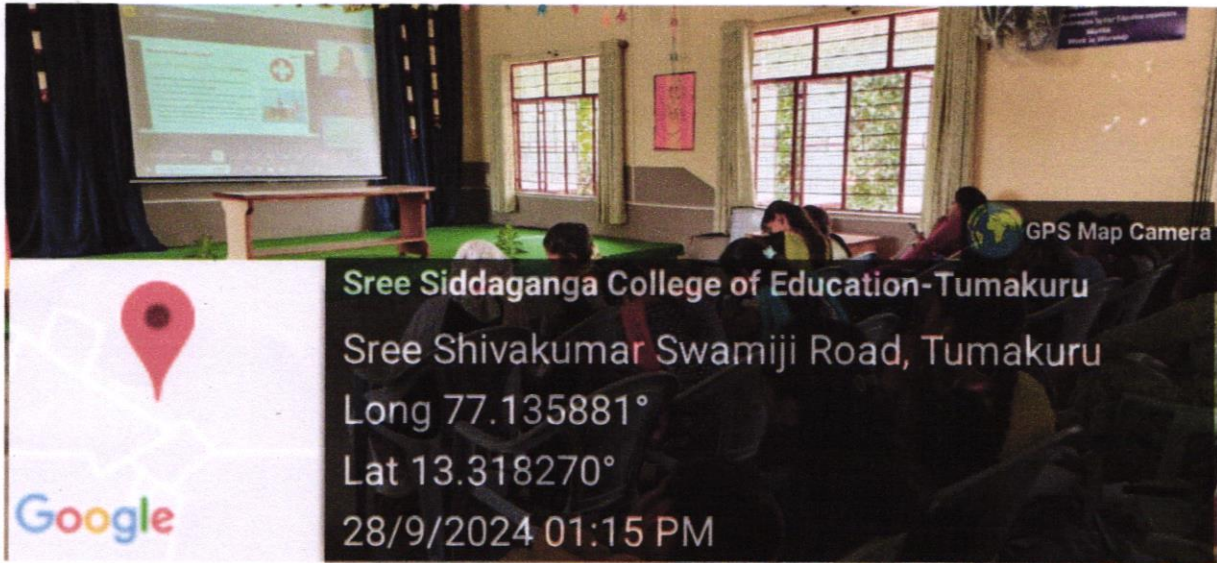
- Sri. P.Shambulingaswamy, Convenor, YRCW, SSCE
- Dr. Jyothi B.Panth, Member, YRCW, SSCE

