

Menstrual health and hygiene workshop at SIST



SE Report

GANGTOK, September 20: The Red Ribbon Club of Sikkim Institute of Science and Technology (SIST) conducted a menstrual health and hygiene workshop at the seminar hall of the campus.

The event was held in collaboration with Pinkishe Foundation and Unnat Bharat Abhiyan (UBA), focusing on raising awareness about menstrual health and promoting proper hygiene practices among female students and staff, informs a press release.

The workshop featured presentations and demonstrations on various key topics related to menstrual health, including the menstrual cycle, different types of menstrual products, PMS care, and dispelling myths and taboos associated with menstruation. Faculty members who had undergone specialized training under the guidance of Pinkishe Foundation experts led the informative sessions, ensuring a comprehensive understanding of the subject.

In addition to the educational aspect, female students, faculty, and staff

also received free sanitary pads under the Bahini scheme, a state initiative by the Government of Sikkim.

The scheme aims to provide 100% access to free and safe sanitary pads for secondary and senior secondary school girls, further promoting menstrual hygiene across the region.

The workshop served as an empowering platform for participants, highlighting the importance of menstrual health and hygiene and aligning with SIST's commitment to social welfare and health awareness, the release mentions.