REPORT ON WOMEN CELL SEMINAR 2025-26

Date of Event: 25.09.2025

Faculty-in-Charge: Dr. Jeena Antony

Ms. Rejitha K Ravi

Ms. Reni V Kalayil

REPORT

The Women Cell of Naipunnya Institute of Management and Information Technology organized an awareness seminar on the topic "Menstrual Cup: Usage and Hygiene" on 25th September 2025, Thursday at 2.15 p.m. in the MBA seminar hall (Samveda). The programme commenced with a prayer song led by Ms. Bhadra Karthika, which set a serene and meaningful tone for the event.

Following this, the gathering was warmly welcomed by Ms. Theertha Suresh, III B. Com Finance student and felicitated by Ms. Teresa Parackal, Vice Principal Academics, who appreciated the initiative of the Women Cell in bringing forward such an important and relevant topic for discussion.

The highlight of the seminar was the awareness talk by Dr. Anjana Venugopalan, Obstectrician and Gynecologist Apollo Adlux Hospital, who enlightened the participants on the effective use of menstrual cups, their health benefits, and their role in promoting sustainable menstrual hygiene. She explained the scientific aspects, clarified doubts and encouraged women to make informed choices for their personal well-being as well as for environmental sustainability. The session concluded with an engaging interaction, where participants actively raised questions and shared their experiences, making the seminar both informative and interactive. The programme successfully created awareness and promoted a healthy approach toward menstrual hygiene among students.

The session concluded with a heartfelt vote of thanks delivered by Ms. Annriya A.V. I BHA Student who expressed sincere gratitude to the distinguished guest speaker Dr. Anjana Venugopalan for her enlightening talk. She also extended thanks to Ms. Teresa Parackal for her felicitation and support and to all participants for their active involvement. She appreciated the efforts of the Women Cell members for organizing such an informative and empowering seminar that promoted awareness and open dialogue on women's health and hygiene.

Prepared by:	Verified by:	Approved by:
Ms. Rejitha K. Ravi	Dr. Joy Joseph Puthussery	Rev. Fr. Paulachan K. J.
Assistant Professor	Dean of Studies & IQAC Coordinator	Principal & Executive Director

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY
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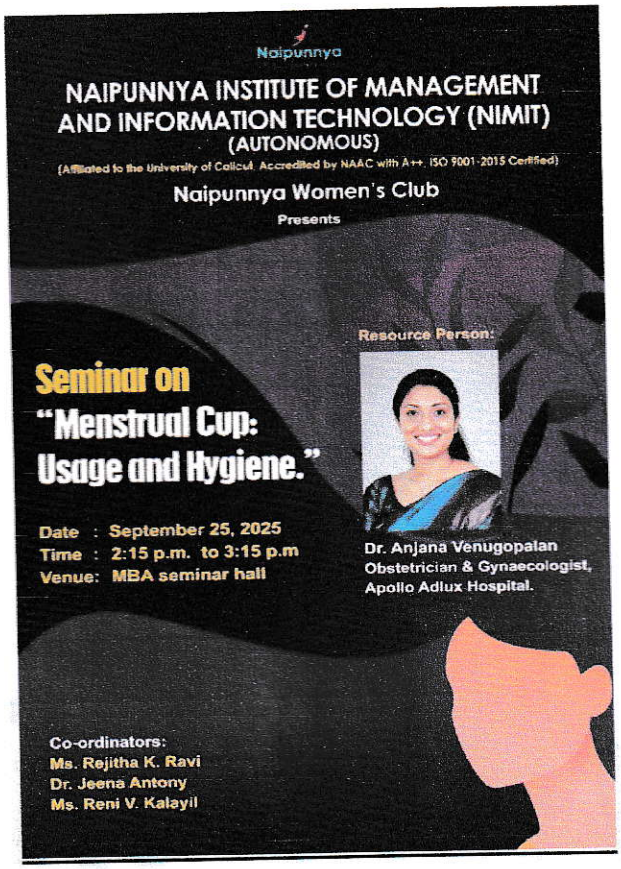
Pongam, Koratty East
Thrissur District
Kerala-680 308

BROCHURE



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Naipunnya

Naipunnya Institute of Management & Information Technology

Affiliated to the University of Calicut, ISO 9001-2015 Certified
Accredited by NAAC with A++ grade

PROGRAMME SCHEDULE

Date: September 25, 2025 (Thursday) Time: 2.15PM – 3.15PM Venue: NBS Seminar Hall

