

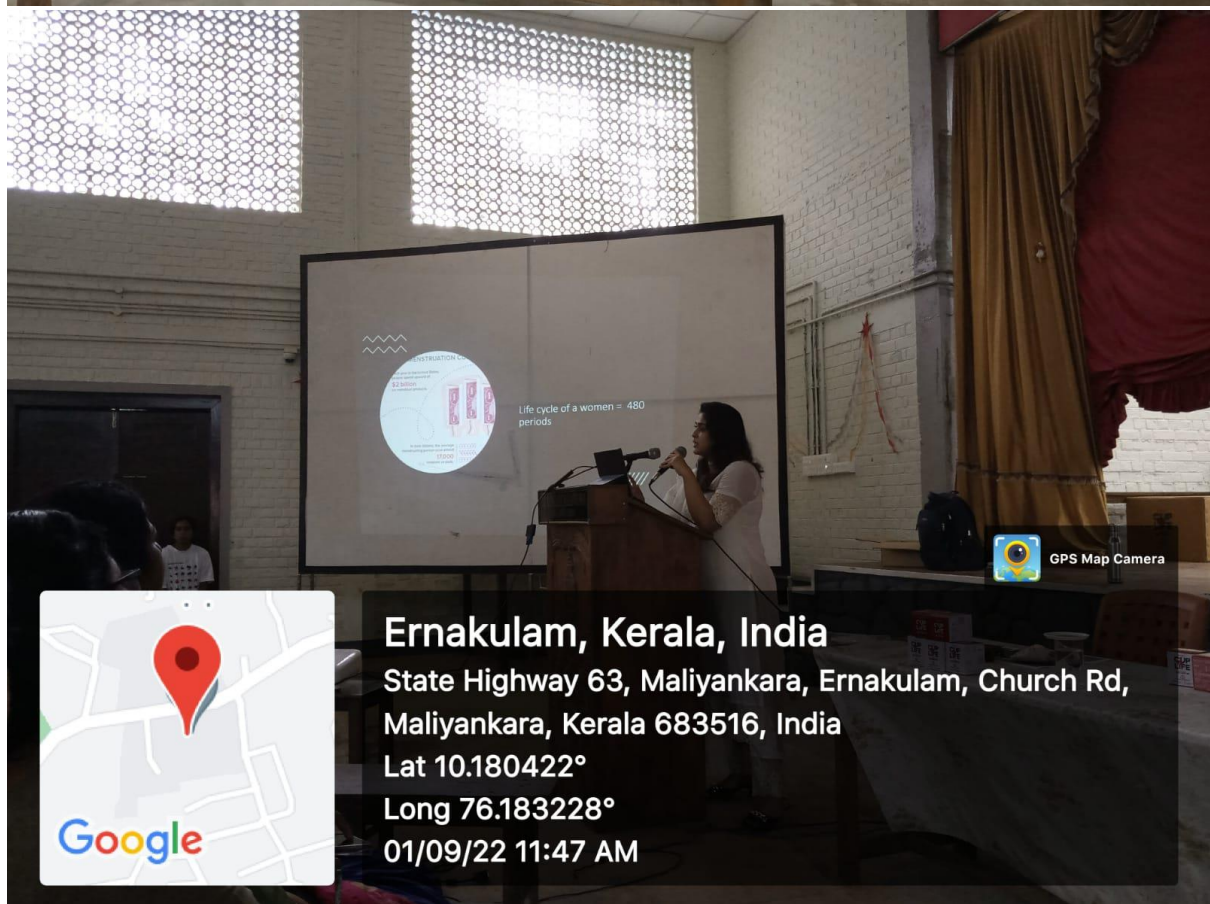
# S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

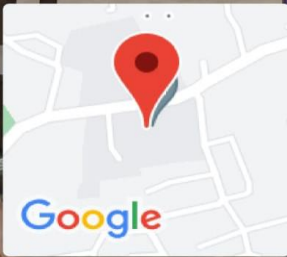
- 1. Title of the program :** Cup of Life Campaign and Orientation Class
- 2. Name of the Coordinator/s :** DR.V.C.RESMI and VIPIN.K.D (NSS Programme Officer)
- 3. Organizing Department/Cell :** NSS UNIT 47
- 4. Date :** 01.09.2022
- 5. Number of participants:** 65
- 6. Venue:** SNM College Auditorium
- 7. Resource Person/s :** , Dr. Noushin Ashraf, a consultant of Craft Hospital, Kodungallur.
- 8. Objective of the Program :** The campaign is an essential step towards promoting menstrual hygiene using menstrual cup
- 9. Detailed description of the event:** SNM College Maliankara NSS unit no 47 conducted a menstrual cup campaign at SNM College Maliankara on 1st September 2022. The campaign is an essential step towards promoting menstrual hygiene and reducing the environmental impact of disposing sanitary napkins by the people facing difficulties. Program started at 10:30 AM with the inauguration of the event by SNM College principal Dr. T. H. Jitha. Resource person for the orientation programme was Dr. Noushin Ashraf, a consultant of Craft Hospital and Research Centre Kodungallur. NSS program officers Dr. V. C. Resmi, Vipin K. D, NSS volunteers, teachers, non-teaching staff and more than five hundred students attended the programme. After the felicitation, the SNM College students conducted a dance performance, which must have added to the vibrancy of the event.
- 10. Outcome of the event/Evaluation by Program Coordinator:**

Dr. Noushin Ashraf, through her simple but informative orientation class could give good understanding about the importance, practices and good effect of using menstrual cups. NSS volunteer like Ms Adhithya studied and explained about menstrual cups in detail. This was an inspiration for other volunteers to take the message of using menstrual cups and avoiding the usage of sanitary napkins. This will help to ensure environmental pollution also.

## 12. Photos







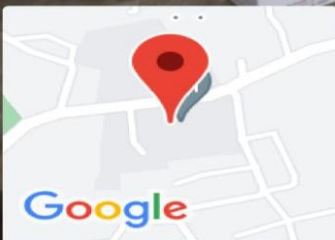
**Ernakulam, Kerala, India**

State Highway 63, Maliyankara, Ernakulam, Church Rd,  
Maliyankara, Kerala 683516, India

Lat 10.180419°

Long 76.183204°

01/09/22 11:43 AM



**Ernakulam, Kerala, India**

State Highway 63, Maliyankara, Ernakulam,  
Church Rd, Maliyankara, Kerala 683516, India

Lat 10.180412°

Long 76.18314°

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