

NIRMALA COLLEGE OF PHARMACY



# NIRMALA COLLEGE OF PHARMACY MUVATTUPUZHA

Muvattupuzha P.O., Ernakulam Dist., Kerala – 686661

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**FIRST CYCLE NAAC ACCREDITATION 2023**

## CRITERION 7



### INSTITUTIONAL VALUES AND BEST PRACTICES

**7.1.1 Measures initiated by the Institution for the promotion of gender equity and Institutional initiatives to celebrate / national and international commemorative days, events and festivals during the last five years**

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL



### 7.1.1 Measures initiated by the Institution for the promotion of gender equity and Institutional initiatives to celebrate/organize national and international commemorative days, events, and festivals during the last five years Gender promotion Activities

#### Gender promotion Activities INDEX (AY: 20-21)

Sl.No.	Proposed date	Event
1	03/03/21	Seminar- "Menstrual Health and Hygiene"





# NIRMALA COLLEGE OF PHARMACY

Muvattupuzha, Ernakulam(Dist.), Kerala - 686 661, India

Managed by Nirmala College Society (Reg. No. ER 928/ 2001), Diocese of Kothamangalam

[Approved by AICTE-, New Delhi; Govt. of Kerala and Affiliated to Kerala University of Health Sciences, Thrissur]

Ph: 0485 - 2836888, Fax: 0485 - 2836888, Website: www.nirmalacp.org, e-mail: nip\_mvpa@yahoo.co.in

No.

Date.. 27-02-2021

## CIRCULAR

This is to inform that women cell of the college is organising a talk on “Menstrual health and hygiene” by Ms. Kavya R. Menon, Eco-feminist, on 03.03.2021 from 10:00am to 4:00pm. Class teachers of first semester B. Pharm and second semester B. Pharm are requested to ensure that all female students attend the session after suspending the classes from 10:00am.



*P. Badmanaban*  
**Principal**

**Dr. BADMANABAN. R**  
**PRINCIPAL**  
Nirmala College of Pharmacy  
Muvattupuzha, Ernakulam (Dist.)  
Kerala - 686 661

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## Invitation for Guest talk on “Menstrual health and hygiene” at Nirmala College of Pharmacy, Muvattupuzha, Kerala

1 message

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**Principal Pharmacy** <principal@nirmalacp.org>

Sat, Feb 27, 2021 at 3:51 PM

To: susmenstruationtn@gmail.com

Bcc: Sini Baby <sini@nirmalacp.org>

To,

Ms. Kavya R. Menon

Eco-feminist

**Sub: Invitation for Guest talk on “Menstrual health and hygiene”** at Nirmala College of Pharmacy, Muvattupuzha, Kerala

Dear Madam,

Greetings of the day!!

Hope you are doing well.

It's indeed a privilege to invite you to deliver the guest talk on “Menstrual health and hygiene” on 2<sup>nd</sup> March 2021. As per your prior consent, we have prepared a schedule for the program. We hope your vast experience and expertise in the field will surely enlighten us.

We appreciate it if you could accept our invitation and deliver the talk. For any queries contact Ms. Sini Baby, Co-ordinator. [E-mail:sini@nirmalacp.org](mailto:sini@nirmalacp.org) Mob: 9447152848

Thank you very much.

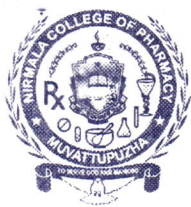
With regards

Prof.Dr.Badmanaban.R

Principal,  
Nirmala College of Pharmacy  
Muvattupuzha, Ernakulam Dt,  
Kerala-686661  
[www.nirmalacp.org](http://www.nirmalacp.org)







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No.

Date.....

Venue: Auditorium

Date: 03.03.2021

Time: 10:00AM – 4.00 PM

## PROGRAM SCHEDULE

10.00am: Prayer song

10.05am: Welcome address –Dr.Deepa Jose,  
Vice Principal &HOD,  
NCP

10.15 am : SESSION 1  
Topic: “Menstrual Health and Hygiene”

Ms.Kavya.R.Menon  
Eco-feminist  
Aware India Trust

12:15 pm: LUNCH BREAK

1:15PM : SESSION II  
TOPIC: PMS &PCOD,USE OF MENSTRUAL CUP

3:30PM: DISCUSSION

3:40PM: Distribution of Memento and Certificate

3.45pm: Vote of thanks - Ms. Janice Jacson (IV. Pharm.D)

4:00pm: College Anthem



  
Principal

Dr. BADMANABAN. R  
PRINCIPAL  
Nirmala College of Pharmacy  
Muvattupuzha, Ernakulam (Dist.)  
Kerala - 686 661



