



COCHIN UNIVERSITY OF SCIENCE AND TECHNOLOGY

ACCESS TO SEXUAL AND REPRODUCTIVE HEALTH CARE SERVICES INCLUDING INFORMATION AND EDUCATION SERVICES

The University conducts various programmes such as awareness classes, orientation programmes, medical camps which are intended to create awareness on sexual and reproductive health care services. CUSAT also build policies which creates positive impact on life of women in the campus as well as in the country and one of its kind is “*the first university in the country to grant menstrual leave to students*”. Moreover, the University also conducts research on women and sexual health care services.

Policy Decisions Made

1. Menstrual Leave to Students

The first University in the Country to grant menstrual leave to students. Under this policy, female students are granted an additional leave benefit of 2% every semester.

Media Link:

<https://timesofindia.indiatimes.com/city/kochi/cusat-addresses-long-pending-demand-grants-menstruation-benefit-for-girl-students/articleshow/96980933.cms>

2. Gender Neutral Uniforms

Gender-neutral uniforms have become the norm at the Cochin University of Science and Technology. With the decision, the girl students can wear the dress of their choice, in the colour scheme of the uniform dress.

Media Link:

<https://www.thehindu.com/news/cities/Kochi/cusat-adopts-gender-neutral-uniform-across-its-campus/article67068584.ece>



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Awareness Programmes & Medical Camps

1. ***“Cup of Life’ Campaign- Distribution of Menstrual Cups***

As part of the campaign menstrual cups were distributed to 709 women students and staff of the University.



2. ***‘Green the Red’ campaign***

This campaign aims to raise awareness about various aspects of menstruation and related topics conducted by the CUSAT Students Union. 'Green the Red' campaign is intended to create awareness among women of all ages on menstruation, menstrual hygiene, menopause and period-related issues.

3. An Interactive Talk on Menopause and Related Issues conducted by Dr.Akshay Prabhu on 20th April 2022
4. Women’s Wellness Programme- A programme on gynec issues were conducted and classes were taken by doctors of Sunrise Hospital, Ernakulam
5. Health Check-up Camp was conducted exclusively for women on 1st April 2023.



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6. A session on “Basic life supporting skills” for women was conducted on 19th May 2022. The classes were taken by doctors of Lourde Hospital, Ernakulam.
7. A webinar on awareness talk on menstrual health and menstrual hygiene was conducted by NSS, CUSAT



8. A talk on “Post Covid Emotional Issues” was given to CUSAT women fraternity by Dr.Bipin, Roland, Mind Behaviour Studio, CUSAT



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Research on Women and Sexual Health Care Services

1. “Sustainable menstruation management and menstrual cups”—An exploratory study on attitude and awareness in the state of Kerala”.2020 Kairali Award worth Rs. 25 Lakhs from the Kerala State Higher Education Council (KSHEC)
2. “Menstrual cup for plastic free periods and environment” – A research project of Rs.17.17 lakhs with the support of KSCSTE.