

WORKSHOP ON SUSTAINABLE MENSTRUATION AND MENSTRUAL CUP

Women's Studies Centre, CUSAT along with Kerala State Higher Education Council and Kavya Eco Feminist organized workshop on **Sustainable Menstruation and Menstrual Cup** on 23 October 2024 with the aim of giving awareness and spreading the use of menstrual cup. Resource Person was Ms. Kavya Ecofeminist, Menstrual Therapist and Sex Coach. The workshop was funded by Kerala State Higher Education Council. Participants gained valuable information which will undoubtedly improve their menstrual health awareness and attitudes.

<u>WORKSHOP FLOW</u>	
9:30 – 10:00 am	- Anatomy of the Human Female Body
10:15 – 11:15 am	- Safe Menstrual Products
11:15 – 11:30 am	- Break
11:30 – 1:00 pm	- Maintaining (Menstrual) Health
1:00 – 2:00pm	- Lunch
2:00 – 2:45pm	- Initiating children into Sustainable Menstrual Practices
3:00 – 4:00 pm	- Pre- and Post-Menopause
4:00 – 4:30 pm	- Experience Sharing

The workshop discussed on anatomy of the human female body, safe menstrual products, importance of maintaining menstrual health, pre and post menopause

The Workshop on Sustainable Menstruation and Menstrual Cup aimed to equip participants with the safe menstrual products .We organized a Workshop for female participants in collaboration with School of Management Studies, CUSAT. As part of workshop Group Discussions, exercises and interactive games etc were conducted. Participants gained valuable information, which will undoubtedly improve their menstrual health awareness and attitudes.

**WOMEN'S STUDIES CENTRE
CUSAT**

**ONE DAY WORKSHOP ON
SUSTAINABLE
MENSTRUATION AND
MENSTRUAL CUP**





Topic Highlights:

- Anatomy of Human Body
- Safe Menstrual Products
- Maintaining Menstrual Health
- Peri & Post Menopause

Date: **23rd October, 2024**

Time: **09.15 AM - 4 PM**
SMS, CUSAT

WORKSHOP FACILITATOR
KAVYA ECOFEMINIST
MENSTRUAL THERAPIST &
SEX COACH

REGISTER NOW



FREE REGISTRATION LIMITED SEATS ONLY!!

Co-ordinator
Dr. Devi Soumyaja
Assistant Professor, SMS, CUSAT

**FUNDED BY KERALA STATE HIGHER EDUCATION COUNCIL
& WOMEN'S STUDIES CENTRE, CUSAT**

For More Information:  **9656998818**
 **KAIRALIPROJECT.CUSAT2022@GMAIL.COM**



Brochure and photos from workshop



Number of participants: 24

Venue: School of Management studies, CUSAT