## NIRMALA COLLEGE OF PHARMACY, MUVATTUPUZHA

Affiliated to Kerala university of Health sciences, Thrissur

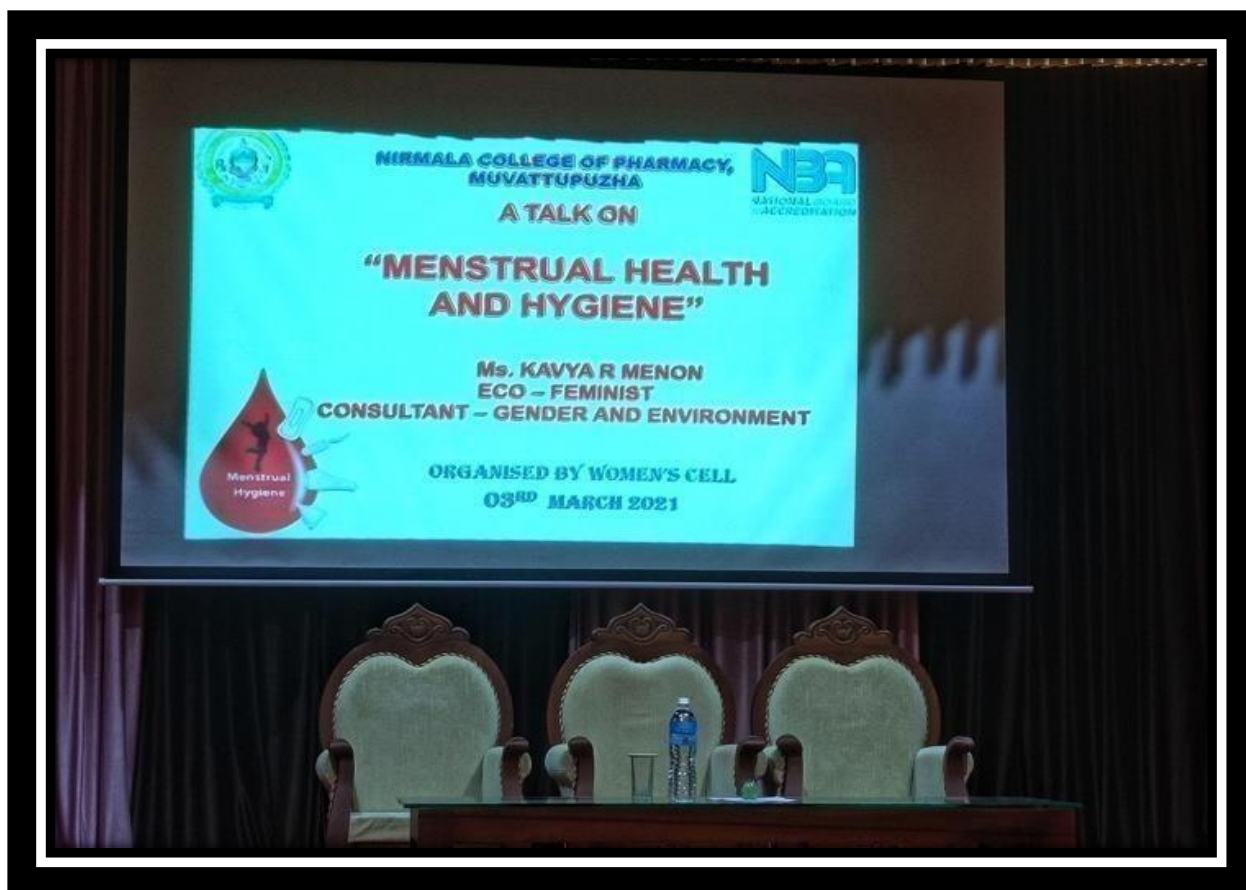
### WOMEN CELL

### REPORT

### ON A MISSION TO EMPOWER MENSTRUATORS

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 the women cell on 3<sup>rd</sup> 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 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 male and female 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 3<sup>rd</sup> 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





