

Annual Report

PROGRAM REPORTS 2023

1800+
students and
counting.....



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St. Xavier's College, Aluva



Photo: Ms. Ann Maria Sabu and Ms. Elizebath Roy addressing the session

As part of Academia Week of St. Xavier's College for Women, Aluva, Education For Good Foundation, in collaboration with the Women Cell, conducted a session on 'Sustainable Menstruation: A Need of the Hour' on 23 January, 2023. This program was conducted in association with "Future Gear: Better Life Series". The session was led by Ms. Ann Maria Sabu, Program Manager, Sustainable Menstrual Care Initiative, Education For Good Foundation, and Ms. Elizebath Roy, Program Associate, Sustainable Menstrual Care Initiative, Education For Good Foundation. A total of **250 Undergraduate students** participated in the session.

Ms. Ann Maria Sabu initiated the session by stressing on the importance of menstrual education among college students. Elizebath Roy explained about the My Period, My Pride course and Sustainable Menstruation Initiative during the session. The session also included an introduction to sustainable menstrual products and demonstration of various sustainable menstrual products was done at the end.

Course modalities and enrolment process for the My Period My Pride course and Sustainable Menstrual Care Initiative were also explained in detail and many of the students expressed their interest in becoming Sustainable Menstrual Care Mentors.

Kerala Varma College, Thrissur



Photo: Ms Elizebath Roy addressing the session

A session on Sustainable Menstruation was conducted in association with the NCC unit of Sree Kerala Varma College, Thrissur on 8 February 2023. Mr. Venkatraman Krishnamoorthy (Pencilman of UAE), Advisor-VentureVillage, Mr. Badayakandy Basheer (Social Worker and Business Entrepreneur) and Col. Padmanabhan were also present during the occasion. The session was led by Miss. Elizebath Roy (Program Associate, Education For Good Foundation). **98 NCC students** participated in the session.

The session started with a brief history of the evolution of sanitary napkins. After that,

the composition of sanitary napkins and its ill effects to the environment were also explained. The term sustainable menstruation was then introduced to the students and the need to switch to sustainable products were explained. Various sustainable menstrual products that are comfortable, eco-friendly as well as cost effective were introduced to students.

The feedback from students were really encouraging. It was the first time many of them got to attend a session on this topic was surprising. The students had various doubts regarding the usage of menstrual cup and its safety. Many of them promised to switch to a sustainable product as well.

T M Jacob Memorial College, Koothattukulam

Another session on Sustainable Menstruation was organized in association with the Women Cell of T M Jacob Memorial College, Kuthattukulam on 15 February 2023. There were about 32 **Students**, and they used this platform for voicing out the discrimination they faced during their menstrual days. They were very eager to share their experiences.

The only student in the group who used a sustainable product said "I switched to a menstrual cup so that I will not have to depend on anyone on my menstrual days every month. And the independence it has gained me is immense." The Menarche experiences were also shared and one of them added "The cramps were bearable, but not the taste of raw eggs". They were really thankful for the session and made promises to take steps towards sustainable menstruation.

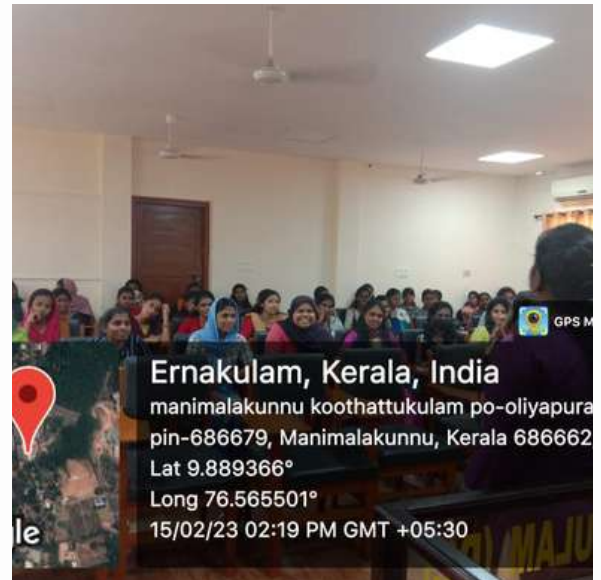


Photo: Students interacting at the session

Government College, Kattappana

"Today is world thinking day and I want you all to start thinking about switching to healthier and sustainable menstrual products" a student said after our session on Sustainable Menstruation organized in association with the women cell of Government College Kattappana on 22 February 2023 which had a participation of **53 students**.

"We think we know what Menstruation is and what happens to our body but if you ask that question twice, we may not have answers" says a faculty member after being a part of our session on sustainable menstruation led by Ms. Ann Maria Sabu, Program Manager, Education For Good Foundation .



