



K.L.S DEGREE COLLEGE, HALIYAL

(Affiliated to Karnatak University Dharwad, Approved by AICTE, New Dehli.)

Udyog Vidyanagar, Dandeli Road, HALIYAL-581329 (U.K)

Phone: 08284-221573 Website: klshly.edu.in E-mail : klshly.edu@gmail.com

Name of the Institution: K.L.S Degree College, Haliyal

Organized By: Women Cell

Title of the Event: Cycle Sense: Rethinking Periods, Pain and Pads

Date: 01-10-2026

Time: 12:30 PM

Venue: Seminar Hall

Resource Person:

Ms. Vaishakha Kulkarni

Founder & CEO, ECO HUB Foundation

Targeted Students: Degree Students(Girls) BCA/B.COM

Objectives

- To create awareness among students about menstrual health and hygiene.
- To provide correct information regarding periods, menstrual pain and the use of sanitary pads.
- To encourage students to discuss menstrual health without hesitation or stigma.
- To promote healthy and environmentally responsible menstrual practices.

Report Description:

The Women Cell of **KLS Degree College, Haliyal** organized an awareness programme titled **“Cycle Sense: Rethinking Periods, Pain and Pads”** on **1st October 2026 at 12:30 PM** in the Seminar Hall.

The programme was organized with the objective of creating awareness among students regarding menstrual health, hygiene, menstrual pain and the appropriate use and disposal of sanitary pads. **Ms. Vaishakha Kulkarni,**

Founder & CEO of ECO HUB Foundation, was the Resource Person for the programme.

The programme was anchored by **Ms. Sheila Mirasi, B.Com 2nd Year**, who conducted the proceedings of the event in an organized and confident manner.

The Resource Person conducted an informative and interactive session and provided valuable information about menstrual health and hygiene. She addressed important aspects related to menstruation, menstrual pain and the use of sanitary pads. The session also emphasized the importance of responsible menstrual practices and environmentally conscious choices.

The students actively participated in the interactive session and gained useful knowledge about maintaining menstrual hygiene and addressing menstrual-health-related concerns appropriately. The programme helped in creating awareness, reducing misconceptions and promoting social and environmental responsibility among students.

The programme concluded with a Vote of Thanks delivered by **Prof. Hanumanti More** Madam. She expressed sincere gratitude to the Resource Person, Principal, faculty members, Women Cell members, student anchor and students for their valuable support, cooperation and active participation in making the programme successful.

The programme was successfully conducted by the Women Cell with the support and guidance of the college administration.

Programme Outcomes / Impact

- Students gained awareness about menstrual health and hygiene.
- Students understood the importance of proper menstrual practices.
- The programme helped reduce hesitation and misconceptions related to menstruation.
- Students were encouraged to adopt responsible and environmentally conscious practices.

Event Coordinator

HoD

Principal



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THE KARNATAKA LAW SOCIETY'S
K.L.S DEGREE COLLEGE HALIYAL
(Affiliated to Karnatak University Dharwad, AICTE Approved)
Udyog Vidyanagar, Dandeli Road, HALIYAL-581329
Phone: 08284-291373 Fax: 08284-221573 E-mail: klshly.edu@gmail.com

Date: 1-10-2026

Women Cell
Talk on Cycle Sense by Ms. Vaishakha Kulkarni

Attendance Sheet

Sl. No	Roll. No	Name of Student	Signature
01	U02KG26C0013	Manjula J. Gundappenavar	Manjula
02	U02KG26C0036	Asmita A. Naik	Asmita
03	U02KG26C0006	Sakshi C. Shapurkar	Sakshi
04	U02KG26C0031	Kavya S. Medar	Kavya
05	U02KG26C0039	Anjali D. Gondhali	Anjali
06	U02KG26C0012	Tisueni G. W.	Tisueni
07	U02KG26C0020	Arfa Y. Khan	Arfa
08	U02KG26C0019	Taslim Shamsheer	Taslim
09	U02KG26C0048	Taybah W. Shaikh	Taybah
10	U02KG26C0010	Gounp A. Naik	Gounp
11	U02KG26C0038	Rashmi R. Mulya	Rashmi
12	U02KG26C0037	Tyoti J. Sharma	Tyoti
13	U02KG26C0032	Ananya S. Ghadi	Ananya
14	U02KG26C0025	Vargha V. Bahadur	Vargha
15	U02KG26C0018	Shreya S. Patole	Shreya
16	U02KG26C0023	Ananya S. Turayi	Ananya
17	U02KG26C0029	Umera N. Altan	Umera
18	U02KG26C0041	Maseera T. Durgai	Maseera
19	U02KG26C0034	Mehwish A. Latifnayan	Mehwish
20	U02KG26C0009	Mahek K. Shaikh	Mahek
21	U02KG26C0049	Rameza B. Songewale	Rameza
22	U02KG26C0014	Fatima M. Pollal	Fatima
23	U02KG26C0001	Samra T. Modar	Samra
24	U02KG26C0050	Mufiya N. Mandiyale	Mufiya
25	U02KG26C0002	Tasmiya A. Sayed	Tasmiya