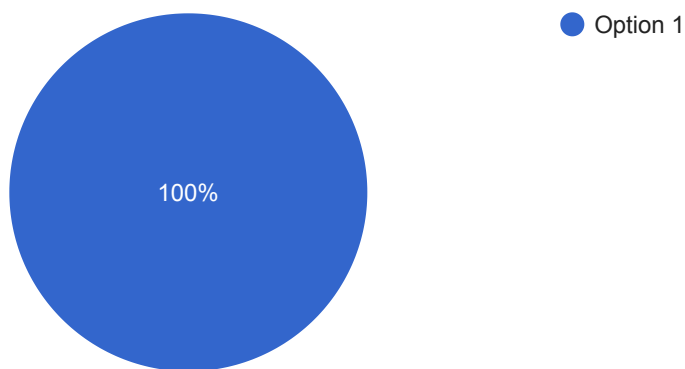
**Pic 04:** The students of first year B Pharm and Pharm D



# A TALK ON:"Menstrual health & Hygiene" organized by women cell, Nirmala college of Pharmacy, Muvattupuzha on 03/03/2021

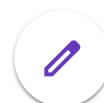
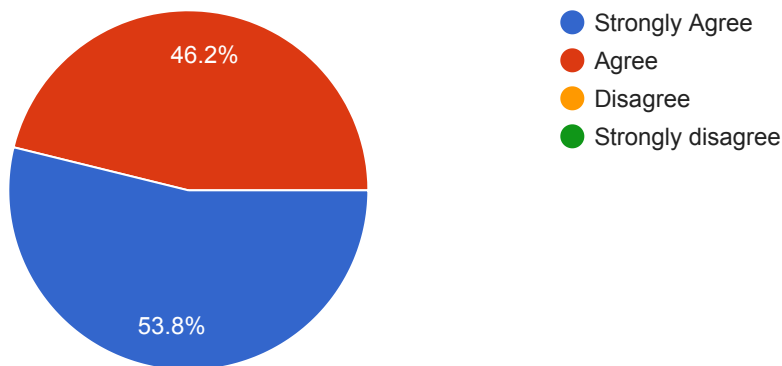
78 responses

8 responses



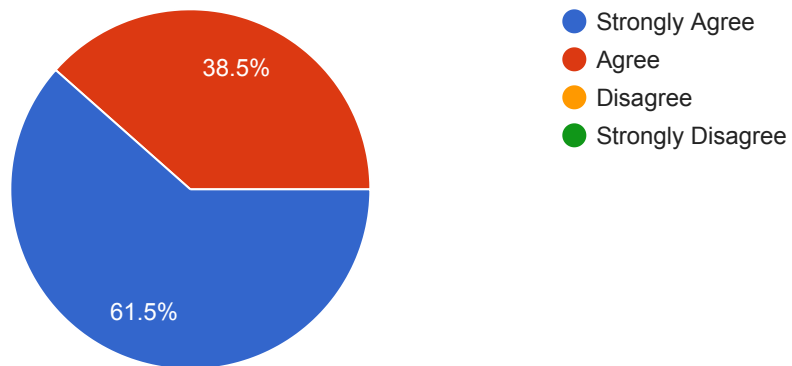
1.The topic selected/presented was helpful to understand the concept and met my expectations.

78 responses



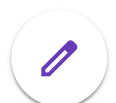
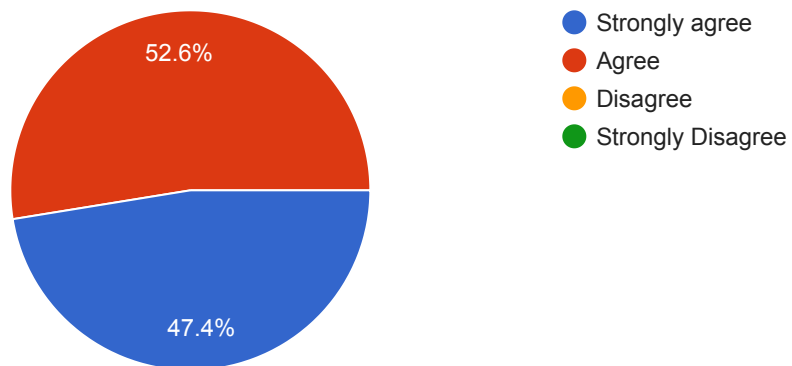
2.The resource person delivered the concepts clearly with examples & was helpful.

78 responses



3.He/She explained the topic in an interesting manner.