Photo: Ms Ann Maria leading session at Govt College, Kattappana

Education For Good Foundation attends NGO Meet

Education For Good Foundation was part of a one-day workshop organised by NABARD and NGO Confederation for the NGOs in Kozhikode and Malappuram on 14th February at Moopan Institute For Local Empowerment, Kalpakanchery Malappuram.

Ms. Ann Maria Sabu, Program Manager was a guest speaker in this event and she introduced the Sustainable Menstrual Care Initiative and the need for comprehensive menstrual education to the delegates. We are grateful to Mr. Haseem Muhammad (Manager, Aster MIMS Charitable Trust) and Mr. Mohammad Riyas (District DDM, NABARD) for this opportunity to greet and meet key personalities in this sector, as well as to introduce our Initiative to like-minded individuals and organizations.



സന്നദ്ധ സംഘടനകൾക്കായി നബാർഡ് നടത്തിയ ജില്ലതല ശിൽപശാല ലത്തീഫ് കാസം ഉദ്ഘാടനം ചെയ്യുന്നു

നബാർഡ് ജില്ലതല ശിൽപശാല

കൽപ്പകരങ്ങൾ ഉൾപ്പെടെ, കോഴിക്കോട് ജില്ലയിലെ സന്നദ്ധ സംഘടനകൾക്കായി നബാർഡും സന്നദ്ധ സംഘടനകളുടെ ദേശീയ കൂട്ടായ്മയായ നാഷണൽ എൻ.ജി.ഒ കോൺഫെഡറേഷനും ചേർന്ന് ഏകദിന ശിൽപശാല സംഘടിപ്പിച്ചു. ലത്തീഫ് കാസം ഉദ്ഘാടനം നിർവഹിച്ചു.

നബാർഡ് ജില്ല വിവിധതരം മുഹമ്മദ് റിയാസ് അഡ്വക്കേറ്റ് വഹിച്ചു. എൻ.ജി.ഒ കോൺഫെഡറേഷൻ സ്റ്റേറ്റ് കോർഡിനേറ്റർ അനന്തു കൃഷ്ണൻ മുഖ്യപ്രഭാഷണം നടത്തി. ജെ.എസ്.എസ് ഡയറക്ടർ ഉമ്മർകോയ, പീപ്പിൾസ് ഫൗണ്ടേഷൻ ഡയറക്ടർ ഡോ. നിഷാദ്, സ്റ്റാർസ് ഡയറക്ടർ ഫാ. ജോസ് പ്രകാശ് ചേലക്കൽ, സി.ഇ.ഇ ഡയറക്ടർ അലി അഷ്റഫ്, ജോമോൻ, ശ്രീജിത്ത് കൈറ്റസ്, ആൻ മേരി എന്നിവർ വിവിധ പ്രോജക്റ്റുകളായി ബന്ധപ്പെട്ട് വിഷയാവതരണം നടത്തി. എൻ.ജി.ഒ കോൺഫെഡറേഷൻ ഉൾപ്പെടെ ജില്ല കോർഡിനേറ്റർ പി. സുരേന്ദ്രൻ സ്വാഗതവും മോഹൻ കോട്ടൂർ നന്ദിയും പറഞ്ഞു.

Media courtesy: Madhyamam Daily-coverage of the event

SMC MENTORS OF EFG



Ms. RENCY JAIN



Ms. BISMITHA YOONUS



Ms. AYSHA ZEHRA ASHRAF

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Join Sustainable Menstrual Care Mentor Training program

Be a part of our Sustainable Menstrual Care Mentor Pool

JOIN NOW!

#Bethechange
#Be_A_Changemaker



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Responsible & Empowering Activities for Career Progress

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Education for Good Foundation Celebrates International Women's day with College Students

5
Colleges

750+
Students

St. Thomas College, Pala

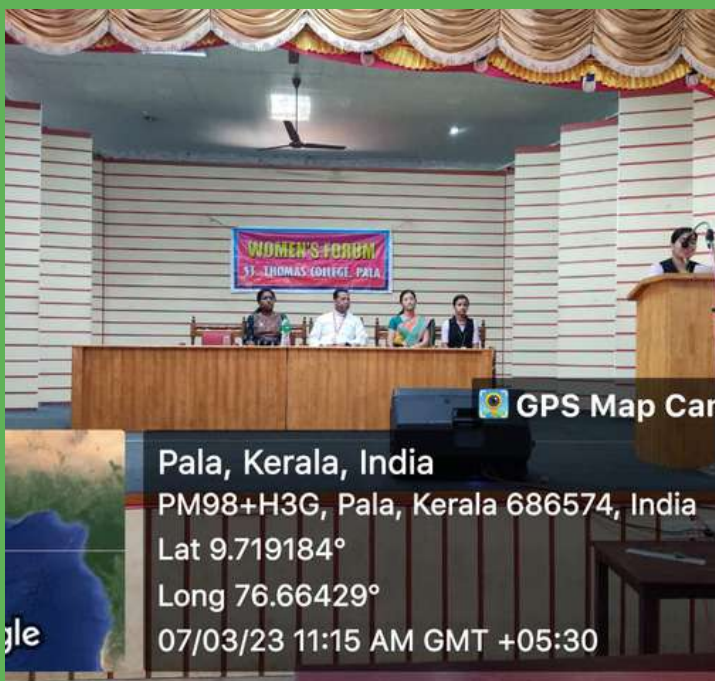
"The session on 'Introducing menstrual cup: An eco-friendly and sustainable initiative' was organized in association with the women cell of St. Thomas College Pala on March 7th 2023 as a part of their women's day celebration.

