Monthly Programme Report

K KARUNAKARAN MEMORIAL MODEL POLYTECHNIC COLLEGE MALA,KALLETTUMKARA BMC

Institution Name: **K KARUNAKARAN MEMORIAL MODEL POLYTECHNIC COLLEGE MALA,KALLETTUMKARA**

BMC Code: **TSR/2010/08**

ProgrameTitle: **World Environment day**

Program Category: **Awareness program(Seminars/symposia/workshops/others)**	Activity Type: **Awarness Program**	No.of participants: **30**
Planned Date: **05-06-2025**	Renewed date: **09-06-2025**	Program Date: **30-03-2026**

Budgeted Amount: **Rs 3000/-**	Total expenditure: **Rs 3000/-**	Balance: **Rs 0/-**

Brief Report

The resource persons were : Dr Rajan Thulappilly, Naturopathy and Yoga, has been Naturopathy Doctor for 19 yrs and has conducted more than 7000 Programs all over world in last 19 yrs

Smt. Sholly C R, Staff Nurse and Nutrition counsellor and is a Saroj Devi Foundation certificate Holder, elaborated the importance of menstrual health and hygiene at the time of menstrual periods. She also explained the proper way of using and disposing sanitary napkins. She clarified the myths behind different sanitary napkins and menstrual cups available in the market by conducting a live experiment in front of the audience. Use of cotton pads, food supplements, how to choose inner wears, how to self-diagnose vitamin deficiency,

Free distribution of cotton Sanitary napkins for the girl students was also conducted

Expenditure Statement

Item	Expenditure	Remarks
honorarium	Rs 1000	voucher
conveyance	Rs 600	trip sheet
refreshment	Rs 200	bill
cotton pad charges	Rs 1200	voucher
Budgeted Amount	**Rs 3000**	
Total Expenditure	**Rs 3000**	
Balance Amount	**Rs 0**	

Photographs





