



MENSTRUAL HYGIENE AWARENESS

January 22,2023

As per the objectives of Unnat Bharat Abhiyan, Sikkim Manipal Institute of Technology has conducted one rapport building activity at Samardung village, South Sikkim on 22 Jan 2023. The program name was ‘Menstrual Hygiene Awareness Campaign and Pad Distribution’. Around 15 ladies from different households were present in the event. Our trained student members presented a speech on the topic of the event. Our faculty members interacted with villages for conducting household surveys as per the requirement of UBA. Samardung village (ward 06) sarpanch Ms. Kritika Sharma was present in the event. Mr. Ramesh Chettri, a social activist at Samardung help us to conduct the event. We promised to conduct more such activities for the upliftment of Samardung village in the future.

Following members were present in the activity.

1. Dr. Saumya Das (Faculty and UBA Coordinator, SMIT)
2. Dr. Manish Kumar Roy (Faculty)
3. Dr. Amit Kr. Singh (Faculty)
4. Dr. Partha Pratim Das (Faculty)
5. Dr. Amresh Sinha (Faculty)
6. Mr. Premchand Mahato (Faculty)



7. Mr. Biswa Gurung (Non Teaching Staff)

8. Mr. Rishi Raj Sharma(Student)

9. Ms. Khushi Lamichaney (Student)

10. Ms. Riya Bazgain (Student)





MENSTRUAL HYGIENE AWARENESS WORKSHOP **AND** **FREE PAD DISTRIBUTION**

Date: 19/08/2023

Time: 11:00 am to 12:00 noon

Venue: IBM Slum Area, Rangpo Sikkim

Number of Participants: 74

Period poverty is still a major concern in our country and is a continuing issue in India due to the cultural stigma associated with it. Due to lack of awareness and the taboo engulfed with it, many women opt for unsafe methods which can be fatal to their health in long run. The recorded data shows that one out of every

five girl drops out of school after their first period due to lack of knowledge and unavailability of sanitary products.

PINKISHE Sikkim branch in collaboration with the NSS, Sikkim Manipal Institute of Technology organised Menstrual Hygiene Awareness program and free pad distribution at Majitar Government School, Majitar, Pakyong District, of Sikkim on 19/08/2023 at 11:00 am -12:00 noon. Around 85 students from class 8 to class 10 were educated regarding how period happens, cycle of period, types of period management items like disposable pads, reusable pads and menstrual cup along with demonstration followed by menstrual health hygiene awareness. The program ended with question answer round where some girls wanted to know what can be done if they get more pain during periods and how they can reduce itching etc. followed by vote of thanks and pad distribution to students who participated for the event.

Mrs Jhuma Sunuwar , Assistant Professor, SMIT , teacher coordinators NSS and member of PINKISHE organised the event along with 3 NSS SMIT Volunteers including:

1. 202116016 Mamta Pradhan
2. 202116042 Arju Rai
3. 202000009 Anirban Barman
4. 202000038 Rishi Raj Sharma

Some Glimpse of event:

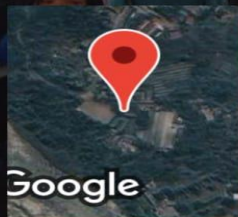




SMU SIKKIM
MANIPAL
UNIVERSITY
Established under Govt. of Sikkim, Act 9 of 1985, recognized under 2(f) of the UGC Act, 1956



 **GPS Map Camera**



Google

Majitar, Sikkim, India
5FPX+3MW, Majitar, Sikkim 737136, India
Lat 27.185481°
Long 88.499253°
19/08/23 12:39 PM GMT +05:30

