

Menstrual Awareness Programmes and Research

Research

Dr. Devi Soumyaja, Assistant Professor, School of Management Studies, CUSAT

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)

Dr. Abitha K, Assistant Professor, Polymer Science and Rubber Technology, CUSAT

Menstrual cup for plastic free periods and environment" (KSCSTE- Total outlay Rs.1717000

Menstrual Policy

[Link to policy document](#)

Link to news in media

<https://www.onmanorama.com/career-and-campus/top-news/2023/01/14/girl-students-menstruation-periods-leave-cusat.html>

<https://www.indiatoday.in/india/story/female-students-kerala-cochin-university-of-science-and-technology-menstrual-leave-2321522-2023-01-14>

<https://www.thehindu.com/news/cities/Kochi/cusat-girl-students-can-now-claim-menstruation-benefits-university-to-provide-additional-condonation-of-attendance/article66370354.ece>

Menstrual cup campaign

<https://www.newindianexpress.com/cities/kochi/2023/jun/02/after-menstrual-leave-cusat-gears-up-to-launch-the-green-the-red-campaign-2581118.html>

Gender Neutral Uniforms

[Link to policy document](#)

Link to news in media

<https://www.deccanherald.com/national/south/after-menstrual-leave-cusat-now-offers-option-of-gender-neutral-uniforms-for-engineering-students-1222372.html>