Prayer Song	: Ms. Bhadra Karthika (II BSC CS)
Welcome Speech	: Ms.Theertha Suresh(III B.ComF) President Women Cell
Presidential Address	: Ms. Teresa Parackal, Vice Principal , Academics
Talk by Resource Person	: Dr. Anjan Venugopalan (Obstetrician & Gynaecologist), Apollo Adlux Hospital.
Vote of Thanks	: Ms. Annriya A V (I BHA)

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PHOTOGRAPHS /SCREENSHOTS









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Participants List

Name of event: Women Cell (Seminar)
Date: 25.09.2025
Class: All First Year Girls

Serial No.	Name of Students	Class	Signature
1	Krishnendhu Shiju	BCA - B	
2	KRISHNA KRIPA	BCA - B	
3	Sreya Babu	BCA - B	
4	Aneeta A.P	BSC FD	
5	Niveduhya Lakshman	BSC FD	
6	Niya K	BCA - A	
7	Fathimath Rinsha A	BCA - A	
8	Fathima Minha MK	BCA - A	
9	Anna Sijo	I BCA - B	
10	Annmary Thomas	I BCA - B	
11	Gouri CU	I BCA - B	
12	Samvrutha P.S	I BCA - B	
13	Anjana Shyjan	I BCA - B	
14	Avrin Maria Vijo	I BCA - A	
15	Anetta Biju	I BCA - A	
16	Irine K.J	I BCA - A	
17	Haripriya P.S	I BCA - A	

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Serial No.	Name of Students	Class	Signature
	NIVEDITHA . K. DILEEP	BCA	
	Angelina Sajeev	III BCOM F	
	Alina. stanly	I BCA A	
	Renjana Reji	BBA I	
	Anusha shiba	"	
	Aleena	"	
	Athira	"	
	Jisha	"	
	Aksha	"	
	Devika-M	II nd BBA	
	Sandra joe	II BBA	
	Sreelakshmi K.D	I BSc CS	
	Rosemary Sebastian	"	
	Shina Joy	"	
	Dhiya Joy	BCA B	
	Sona Sunny	BSc CS	
	Krishna Saji	BCA B	

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18	Anugraha kp	Bsc. cs I	
19	Sbannas. p.s	Bsc. cs I	
20	Leenes. p.p	BSC. C$FD	
21	Rosemary Joy	Bsc. C$ FD	
22.	Anitta Varghese	Bsc. C$ FD	
23	Anna Biju	BBA	
24	Anna K Stanly	BBA	
25	Deneeta Benny	BBA	
26	Priscilla Mariya Cecil	BBA	
27	Afrin Marwa	BBA	
28	Anet	BBA	
29	Hridhya A A	13BA	
30	Swanthana	BBA	
31	Ansa Babu	BBA	
32	Niranjana. V.P	BSC.CS	
33.	ANN GRACE PAUL	Bsc.CS	
34.	Anjana. K.C	Bsc. CS	

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35	Archana.M	HM Craft	[signature]
36	Shreya Sibu	HM CASA	Shreya
37	SANDRIYA	BCA A	Sandriya
38	ANSA	BCA A	[signature]
39	Rose Dangmei	BSC CFD	[signature]
40	Kalwangailiu	BSC CFD	[signature]
41	Jilsha.T.J	BCAA	[signature]
42	Karthika	BCA	Karthika.
	Helna Sabu	BSC IT	[signature]
	Godey	"	[signature]
	Hrithika	"	[signature]
	Thanusree	"	[signature]
	Shilpa	"	[signature]
	Pavana	BCA A	[signature]
	Saniya	BCA	Saniya
	Setu lakshmi	BCA	[signature]
	Nubia	BCA	Nubia

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1	Sivananda A.S	I B.com A	
2	Sivapriya M.R	11	
3.	Anaswara.C.R	I B.com B	
4.	Naisa	11	
5.	Rose Mariya	11	
6.	Aryanandha	11	
7.	Sneha	11	
8.	Anabra	11	
9.	Bhama	11	
10.	Lakshmi	I. Bcom. A	
11.	Aisha	11	
12.	Anamika	11	
13.	~~Devika~~ Jisme	11	
14.	~~Angel shibu~~ Angel. P.M	11	Angel
15.	~~Abhirami~~	11	
16.	Khadheeja	11	
17.	Rameesa	11	