




**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

**DEPARTMENT OF LANGUAGES**

**REPORT OF MENSTRUAL CUP DISTRIBUTION ON 20/06/2025**




**Department of History & Languages**  
**Mercy College, Palakkad**  
**In association with Manappuram Foundation**  
**organise...**

**Menstrual Cup Distribution**  
as a part of sustainable solution

**Under the Initiative of Hon.M P of Palakkad .**  
**Sri. V. K. Sreekandan**

**AUDITORIUM**  
**12.30 PM**  
**20.6.'25**



**Its the question of women's health**  
**So...,Let's talk about**  
**the green menstruation**

**GRAM**  
an IQAC Initiative

**Faculty Coordinators**  
Shyni E T  
Dr. Sigi M V  
**Student Coordinator**  
Sandra Sabu  
Rajna Shirlin





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As part of a sustainable solution to menstrual hygiene and environmental concerns, the Department of History & Languages, Mercy College, Palakkad, in collaboration with the Manappuram Foundation, organized a Menstrual Cup Distribution Program on 20th June 2025. The event was held at 12:30 PM in the college auditorium. This meaningful initiative was conducted under the leadership and support of Hon. Member of Parliament, Sri V. K. Sreekandan, with the objective of promoting the concept of green menstruation and empowering women to make informed, eco-conscious choices about their menstrual health. The program focused on raising awareness about sustainable menstrual practices and introduced the menstrual cup as an environmentally friendly and cost-effective alternative to conventional sanitary products. The theme of the event—"It's the question of women's health, so let's talk about the green menstruation"—emphasized the need for open, responsible discussions around menstrual health. A large number of students and faculty members participated, reflecting the collective commitment of the college community to health, sustainability, and positive social change.



*N.M. Lewis* *Stalin*  
PRINCIPAL HOD

*Shiraj*  
STAFF CO-ORDINATOR

*R. R. S.*  
STUDENT CO-ORDINATOR

PRINCIPAL  
MERCY COLLEGE  
Palakkad - 678006

