

DEPARTMENT OF MATHEMATICS AND STATISTICS

Menstrual Cup awareness program

Title of the Program : Menstrual Cup awareness program

Name of the Coordinator : Nasreen A, HOD, Department of Mathematics

Organizing Department/Cell : Department of Mathematics and Statistics

Date of the Program : 16/01 /2023

Number of Participants : 62

Resource Person : Dr Kathory Lal

Program Objectives:

The objective of the menstrual cup awareness program is to educate and inform individuals about the benefits and usage of menstrual cups, promoting sustainable and cost-effective menstrual hygiene solutions. Through outreach and education, the program aims to empower people with knowledge that can contribute to a positive impact on both personal well-being and environmental sustainability.

Program Participants:

Faculty members, students actively participated in the seminar

Report of the Program:

Menstrual cup awareness program jointly organized by MES Asmabi College Women's Cell, Department of Mathematics and Asterima Nutri Care was held on 14-8-2023 at 10 am in the college auditorium . College Vice Principal Dr Reena Muhammad presided over the function where Dr Kasthori Lal delivered the keynote address.

The doctor explained about the benefits of using a menstrual cup and the health and natural problems caused by sanitary pads.

As part of the awareness programme, Asterima Nutri Care started a four-day menstrual cup sale fair at 60% discount.

Mr. Maduraj Mukundamenon, Asterima Nutri Care Area Manager, Ms. Nasreen A, Women's Cell Coordinator and Head of Mathematics Department had spoken. Student Coordinator Ghazalia expressed vote of thanks.

Program Outcomes:

The Menstrual Cup Awareness Program yielded positive outcomes, including increased awareness and adoption of menstrual cups. Participants reported reduced expenses and demonstrated a heightened sense of environmental responsibility.

Feedback and Evaluation:

Participants expressed a significant increase in understanding the benefits of menstrual cups, leading to widespread adoption. Many reported reduced financial burden due to decreased expenses on menstrual products, highlighting the practical impact of the program

MES ASMABI COLLEGE
DEPARTMENT OF MATHEMATICS
AND STATISTICS



MENSTRUAL CUP AWARENESS PROGRAM

Dr Kathorylal



16/01/2023
10 am, Auditorium

NASREEN A
HOD

DR A BIJU
PRINCIPAL



Participants List
Menstrual Cup awareness program

Name	Class
BASILA IQBAL V I	III B.Sc Mathematics
JASEERA UMMAR	III B.Sc Mathematics
MOHAMMED SHAMSIN V S	III B.Sc Mathematics
MOHAMMEDNIHAL K	III B.Sc Mathematics
SELMATH NP	III B.Sc Mathematics
AYISHA SHAHINA T P	III B.Sc Mathematics
FAIROOSE T N	III B.Sc Mathematics
GOKUL KRISHNA K K	III B.Sc Mathematics
JAYALAKSHMI M G	III B.Sc Mathematics
JUBINA NJ	III B.Sc Mathematics
AHSHAY P S	III B.Sc Mathematics
ANAKHA K T	III B.Sc Mathematics
ASWANI C M	III B.Sc Mathematics
FARSANA T P	III B.Sc Mathematics
FATHIMATHUL MISRIYA	III B.Sc Mathematics
GOPIKA K R	III B.Sc Mathematics
GOUTHAM KRISHNA M U	II B.Sc Mathematics
JITHIN M S	II B.Sc Mathematics
JUNAINA P V	II B.Sc Mathematics
KRISHNA PRIYA A R	II B.Sc Mathematics
MUHAMMED RISHAL A	II B.Sc Mathematics
ROHITH E R	II B.Sc Mathematics
SHAHARBHAN P M	II B.Sc Mathematics
UNNIMAYA P S	II B.Sc Mathematics
FATHIMA K A	II B.Sc Mathematics
FATHIMA NUFAILA M	II B.Sc Mathematics
MUHAMED NASIL P S	II B.Sc Mathematics
MUSHRIFA C	II B.Sc Mathematics
NIHALA ABDUL MUTHALIB	II B.Sc Mathematics
SAL SABEEL	II B.Sc Mathematics
SHAHEEN M	II B.Sc Mathematics
DEVIKA M M	II B.Sc Mathematics
MEHSANA P M	II B.Sc Mathematics
NAZIM NAZEER	II B.Sc Mathematics

PRATHIK VASANT PISAL	II B.Sc Mathematics
ABHIRAMI N M	II B.Sc Mathematics
AISWARYA LAKSHMI E S	II B.Sc Mathematics
AKSHAYA V S	II B.Sc Mathematics
FARHANA R H	II B.Sc Mathematics
NANDITHA C B	II B.Sc Mathematics
SHAHANAS R Y	II B.Sc Mathematics
SIKHA T S	II B.Sc Mathematics
SUMAYYA K M	II B.Sc Mathematics
ZAINABUL GAZALIYA M K	II B.Sc Mathematics
ISMAYEEL FAYIS C	I B.Sc Mathematics
MOHAMED NAIMUDEEN	I B.Sc Mathematics
MUHAMED SHAHID U B	I B.Sc Mathematics
SINSIYA M M	I B.Sc Mathematics
ANTOS SUNNY	I B.Sc Mathematics
ASWIN C V	I B.Sc Mathematics
DANISH RASAL K E	I B.Sc Mathematics
HUSNA JAHAN O M	I B.Sc Mathematics
KIRAN K P	I B.Sc Mathematics
KRISHNA PRIYA T V	I B.Sc Mathematics
MUFEEDA P M	I B.Sc Mathematics
SHAHEENA NASRIN	I B.Sc Mathematics
ZAHRA K.S	I B.Sc Mathematics
ABHINAV K A	I B.Sc Mathematics
ALEN SHAJU	I B.Sc Mathematics
AMITHA O M	I B.Sc Mathematics
ANAMIKA M V	I B.Sc Mathematics
ATHULYA SIVAKUMAR	I B.Sc Mathematics