35	V02KG2650058	Taskeen ulfat	~~Pas.~~
36	V02KG2650051	Simran	~~Samir~~
37	V02KG2650078	sufiya	~~Juditha~~
38	V02KG2650009	Alisha	~~Anu~~
39	V02KG2650056	~~Pragati . G. Godimani~~	
40	V02KG2650057	~~Pragati . G. Godimani~~	
39	V02KG2650088	Pragati . G. Godimani	~~Pr~~
40	V02KG2650016	Priya . Mirashi	~~Priya~~
41	V02KG2650047	Pratima . Guttenavar	~~Pr~~
42	V02KG2650008	Sandhya R. Venkappagunda	~~Sa~~
43	V02KG2650090	Rashika . A. Godimani	~~Ra~~
44	V02KG2650080	Pareeti . S. marathe	~~Pu~~
45	V02KG2650056	Priyanka . D. Mirajkar	Priyanka
46	V02KG2650064	sakshi . w. savant	sakshi
47	V02KG2650083	Sakshi R. Yadav	Sakshi
48	V02KG2650040	Nandini . M. Kulkarni	Nandini
49	V02KG2650069	Mahima . V. Mardar	Mahima
50	V02KG2650067	Traneshwari R. Karmar	Tran
51	V02KG2650085	Kadlika . B. Hanabai	Kadli
52	V02KG2650068	Sumithra . Allapur	Sumithra
53	V02KG2650024	Harsha . B. Borkar	Harsha
54	V02KG2650028	Keerti . Rajput	Keerti
55	V02KG2650070	Megha . Marali	Megha
56	V02KG2650059	Sandhya . N. Billi	Sa
57	V02KG2650009	Anpita kambekar	~~An~~
57	V02KG2650010	Poojabai . C.	~~Poo~~
57	V02KG2650009	Keena . S. H	~~Ke~~
58	V02KG2650011	Anpita S	~~An~~
59	V02KG2650030	Shaila . Mirashi	Shaila
60	V02KG2650012	Samiksha Tarlekar	~~Sam~~

35	U02KG25S0037	Sahanabegum Madaganvi	~~Radaganvi~~
36	U02KG25S0066	Jwaceeda. H. Tallo	~~Jwaceeda~~
37	U02KG25S0061	Seema N. Tigadi	~~Tigadi~~
38	U02KG25S0009	Deepa S. Havalange	~~Deepa~~
39	U02KG25S0024	Rakshita R. Bhadlangi	~~Rakshita~~
40	U02KG25S0052	Zainab Sallem	~~Zainab~~
41	U02KG25S0015	Falak Pathan	~~Falak~~
42	U02KG25S0022	Ranjana. Bobaki	~~Ranjana~~
43	U02KG25S0046	Tahreen M.	~~Tahreen~~
44	U02KG25S0019	Nandita. Cottiganoor	~~Nandita~~
45	U02KG25S0042	Vidya. Arashingeri	~~Vidya~~
46	U02KG25S0041	Anjana. Kammar	~~Anjana~~
47	U02KG25S0048	Trishna. N	~~Trishna~~
48	U02KG25S0017	Sheetal Hanamshet	~~Sheetal~~
49	U02KG25S0029	Komal Savant	~~Komal~~
50	U02KG25S0026	Raksha S	~~Raksha~~
51	U02KG25S0021	Nagratna N. P	~~Nagratna~~
52	U02KG25S0018	Pratiksha. C. Haibatti	~~Pratiksha~~
53	U02KG25S0025	Sadana. T	~~Sadana~~
54	U02KG25S0002	Aspita. Kalal	~~Aspita~~
55	U02KG25S0047	Chaita. K.	~~Chaita~~
56	U02KG25S0001	Aspita Kambhakar	~~Aspita~~
57	U02KG25S0005	Sundaya Benuelagi	~~Sundaya~~
58	U02KG25S0010	Pooashree. C. Hirenath	~~Pooashree~~
59	U02KG25S0036	Sushruti. S. Kalgil	~~Sushruti~~
60	U02KG25S0037	Sushreeta Kalal	~~Sushreeta~~
61	U02KG25S0035	Pakshita. M.	~~Pakshita~~
62	U02KG25S0023	Pyema. T.	~~Pyema~~
63	U02KG25S0044	Chaitra. C.	~~Chaitra~~
64	U02KG25S0008	Dashami Pai	~~Dashami~~
65	U02KG25S0004	Nichya R. Belgaerkar	~~Nichya~~

