



NIRMALA COLLEGE OF PHARMACY, MUVATTUPUZHA

Affiliated to Kerala university of Health sciences Thrissur
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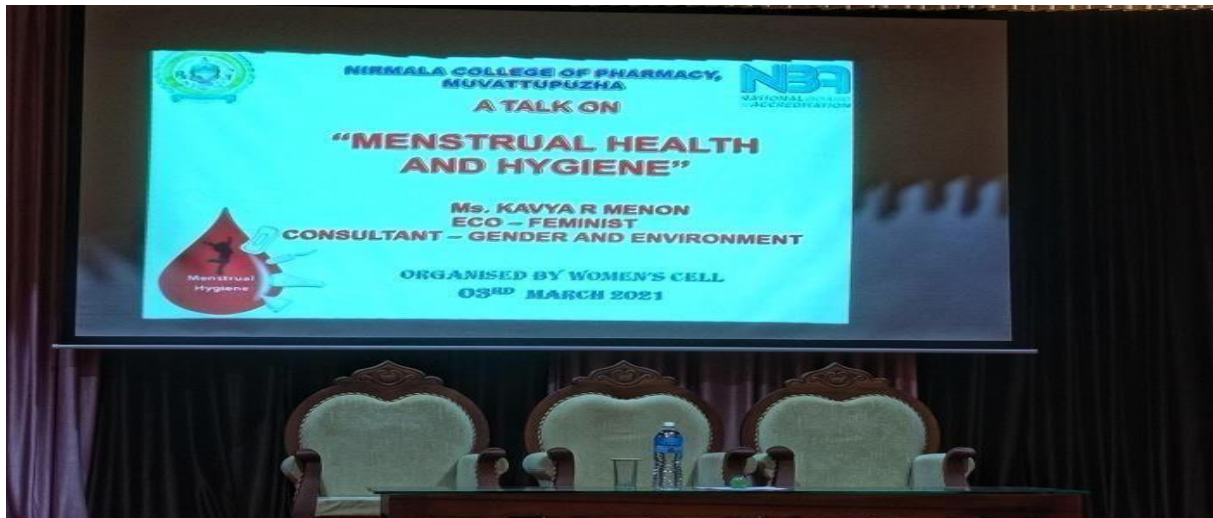
ON A MISSION TO EMPOWER MENSTRUATORS

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| DATE AND TIME | 03/03/2021, 10 AM |
| VENUE | College Auditorium, Nirmala College of Pharmacy |
| Resource Person | Ms Kavya R Menon |
| NO. of students participated | 128 |

Women cell of Nirmala College of Pharmacy, “She Space” always aims at empowering and orienting women to recognize their true potential and to help them attain their own stand in a competing world. The cell also tries to incorporate hygiene habits and ensure a healthy atmosphere in and around the college. As a combined effort, **on a mission to empower menstruators**, an initiative was undertaken by our women cell on 3rd March 2021 at the college auditorium. The students of first year B Pharm and Pharm D ardently participated in this program. The program commenced at 10.00 am by seeking the god’s blessing with a prayer song. Prof .Dr Deepa Jose ,Vice Principal were on hand to open officially with the welcome address. The key note speaker was Ms. Kavya .R .Menon ,Eco- feminist consultant-gender and environment presented us with an astounding talk on “Menstrual Health and Hygiene”. She unfolded even the essentials which may include the basic reproductive parts along with the reproductive changes in males and females and the need for personal hygiene. A detailed account with respect to Menstrual Cycle and ovulation, tips and tricks to surmount the Pre Menstrual Symptoms (PMS) and PCOD with proper exercise, water intake, diet and sleep was a spotlight of the event. She made the audience get acquainted with the different menstrual hygiene products like disposable pads and their alternatives, menstrual cups etc. Demonstration of placing and withdrawal of Menstrual cups was the other pinnacles of the session. Following this ,the students had a mutual interface with the eminent chief guest. Further , distribution of memento and certificate to the chief guest was carried out.



The session was concluded by 4.00pm with vote of thanks by Ms. Janice Jacson and the college anthem.



Pic 01: A talk on “Menstrual Health and Hygiene”, Ms. Kavya .R .Menon ,Eco- feminist consultant- gender and environment, organized by Women’s Cell on 3rd March 2021





Pic 02: Key note speaker was Ms. Kavya .R .Menon ,Eco- feminist consultant-gender and environment





Pic 03: Prof .Dr .Deepa Jose ,Vice Principal, Ms. Kavya .R .Menon ,Eco- feminist consultant-gender and environment



Pic 04: The students of first year B Pharm and Pharm D



