



AQAR 2021-22

3.6.3 & 3.6.4 Extension activities

Programme No: 20

Programme Title: Online talk and discussion based "Stainless: tackle your taboos"

Conducted by- NSS

Participation -177

Date: 24/07/21

On July 24th, NSS units 20 and 49 of Christ college (autonomous) Irinjalakuda conducted an online talk and discussion based on menstruation and its various factors called stainless. Stainless is an initiative taken by the NSS unit of Christ college Irinjalakuda to promote menstrual awareness and to tackle its taboos that prevails in our society and this was the first meeting conducted by them to contribute towards this project. The meeting was graced by Ms. Babitha who is the Co-founder of sustainable Menstruation, Kerala collective. Various topics like menstrual awareness, menstrual hygiene, menstrual products, myths about menstruation were discussed by Ms Babitha during this session. The session was very fruitful and was found to be helpful and enlightening. It was a very stimulating session and everyone had positive reviews about it. I think it is safe to say that the session really paid off and was one worth attending.

