



Mercy College
Palakkad, Kerala, India 678006
Govt. Aided Arts & Science College
Affiliated to the University of Calicut
Accredited by NAAC with A Grade IV Cycle

The Department of History and Department of Languages of Mercy College, Palakkad, jointly organized a Menstrual Cup Distribution Program in association with the Manappuram Foundation on 20 June 2025 under GRAM.

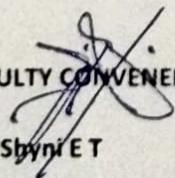
The program focused on introducing menstrual cups as a sustainable, eco-friendly alternative to conventional menstrual products, which contribute significantly to non-biodegradable waste. The event aimed to raise awareness, dispel myths, and encourage students to adopt healthier and environmentally responsible menstrual practices.

The program commenced with an inaugural address by M P of Palakkad, Sri V. K. Sreekandan, who spoke about the importance of adopting sustainable solutions in everyday life, especially in matters related to women's health and environmental protection. He emphasized that menstrual cups are a long-term, cost-effective, and eco-friendly alternative to conventional sanitary products that often contribute to environmental pollution.

As a symbolic start to the initiative, Sri V. K. Sreekandan personally handed over a menstrual cup to the College Union Chairperson, marking the official launch of the distribution program.

The session saw the participation of a large number of students and faculty members, and it served both as an educational experience and a step forward in promoting sustainability, health, and women's empowerment.

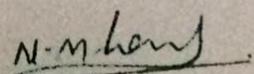
Following the session, a total of 250 menstrual cups were distributed free of cost to the students.


FACULTY CONVENER

Shyni E T

STUDENT CONVENER

Raina Shirin


PRINCIPAL
PRINCIPAL

Mercy College, Palakkad-06

