

S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

1. Title of the program : Seminar on Menstrual Hygiene

2. Name of the Coordinator: Ms. Saipriya Sudarsan

3. Organizing Department : Gender Equality Forum

4. Date : March 10th, 2023

5. Number of participants: 100

6. Venue: College Seminar Hall

7. Resource Person : Dr. Sanjay S, Government Medical College, Ernakulam

8. Objective of the Program : To raise awareness among participants, both women and men, about menstruation, its biological significance, and the menstrual cycle.

9. Detailed description of the event:

As part of the International Women's Day celebration, the Gender Equality Forum of SNM College Maliankara organised a Seminar on March 10, 2023. Ms. Saipriya Sudarsan, Coordinator of Gender Equality Forum welcomed the gathering. The seminar on Menstrual hygiene was conducted to address common myths and taboos associated with menstruation and provide accurate information to debunk misconceptions. The resource person for the seminar was Dr. Sanjay S of Government Medical College, Ernakulam. The students from various departments participated in the seminar. About 100 students participated in the programme. Ms. Greeshma from III BA Malayalam proposed the vote of thanks. The programme came to an end at 4:30 pm.

10. Evaluation by Program Coordinator: The seminar helped to educate the participants about appropriate and healthy menstrual hygiene practices, including the use of menstrual products, proper sanitation, and disposal methods. The seminar also introduces participants to various menstrual products available in the market, such as sanitary pads, tampons, menstrual cups, and reusable cloth pads, and guides them in choosing the most suitable option.