The session was attended by **510 students** along with other teaching and non-teaching staff. Ms. Elizebath Roy, Programme Associate, EFG elaborated on the need to switch to sustainable alternatives for menstrual hygiene management. "I'm tired of shopkeepers packing sanitary napkins in multilayers as if they will explode if not," said a faculty member while

expressing her strong opinion against considering menstruation and menstrual products a taboo. We continue our journey to bring more voices around the need for open conversations around menstruation and empower all menstruators to become informed decision makers.

"There will be fear and inhibition but once you overcome it, you will never think back"

- a student, St. Thomas College, Pala



St. Aloysius College, Edathva

An interactive session on 'Sustainable Menstruation: A Need of the hour' was held for the students of St. Aloysius College, Edathva on 8 March 2023. There were about **96 students** including boys and girls along with teaching and non teaching staffs.

Ms. Elizebath Roy, Program Associate led the session enabling dialogues around menstruation and menstrual hygiene practices. "We are never included in the conversations around menstruation and how do you expect us to have a take on that" a male participant said when asked about his take on menstruation. We work towards a world where there is more inclusiveness and openness towards having discussion around a normal bodily process.



"We are never included in the conversations around menstruation and how do you expect us to have a take on that"

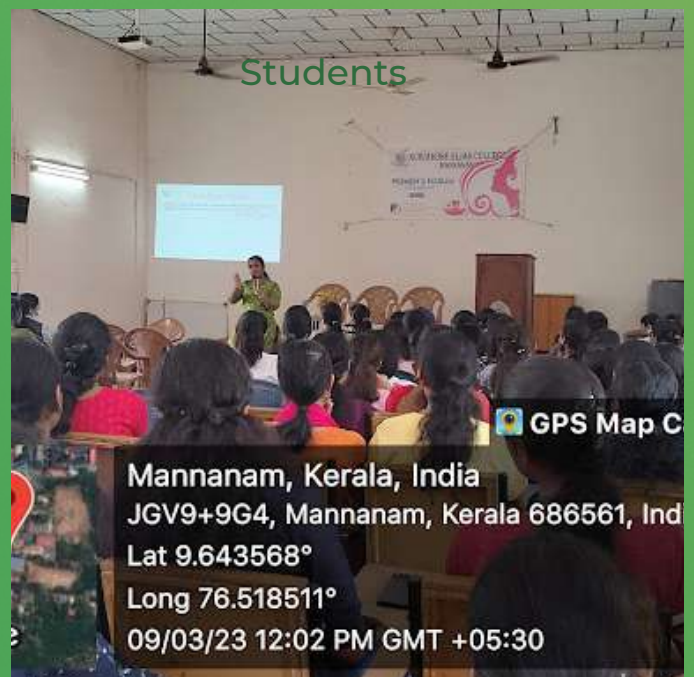
- a student, St. Aloysius College, Edathva

K E College, Mannanam

A session on 'Sustainable Menstruation: A Need of the hour' was conducted in association with the Women Cell of K E College, Mannanam. The session was led by Miss. Elizebath Roy, Program Associate, Sustainable Menstrual Care Initiative Education for Good Foundation. **92 students** attended the session, which also included an experience sharing segment on Menstruation and related taboos, various menstrual hygiene products used etc.

"It was disheartening to hear teachers blaming a girl who got stains on her white uniform while on her ground drill"

- recollected a student



Adi Sankara Training College, Kalady

A session on 'Need for Sustainable Menstruation' was organised at Adi Sankara Training College, Kaladay on women's day 2023 as a part of their community living camp 'Panchabhoota'. **100 students** attended the session which discussed practices around menstruation, need for sustainable menstruation etc. This session was a platform for these aspiring teachers to share their experience around menstruation and enable a safe space for them to initiate dialogues around menstrual hygiene practices.