Signature of the organizer

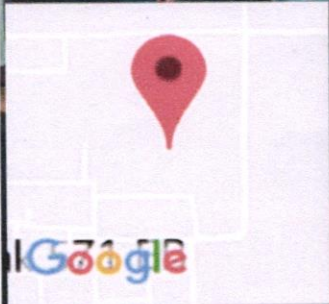


Signature of the Principal
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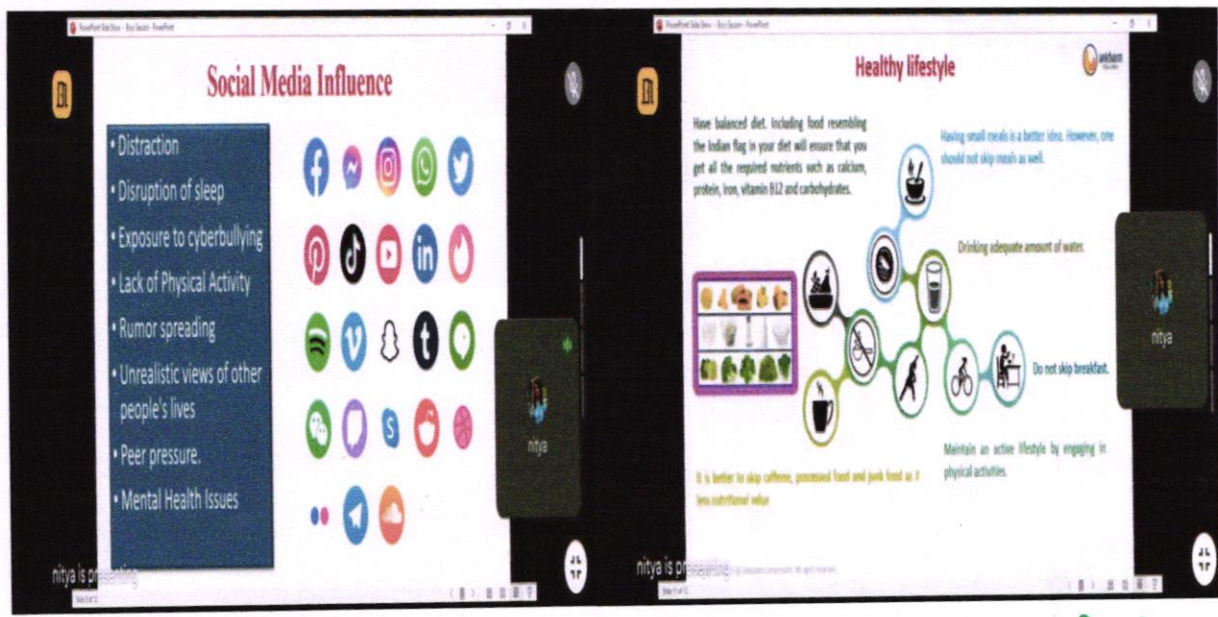
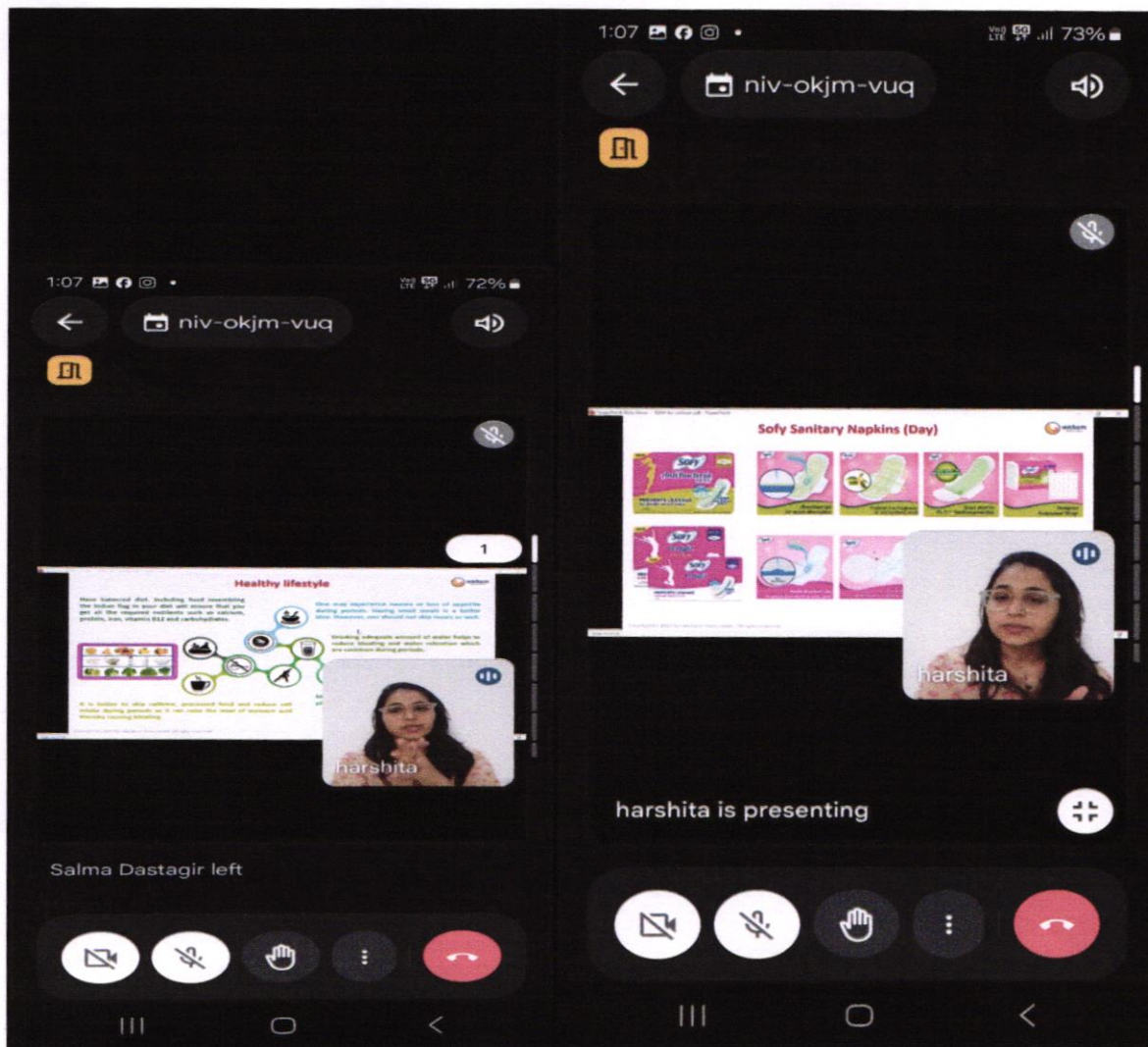



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Sree Shivakumar Swamiji Road, Tumakuru
Long 77.135881°
Lat 13.318270°
28/9/2024 01:15 PM



Sree Siddaganga College of Education-Tumakuru
Sree Shivakumar Swamiji Road, Tumakuru
Long 77.132708°
Lat 13.314760°
28/9/2024 12:50 PM


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