11. Brochure & Photos

GENDER EQUALITY FORUM

SNM COLLEGE MALIANKARA

organises a

Seminar

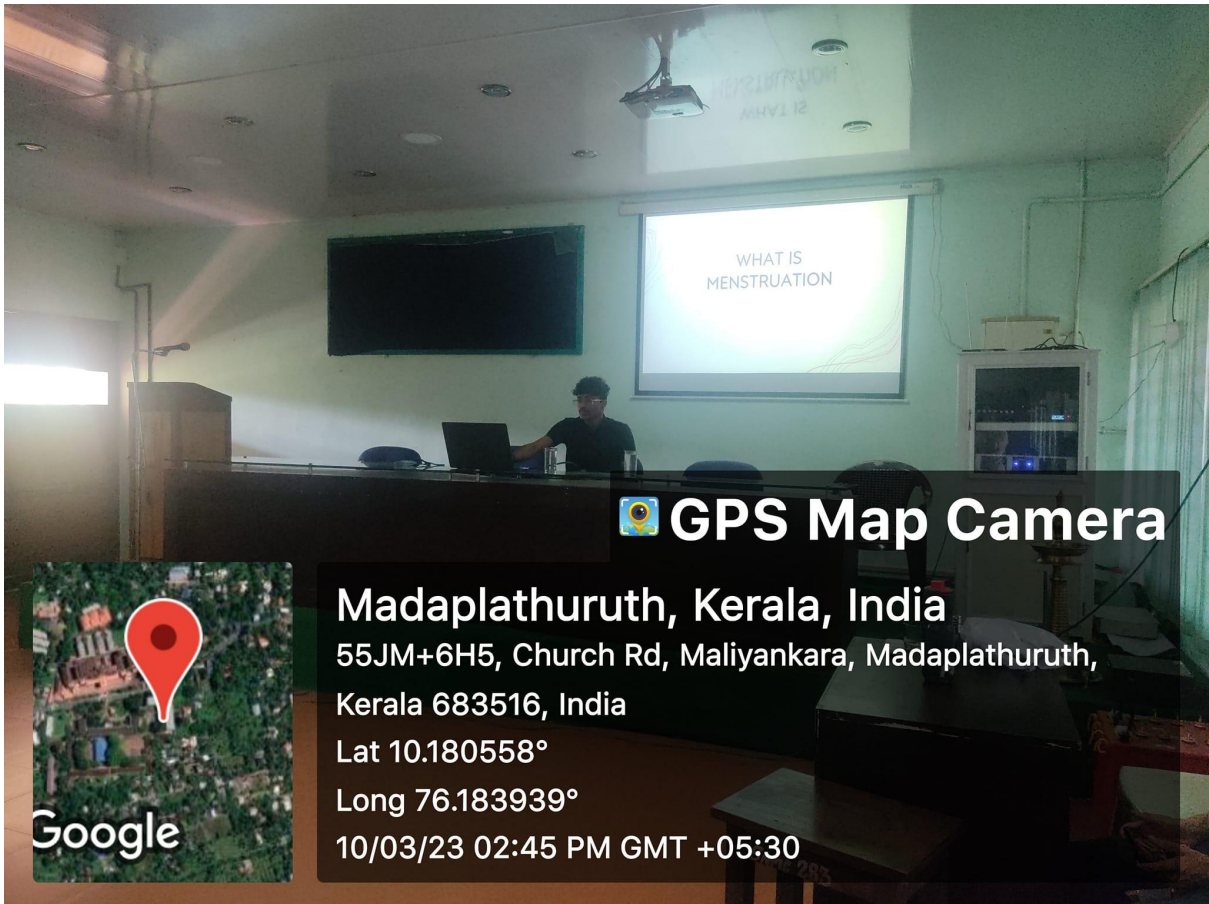
*As part of
International Women's Day*



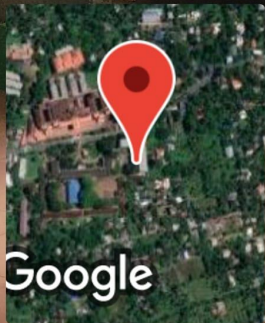
Resource person- Dr. SANJAY S
Govt. Medical College, Ernakulam

DATE: MARCH 10, 2023
VENUE: SEMINAR HALL
TIME: 3:30 PM

Coordinator: Saipriya Sudarsan
8136969711



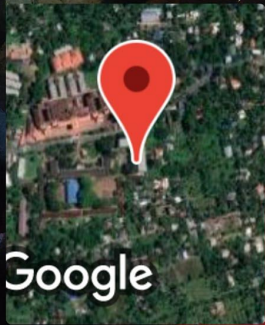
 **GPS Map Camera**



Madaplathuruth, Kerala, India
55JM+6H5, Church Rd, Maliyankara, Madaplathuruth,
Kerala 683516, India
Lat 10.180558°
Long 76.183939°
10/03/23 02:45 PM GMT +05:30



 **GPS Map Camera**



Madaplathuruth, Kerala, India
55JM+6H5, Church Rd, Maliyankara, Madaplathuruth,
Kerala 683516, India
Lat 10.18056°
Long 76.183953°
10/03/23 03:26 PM GMT +05:30

12. List of participants

Sl No.	NAME	Mr. Sanjay CLASS..	Sign.
1.	Sasipriya Sudarsan	GIEF Coordinator	
2.	Dr. Liya Shabnam	House Surgeon, G.M. Gemmula	
3.	K.A. Lakshmi Kanth	staff	
4.	Georgya K.R	HR	
5.	Sanjay	House Surgeon	
6.	Parvathy H. Prasad	2nd year B.Sc Physics	
7.	Gauri Shaji	2nd year Bsc Physics	
8.	Andra T.R	2nd year BSC physics	
9.	Swathy P.S	2nd year BA Malayalam	
10.	Anjali babu	"	
11.	Abbigami K.R	"	
12.	Durga C.S	"	
13.	Aishwarya V.P.	"	
14.	Nikitha N. Bhatt	2nd M.Sc. Botany	
15.	Ashwini C.P	"	
16.	Stina Rose N.B	"	
17.	Chippi E.S.	"	
18.	sandra C.S.	"	
19.	Athulya Jayan	"	
20.	Kavya C.A.	"	
21.	Apna Solen	"	
22.	Anjali P.S	"	
23.	Vishnavi K	"	
24.	Athira Muralidharan	"	
25.	Divina G.A	B.A Malayalam II	
26.	Meera Krishna	"	
27.	Swathy Satheesan	"	
28.	Dija sanjana m	"	
29.	Athulya P.S	"	
30.	Sreelakshmi Murali	"	
31.	Athira EM	"	
32.	Narshara T.B	"	
33.	Aswani P.S	"	
34.	Aparna N.B	"	

