



SSMRV College®  
#17, 26th Main, 36th Cross, 4th T Block, Jayanagar,  
Bengaluru - 560041, Karnataka, India

**R V Educational Institutions**  
**SSMRV College**  
**Affiliated to Bengaluru City University**  
**Recognized by UGC & Approved by AICTE**

**Activity Report**

Academic year 2024-25 (June 2024 - May 2025)	
Name of the Activity	Report on the "Carmesi Free Sanitary Pad Distribution Drive" Event Organized by the Women Empowerment Cell
Date	12th November 2024
Time and Venue	9:30 AM to 4 PM
Mode (Online/Offline)	Offline
Organized by Name of the Hub Head Name of the Activity Centre	Centre For Sustainability Women Empowerment Cell, SSMRV College
Hub Coordinator Activity Convener	Ms. Shakeela M K
Nature	Extra-Curricular
Topic Name	Free Sanitary Pads Distribution by creating Awareness and Education on Eco-friendly Products
Organization/Institution	In Association with Carmesi
No. of Participants	300 Students
Objectives of the activity	<ul style="list-style-type: none"><li>• To provide <b>free sanitary pads</b> to female students, ensuring access to essential menstrual hygiene products.</li><li>• To promote awareness about the benefits of <b>eco-friendly menstrual products</b>, particularly <b>Carmesi's biodegradable sanitary pads</b>.</li><li>• To create an engaging and supportive atmosphere for discussions on menstrual health and hygiene.<ul style="list-style-type: none"><li>• To foster a sense of empowerment and confidence among female students by addressing menstrual health in an open and inclusive environment.</li></ul></li><li>• To create an engaging and supportive environment for students through <b>games</b> and <b>giveaways</b>.<ul style="list-style-type: none"><li>• To encourage open discussions and break the stigma surrounding menstrual health.</li></ul></li></ul>
Methodology	<p>For the <b>Carmesi Stall Event</b>, the methodology was <b>combination of experiential learning, participatory learning, and inquiry-based learning</b>.</p> <p>These approaches were chosen to create a more engaging and informative environment for students, encouraging active involvement and critical thinking.</p>



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<b>Outcome of activity</b>	<ul style="list-style-type: none"><li>• <b>Increased Awareness:</b> Students gained a better understanding of menstrual health and the benefits of using eco-friendly menstrual products.</li><li>• <b>Free Product Distribution:</b> Female students received <b>Carmesi sanitary pads</b> for free, promoting access to essential menstrual hygiene products.</li><li>• <b>Engagement through Activities:</b> Interactive games and quizzes helped students actively engage with the topic of menstrual health and sustainability.</li><li>• <b>Reduction of Stigma:</b> The event created an open space for students to discuss menstrual health, helping to reduce stigma and normalize conversations around menstruation.</li><li>• <b>Empowerment:</b> Students were empowered to make informed, eco-conscious decisions about their menstrual health by learning about <b>sustainable alternatives</b> to traditional products.</li><li>• <b>Positive Feedback:</b> Attendees expressed satisfaction with the event's educational and fun format, with many showing interest in adopting <b>Carmesi's eco-friendly products</b>.</li></ul>
<b>Feedback</b>	<p>The feedback from the <b>Carmesi Stall Event</b> was very positive. Around <b>300 students</b> participated, with both male and female students visiting the stall. Many students appreciated receiving <b>free eco-friendly sanitary pads</b> and showed interest in using <b>Carmesi's biodegradable products</b> after learning about their health and environmental benefits.</p> <p>The <b>interactive games and quizzes</b> made the event fun and informative. Students also felt empowered by open discussions on menstrual health, helping to reduce stigma and encourage more open conversations. In addition to learning about <b>menstrual hygiene and sustainability</b>, participants enjoyed winning <b>goodies</b>.</p> <p>Overall, the event successfully raised awareness and students requested more sessions.</p>

- Invitation, Google tagged photos & any other supporting documents



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# CARMESI

## Pads & Prizes!



Near SSMRV College Quadrangle From 10 AM To 3 PM  
on Tuesday, 12<sup>th</sup> of November 2024

*Join the period revolution with Carmesi,  
a feminine hygiene brand.*

In Association with



Women Empowerment Cell -  
APARAJITHA, SSMRV College

★ What to expect... ★

Match the Pad Challenge

Think fast, move faster - can your  
hands keep up?

Freebies and exciting prizes

Win exclusive Carmesi goodies!



*Go, change the world®*





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Convener

Hub Coordinator

Principal