



# Dr. C.S.N. DEGREE & P.G. COLLEGE

BHIMAVARAM - 534 203, W.G.Dt., A.P., INDIA

Recognised by APSCHE, Approved by AICTE, AISCHE Code- C-23946

Affiliated to Adikavi Nannaya University, Rajamahendravaram

Ref :

Date :

## CIRCULAR

Date :- 01-12-2018

All the Faculty members and the Students are hereby inform that the NSS Unit & Women Empowerment Cell of our college is going to Organize the AWARENESS ON MENSTRUAL CYCLE on 03-12-2018 at 02:00 P.M. Hence, all are instructed to attend the program without fail.

Copy to all HOD of Departments

Department of mathematical Sciences	<i>[Signature]</i>
Department of Life Sciences	<i>[Signature]</i>
Department of Commerce and Management Studies	<i>[Signature]</i>
Department of Humanities	<i>[Signature]</i>
Department of Chemistry	<i>[Signature]</i>
Department of Computer Science	<i>[Signature]</i>



*[Signature]*  
Signature of the Principal

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*[Signature]*

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### AWARENESS ON MENSTRUAL CYCLE

On 03-12-2018, a program on Awareness on Menstrual Cycle was conducted in ZPHS, Mogallu. Dr. G. Sudha Sri Purna Garu has created the awareness in the students through this program. She explained menstruation and the menstrual cycle and how it is not a taboo the society to the students. Menstrual Cycle Awareness is to understand that as a woman you are a cyclical being and live on a 28-day (average) cycle in synchronicity with the Moon (for men, with that of the Sun: 24 hours). It is to live in harmony with this cycle – your period, also known as the Infradian Rhythm – and to embrace everything it brings in to your life. It is the ultimate empowerment tool for women. However, due to the negative portrayal of a woman's monthly bleed across different cultures (many women are banished during their monthly bleed or forbidden to enter places of worship), the lack of education and sales-driven tampon marketing, many women view their cycle as an "inconvenient bleed" and know very little about such an intrinsically connected part of their daily existence.



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**AWARENESS ON MENSTRUAL CYCLE**

S.NO	REG.NO	NAME OF THE CANDIDATE	GROUP	SIGN
1	1685432003	LAILA CHITALAPUDI	MB	Laila Chitalapudi
2	1685432005	PAVANI DUNABOYINA	MB	D. Pavan,
3	1685432007	MADHUMATHI GADI	MB	Madhumathi Gadi
4	1685432009	ASHA GEDDAM	MB	Asha
5	1685432016	DURGA BHAVANI KUKKUNURI	MB	Bhavan
6	1685432017	MANISHA KUMAPATI	MB	manisha
7	1685432018	ANITHA MARAMPUDI	MB	Anitha Marampudi
8	1685432020	BHAVANI NAKKA	MB	Bhavan
9	1685432021	PAVANI NAKKA	MB	pavani Nakka
10	1685432022	DURGA SRAVANI NALLAM	MB	Sravan
11	1685432030	LIBNA TADI	MB	Libna
12	1685432031	ASHA DEEPTHI TARAPATLA	MB	Asha



  
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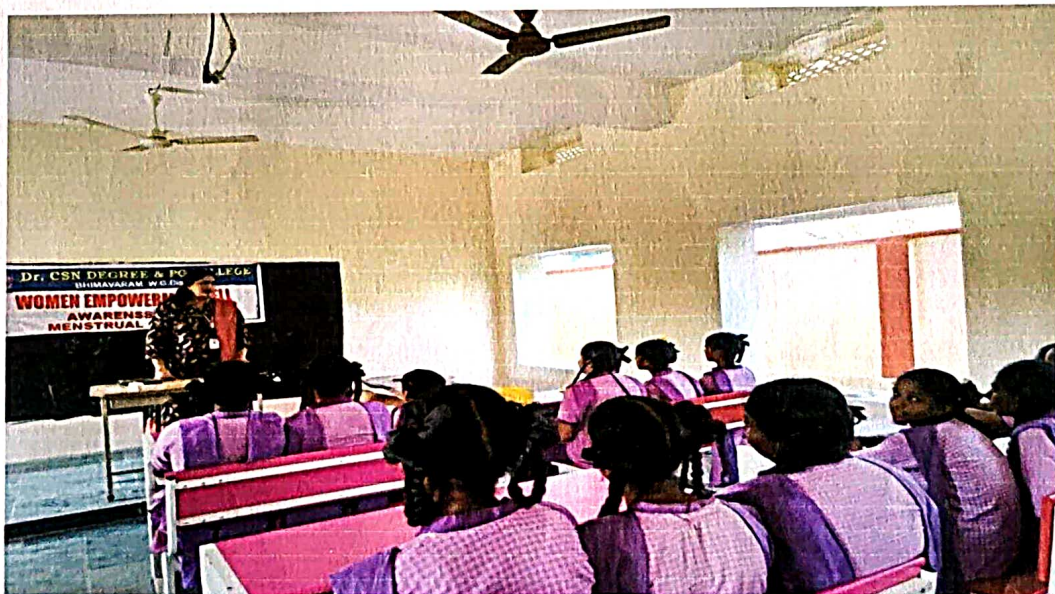
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