35	Aiswarya PR	2 nd year BA MALAYALAM	Aiswarya
36	Aparna V.R	"	Aparna
37	Abiyamol P.A	2 nd yr BA English	Abiyamol
38	Chango Lakshmi N.S	"	Chango
39	DIVYA BIJU	"	Divya
40	Indulekha T.N	"	Indulekha
41	Archana T. U	"	Archana
42	Hridhya prasad	"	Hridhya
43	Arathi Babu	"	Arathi
44	Fathima Lisara	"	Fathima
45	Lakshmi	"	Lakshmi
46	Arya	"	Arya
47	Anshika	"	Anshika
48	Megha	"	Megha
49	Alfiya Almas CF	"	Alfiya
50	Muhsina	"	Muhsina
51	Layana	"	Layana
52	Kavya	"	Kavya
53	Santhra Maria	1 st Msc. Botany	Santhra
54	Sivadha P. Rajeev	"	Sivadha
55	Anjana K.S	"	Anjana
56	Sona Joby	"	Sona
57	Manju O.M	"	Manju
58	Seethal.M	"	Seethal
59	Anjana V	1 st MA Economics	Anjana
60	Aleera Augustino	"	Aleera
61	Sudhina K.S	"	Sudhina
62	Arya Anilkumar	"	Arya
63	Arani K.S	"	Arani
64	Nisargata K.M	"	Nisargata
65	Geethi Sunilkumar	"	Geethi
66	Jhanshree A.G	1 st Msc Botany	Jhanshree
67	Abhinavi P.S	"	Abhinavi
68	Remya P.G	1 st MA Economics	Remya

69	Anjana. C.J	I st MA Economics	Amali
70	Darsana. S	"	Pandana
71	Sanchana. N.S	II nd BA Malayalam	Shr
72	Anceena. K.R	" " "	Shr
73	Nimisha. A.A	I st MA Economics	Shr
74	Layana Aroja	"	Lajana
75	Devika. V.R	II nd BA English	Devika
76	AYANA PT	"	Shr
77	Aparna Omanakuttan	II nd BA Malayalam	Aparna
78	Vijayalakshmi. K.R	II nd BA Malayalam	Vijayalaxmi
79	Pooja Pushpan	II nd BA Malayalam	Pushpa
80	Aswamy Dileep	II nd BA Malayalam	Aswamy
81	Nimisha C.P	II nd BA Malayalam	Nimisha
82	Anusree. Shiju	II nd BA Malayalam	Anusree
83	Ghoshha. M.G	IM.com Finance & taxation	Ghoshha
84	Parvathy Suresh	"	Parvathy
85	Silpa Swarnam Silpa K.S	"	Silpa Swarnam
86	Sandra Mohanan	"	Sandra Mohanan
87	Sreelakshmi C.V	"	Sreelakshmi
88	A. Surya	"	A. Surya
89	Anupama K.B	"	Anupama
90	Varshika K.S	II nd Bcom am & SP	Varshika
91	Akhila. IB	"	Akhila
92	Arya. N.B	"	Arya
93	Krishna. N.S	"	Krishna
94	Ashitha. V.R	"	Ashitha
95	Ananya Sivan	BA English - II year	Ananya
96	Avani S.R	"	Avani
97	Malavika V.S	II Msc Physics	Malavika
98	Manjusha. M.R	"	Manjusha
99	Fathima Salam. NA	I st Msc physics	Fathima
100	Sreelakshmi Mohandas	"	Sreelakshmi