

**SUSTAINABILITY SUPERPOWERS: MAANUSHI AND ECONOMIC  
EMPOWERMENT**



  
**ST. ALBERT'S COLLEGE (AUTONOMOUS), ERNAKULAM**  
THE DEPARTMENT OF ENGLISH IN ASSOCIATION WITH  
IIC, AIC AND IEDC ORGANIZES A WEBINAR  
**SUSTAINABILITY SUPERPOWERS -  
MAANUSHI AND ECONOMIC  
EMPOWERMENT**

**Resource Person : Lakshmy Das**  
(Co-founder, Maanushi Foundation)

   **INSTITUTION'S  
INNOVATION  
COUNCIL**  
(Ministry of HRD, Government of India)

Date : 07<sup>th</sup> March 2022  
Time : 1.30 pm

Faculty Coordinator Ms. Dilna Raju +91 90376 55398	Student Coordinator Ms. Irene Sara Zachariah +91 79023 75886
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The Post Graduate Department of English in association with IIC, AIC and IEDC, St. Albert's College (Autonomous), Ernakulam organized a webinar on *Sustainability Superpowers: Maanushi and Economic Empowerment* on 7 March, 2022. The speaker for the session was Ms. Lakshmy Das, Co-Founder, Maanushi Foundation, a non-governmental organization based in Kumily, Kerala, which started its activities in December 2020. The founders started off their work with the idea of nurturing a voluntary collective that promotes sustainable practices and menstrual health education in the village.

Ms. Lakshmy Das spoke on the importance of being aware of one's own body to be able to adopt healthy practices. She emphasized on the amount of plastic waste generated during menstrual cycles and encouraged all to switch to sustainable options such as reusable cloth

pads. Prior to the talk, all the participants also took a pledge on creating a gender equal, inclusive world.



### Attendance Record –

Roll No	Name
1	IRENE SARA ZACHARIAH
2	NEENU SHOLY
3	ANN GRACE JOSEPH
4	FEMIN MARY JOSEPH

5	HELNA REBEIRO
6	BLESSY MOL Y
7	DAYONA JOHNSON
8	RESHMA
9	CAMILLA P.TOSSY
10	ANITA FRANCIS
12	MARIA NEENU JOY
13	MEGHA ALEXANDER
14	BHAGYA R SAJEEV
15	SARANYA S
16	ARATHY BEJOY
17	SAFNA K S
18	MARIYA TARSHEES
19	AASHIYA VIJAYAKUMAR
20	MARY SHABNA SHAJAN
21	TREASA TANIYA P.G
22	DEVIKA P R
23	NIDHI
24	HELNA ELIZABETH T.G
25	ANJU JAYAKUMAR
26	BINOY THOMAS
27	ASRIN
28	REMYA P.T
29	LAKSHMI SANTHOSH
30	NANDANA PN

<b>Roll No</b>	<b>Name</b>
1	ANU ROSE VARGHESE
2	SREERANJINI S

3	ANAGHA K S
4	MARIA HESLIN
5	MARY GLEREN CORREYA
6	SWETHA C S
7	AMAL RAJ C. S
8	DEAH MERAPH DINU
9	PREETHU KAILAS
10	TEJASWINI MANOJ
11	NICOLE ROSE NORMAN
12	KEVIN JOJI
13	ANTONY
14	TYNI. T
15	AISHA NIRMIN M A
16	AINA LAWIN K G
17	NAVANEETH GANGESH
18	ALEENA MARIA D SOUZA
19	ASWATHY K B
20	SAI PARVATHY V
21	AISWARYA HARISH SINJI
22	ANNA ALEESHA.K.A
23	JOHN DANIEL P VARGHESE
24	STERIN OUSEPH
25	ANASWARA ANAND
26	SUSSAN MATHEW

27	INFANT JACKPA J
28	MOHAMMED SALAHUDHEEN C.P