

**Monthly Programme Report**  
**Kuriakose Gregorios College BMC**

Institution Name: **Kuriakose Gregorios College**

BMC Code: **KTM/2022/35**

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Programme Title: **NATIONAL CLEANLINESS DAY – WEBINAR ON THE MODERN ECOFRIENDLY WOMAN**

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Program Category: <b>Awareness program(Seminars/symposia/workshops/others)</b>	Activity Type: <b>Awareness Program</b>	No. of participants: <b>90</b>
Planned Date: <b>30-01-2024</b>	Renewed date: <b>-</b>	Program Date: <b>30-01-2024</b>
Budgeted Amount: <b>Rs 0/-</b>	Total expenditure: <b>Rs 0/-</b>	Balance: <b>Rs 0/-</b>

### **Brief Report**

A webinar on the topic "The Modern Ecofriendly Woman" was organised on the Google platform on January 30, 2024. The programme started with a prayer song by Ms. Asha Babu of D2 Zoology. Mrs. Mahima Ann Abraham, HoD Zoology Department, K G College Pampady, and convenor of Bhoomitrasena Club and Nature Club delivered a welcome speech. She also introduced the resource person for the day, Dr. Elizabeth V. Mathew, Assistant Professor, Department of Zoology, UC College Aluva, to the participants. The speaker commenced her talk by explaining the woman's ecological footprint from early childhood to later adulthood. She introduced different alternatives to disposable pads. She raised awareness among the participants of the significant changes in the global waste management system, with little choice but switching to safe and wholesome substitutes for disposable sanitary pads and diapers. Menstrual cups are the most environmentally friendly of the several substitutes that have been suggested. She also made a concerted effort to help the participants feel fearless about using the menstrual cup. She instructed the proper ways to use the menstrual cups. She encouraged the participants to use three-star electrical appliances and also to aim for a closed-loop recycling system in order to become more eco-friendly. She reminded us that the eco-friendly way of life is a choice, and we should choose it and make others choose it. The lecture was very interesting and useful to the participants. The meeting ended with a vote of thanks by NSS Volunteer Haritha.

# Photographs

