



S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

- 1. Title of the program :** CUP OF LIFE TRAINING
- 2. Name of the Coordinator/s :** Dr V C RESHMI & K D VIPIN
- 3. Organizing Department/Cell :** NSS
- 4. Date :** 10/08/2022
- 5. Number of participants:** 6
- 6. Venue:** The IMA House in Kochi
- 7. Resource Person/s :** Dr. RENU RAJ, THE DISTRICT COLLECTOR OF ERNAKULAM
- 8. Objective of the Program :** To promote awareness about menstrual health and hygiene and encourage the use of sustainable menstrual products.
- 9. Detailed description of the event:**

SNM College Maliankara NSS unit no 47 NSS volunteers participated. The "Cup of Life" program was a noble initiative aimed at promoting menstrual hygiene and creating awareness about the use of menstrual cups as an eco-friendly alternative to traditional menstrual products. which was held on August 10th, 2022, at the IMA House in Kochi.

The program was organized under the guidance of Sri. M.P HIBI EDAN, and it was conducted in the presence of Dr. RENU RAJ, the district collector of Ernakulam. The volunteers received training on menstrual hygiene and the use of menstrual cups from Dr. SMITHA SATHI MENON at the IMA House in Kochi.

The program was focused on creating awareness about menstrual health and hygiene and promoting the use of menstrual cups as a sustainable and cost-effective solution. The volunteers distributed menstrual cups to women and girls from underprivileged communities, who often lack access to hygienic menstrual products. They also provided information on how to use and maintain the cups and addressed any concerns or doubts that the participants had.

The initiative was well-received by the participants, and they expressed their gratitude for the opportunity to learn about menstrual hygiene and use of menstrual cups. The program was successful in promoting awareness about menstrual health and hygiene and encouraging the use of sustainable menstrual products.

10. Outcome of the event/Evaluation by Program Coordinator:

The widespread adoption of menstrual cups revolutionized menstrual hygiene management, providing a sustainable, cost-effective, and comfortable alternative to traditional menstrual products. As a result, it significantly reduced environmental waste and empowered individuals by offering a convenient and eco-friendly option for managing their periods.

12. Photos