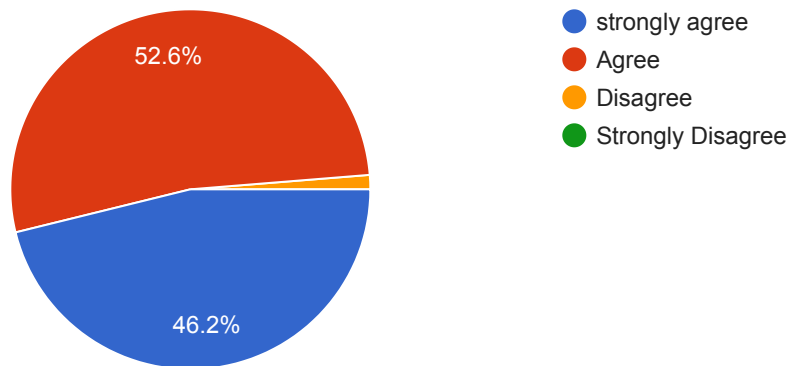
78 responses





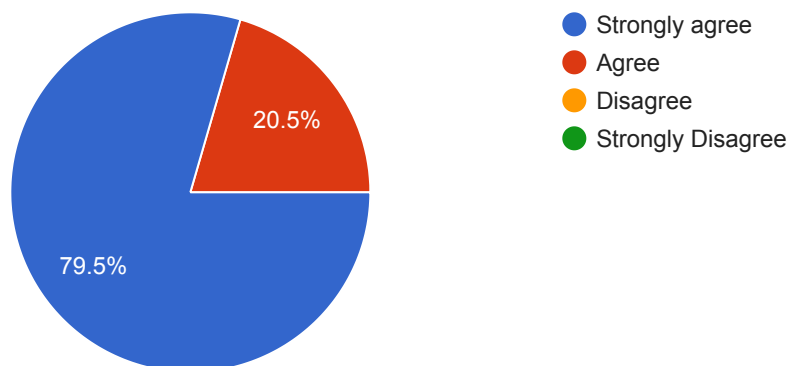
## 4.The lecture was audible &amp; the slides were readable

78 responses



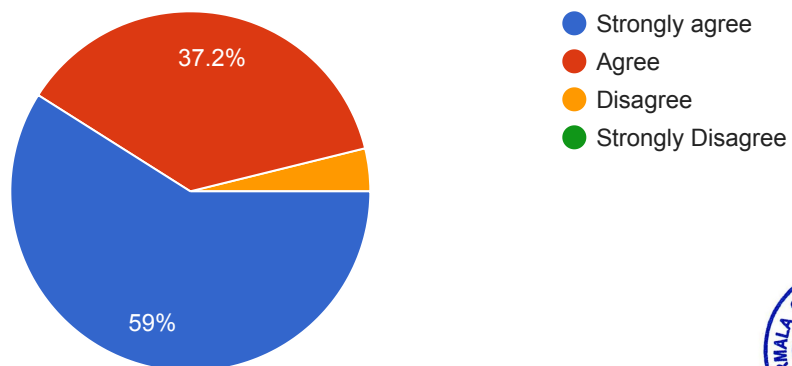
## 5.The speaker had a good understanding of the topics.

78 responses



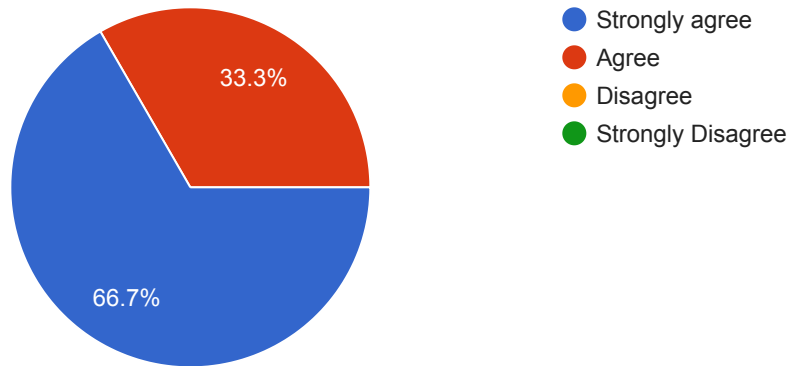
## 6.The workshop/seminar was worth my time.

78 responses



### 7.The workshop/seminar was well organised.

78 responses



Please comment on the changes to be made to make such programmes more effective

78 responses

Nothing

Nil

No

No changes

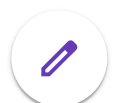
No comments

I think that's enough

Nothing

No comment

No additional suggestions



Please give your comments regarding the most useful aspect of the lecture.

78 responses

Good

About menstrual cup

Menstrual hygiene

Hygiene

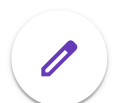
Menstrual hygiene

Menstrual health

About the menstrual hygiene

Topic was discussed in a well executed manner

Giving more messages



## Additional comment/suggestions if any:

78 responses

No

Nil

Nothing

Nothing

No comments

None

Nothing more

N/A

Can bring more activities like this.

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