"I still can not digest how I was treated during my menarche, there were people coming and going and I was looked upon like an object. We need to stop doing that", asserted a student during the session.



Govt. College Ambalapuzha

Education For Good Foundation in collaboration with Women cell of Govt.College Ambalapuzha organised a session on 'Sustainable Menstruation: A need of the Hour' on 23rd March 2023. The session was led by Ms. Elizebath Roy, Program Associate, Sustainable Menstrual Care Initiative , Education for Good Foundation. The gathering had a participation of **30 students** and other members of the college.

After the session, many students expressed their interest in being part of the Sustainable Menstrual Care Mentorship program.

"I am someone who shifted to a menstrual cup out of curiosity and there was never looking back"

- recalled a student during the experience sharing session

St. Joseph's College, Irinjalakkuda

As part of World Menstrual Hygiene Day, an event was organized at St. Joseph's College, Irinjalakkuda in collaboration with Mahinsure on 26th May for the NCC cadets attending the combined Annual Training Camp 2023. There were about **523 students** for the session. Students from various educational institutions together made an interesting crowd. The session was led by Ms. Ann Maria Sabu. Compostable pads from our partner Mahinsure were also distributed at the end of the session. Students were really happy receiving a sustainable product as a sample.

The participants had lots of questions regarding the use and disposal of sustainable products like menstrual cup, cloth pad and compostable pads. It was an interesting session and most of the participants were willing to try using a sustainable product especially the received compostable pads.



Welcome Aboard!

NEW SMC MENTOR

Our newest SMC Mentor. Currently an undergraduate Psychology student at KE College, Kottayam, Sreeparvathy demonstrates a profound dedication to promoting feminism and mental health. Her active involvement in initiatives supporting these vital causes is commendable. Having successfully presented her Mentor session on November 21, 2023, she is now officially certified as an SMC mentor.

Govt. Secretariat, Kerala



Education For Good Foundation in association with Kerala Secretariat Employees Association Vanitha Committee, Kanal is hosted a session titled, Sustainable Menstruation: A need of the hour for the employees of Kerala Secretariat on 4th July. Session was held at the Association Hall at 1 PM. The session discussed the various aspects of Menstruation. The session was handled by Elizebath Roy, Program Associate, Education For Good Foundation. The session also included introduction and demonstration of various sustainable menstrual products like Menstrual cup, Cloth pad etc.

There were about 100 employees of which majority were mothers of adolescent girls. The questions asked majorly revolved around adolescents and their safety while using menstrual cups. The different aspects of Menstruation; Physical, Mental and Social were discussed. One of the employees also brought in the issue of menstruators still not having access to a clean menstrual product. The discriminations and difficulties faced during the period and the possible solutions to break the stigma also became a subject of discussion. Overall, the session was a wonderful experience.



SESSION ON SUSTAINABLE MENSTRUATION

Session focuses on the 4 aspects of menstruation:

- Health
- Economic
- Environment
- Social

Also includes introduction and demonstration of various sustainable menstrual products like Menstrual cup, Cloth pad etc.

SPEAKER



4 JULY
1 PM
1st Floor, KSEA
Employee Association Hall

The photograph shows a large group of women, mostly in sarees, seated in red plastic chairs in a well-lit hall, attending the session.

"Is it alright for my 15-year-old to start using a menstrual cup?" -a concerned mother

Sanjo College, Rajakkad

In pursuit of Sustainable Menstruation, EFG partnered with ICDS, Nedumkandam, Rajakumari, to host an awareness session at Sanjo college, Rajakkad, Idukki. Menstrual cups were distributed to adolescent students during the session. The session was led by Miss. Ann Maria Sabu, Program Manager, Sustainable Menstrual Care Initiative, Education For Good Foundation.

During our Sustainable Menstruation session at Sanjo College, Rajakkad, Idukki an young college girl raised the question, "Is it okay to start using a menstrual cup before marriage?" This inquiry prompted a thoughtful discussion about personal choices, hygiene, and empowerment, shedding light on the importance of informed decisions regarding menstrual health.



"Is it okay to start using a menstrual cup before marriage?"

- a student, Sanjo College, Rajakkad.

St. Aloysius College, Edathua

In association with World Mental Health Day, a session was conducted on the Impact of Sustainable Menstrual Hygiene Practices on Mental Health at St. Aloysius College, Edathua on 8 November 2023. The aim of the session was to educate students on sustainable practices of Menstruation and its positive effects on Mental Health. The session was conducted by Ms. Elizebath Roy (Program Manager, Sustainable Menstrual Care Initiative, Education For Good Foundation). The session had a participation of 60 students in total which included both boys and girls. It was an interactive session, and the students had numerous doubts. The session was arranged by the Women's Cell and NSS wing of the college.





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