Sl No	Roll No	Name	Sign
1	U02KG2550052	Tarsha. Gajanan Kundekar	Tarsha
2	U02KG2550049	Shreya S. Khanapur	Shreya
3	U02KG2550073	Divya B. Dalavi	Divya
4	U02KG2550025	Keetu B. Ambadgatti	Keetu
5	U02KG2550069	Uma P. Ganpithkar	Uma
6	U02KG2550056	Tanushree Kammar	Tanushree
7	U02KG2550051	Tanushree Kammar	Tanushree
8	U02KG2550075	Alfiya M. Dargadi	Alfiya
9	U02KG2550007	Prenta P. Kolal	Prenta
10	U02KG2550074	Apeksha S. Telang	Apeksha
11	U02KG2550058	Ummearfeen Kitter	Ummearfeen
12	U02KG2550048	Bhoomika S. Kadam	Bhoomika
13	U02KG2550010	Dranya V. Gunavante	Dranya
14	U02KG2550067	Misba J. Attar	Misba
15	U02KG2550084	Sabha Khan	Sabha
16	U02KG2550085	Safaa S. Shamsher	Safaa
17	U02KG2550083	Ruchi D. Suryavanshi	Ruchi
18	U02KG2550039	Sadguni Tamase	Sadguni
19	U02KG2550023	Ritika Kesartar	Ritika
20	U02KG2550053	Sneha Sanjeev	Sneha
21	U02KG2550034	Ankita Tamada	Ankita
22	U02KG2550022	Rakshita Shinde	Rakshita
23	U02KG2550023	Sakshi Gouda	Sakshi
24	U02KG2550076	Seeta Shahapurkar	Seeta
25	U02KG2550015	Vaibhavi G. Hanchekar	Vaibhavi
26	U02KG2550002	Amita R. Govekar	Amita
27	U02KG2550013	Chitra R. Rane	Chitra
28	U02KG2550003	Akshata B. Gavelkar	Akshata
29	U02KG2550012	Kushi R. Newar	Kushi
30	U02KG2550014	Lavanya R. Babunakar	Lavanya
31	U02KG2550032	Yashoda V. Dhaumekar	Yashoda
32	U02KG2550018	Gousi S. Kadolkar	Gousi
33	U02KG2550017	Priya Hindaragani	Priya
34	U02KG2550028	Sakiba Kousale I. Khan	Sakiba

Sl	Roll No	Name	Sign
1	U02KG2650054	Masubi N. Kanchikar	Masubi
2	U02KG2650066	Priya V. Kumbhar	Priya
3	U02KG2650061	Shamita B. Modival	Shamita
4	U02KG2650005	Anuja N. Honnava	Anuja
5	U02KG2650028	Kavasi S. Kalkundsi	Kavasi
7	U02KG2650007	Gautami A. Desai	Gautami
8	U02KG2650063	Arpita A. Mavinakar	Arpita
9	U02KG2650034	Ramya S. Hoteamath	Ramya
10	U02KG2650035	Soumya M. Mithashi	Soumya
11	U02KG2650021	Shreenidhi C. Arisingeni	Shreenidhi
12	U02KG2650068	Christeen C. Dsouza	Christeen
13	U02KG2650012	Sonal S. Lambore	Sonal
14	U02KG2650033	Saptami V. Husikadli	Saptami
15	U02KG2650052	Shivani A. Jeregoudra	Shivani
16	U02KG2650080	Ramya C. Deghalli	Ramya
17	U02KG2650049	Shreya G. Hiremath	Shreya
18	U02KG2650079	Sakshi A. Akki	Sakshi
19	U02KG2650011	Prachi V. Singh	Prachi
20	U02KG2650015	Manisha J. Sharma	Manisha
21	U02KG2650055	Divya M. Waddar	Divya
22	U02KG2650022	Tanuja S. Chipti	Tanuja
23	U02KG2650010	Ahna S. Ancharagani	Ahna
24	U02KG2650086	Vijaylaxmi Bagewadi	Vijaylaxmi
25	U02KG2650077	Shradha R. Pat	Shradha
26	U02KG2650031	Gouri S. Thoravat	Gouri
27	U02KG2650027	Jannifer J. Lobo	Jannifer
28	U02KG2650020	Bhuminika S. Nale	Bhuminika
29	U02KG2650075	Amarna Gawkar	Amarna
30	U02KG2650062	Chennamma Salunke	Chennamma
31	U02KG2650074	Sparthi Babati	Sparthi
32	U02KG2650029	Saba Shakh	Saba
33	U02KG2650024	Sanjana Parnadi	Sanjana
34	U02KG2650073	Umme massera	Umme