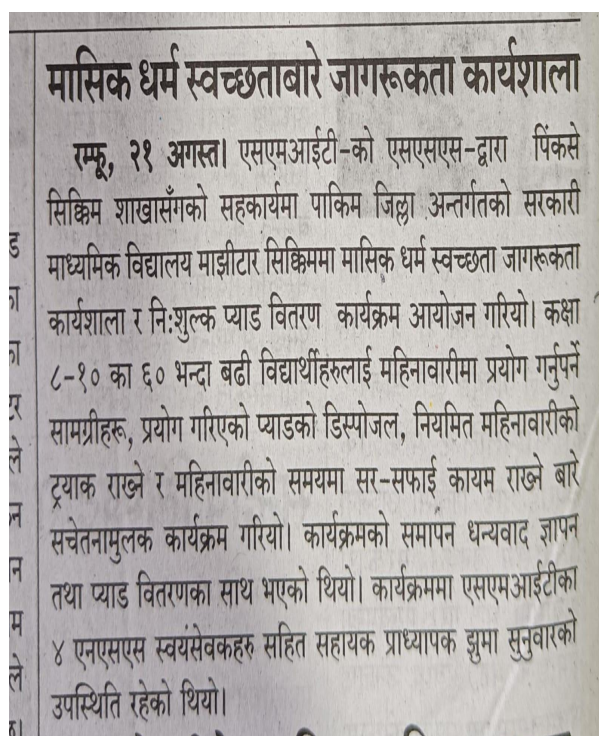


Majitar, Sikkim, India
5FPX+3MW, Majitar, Sikkim
Lat 27.185474°
Long 88.499264°
19/08/23 12:45 PM GMT
Google

Digital news Links:

https://m.facebook.com/story.php?story_fbid=196992086715293&id=100092135083528&sfnsn=wiwspwa&mibextid=RUBZ1f
https://m.facebook.com/story.php?story_fbid=740803771391673&id=100063861711524&sfnsn=wiwspwa&mibextid=RUBZ1f

Newspaper Clips:



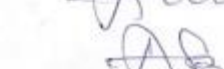
सरकार
धर्म स
किय
रंगपो
एनएसएस
पिंकिशे सि
पाकयोंग
माध्यमिक
मासिक
कार्यशाला
कार्यक्रम
8-10 के
को पीरिय
वाले उत्प
के निपटा
नजर रखे
स्वच्छता
जागरूकत
धन्यवाद प्र
साथ समा
कार्यक्रम
सुश्री झुम
एसएमआ
स्वयंसेवक



Majitar Government School – Participants List

मासिक धर्म स्वच्छताबारे जागरूक

रम्फू, २१ अगस्त। एसएमआईटी-को एस
सिक्किम शाखासँगको सहकार्यमा पाकिम जि
माध्यमिक विद्यालय माझीटार सिक्किममा मासिक
कार्यशाला र निःशुल्क प्याड वितरण कार्यक्रम
८-१० का ६० भन्दा बढी विद्यार्थीहरूलाई मा
सामग्रीहरू, प्रयोग गरिएको प्याडको डिस्पोजल
ट्रयाक राख्ने र महिनावारीको समयमा सर-स
सचेतनामुलक कार्यक्रम गरियो। कार्यक्रमको
तथा प्याड वितरणका साथ भएको थियो। का
४ एनएसएस स्वयंसेवकहरू सहित सहायक प्रा
उपस्थिति रहेको थियो।

NAME	Class	Sign
① Seijana Pandya	<u>I</u>	
② Suppashna Ranpal	<u>IX 'A'</u>	
③ Anusadho Kumari	<u>VII</u>	
④ Tashi Nyishi	<u>IX 'A'</u>	
⑤ Sonuki Mangee	<u>VIII (B)</u>	
⑥ Kunu Chettri	<u>(X) (A)</u>	
⑦ Shradha Chettri	<u>(III) (A)</u>	
⑧ Sneha Rai	<u>(III) (A)</u>	
⑨ Sunita Sinwar	<u>(IX) A</u>	
⑩ Abilasha Nyishi	<u>X</u>	
⑪ Alisha Chettri	"	
⑫ Khushi Tamang	"	
⑬ Anjali Kumari	"	
⑭ Anjali Bhatia	"	
⑮ Lalita Subba	<u>VI</u>	
⑯ Anantika Thakur	<u>X</u>	
⑰ Anuska Subba	<u>VIII</u>	
⑱ Adrasha Rai	<u>X</u>	
⑲ Sheha Dazal	<u>XII</u>	
⑳ Suja Sinwar	<u>VIII</u>	
㉑ Anuditya Gurung	<u>X</u>	
㉒ Choti Kumari	"	
㉓ Salina Rai	"	
㉔ Anzita Limboo	<u>V</u>	



Sl. No	Name	Class	Sign.
1)	IRISHYA RAI	IX 'A'	Irishya Rai
2)	Radhika Kumari	VIII 'B'	Radhika
3)	Reeti Majhi	IX 'A'	Reeti
4)	Anuska Thapa	IX 'A'	Anuska
5)	Kristina Subba	X	Kristina
6)	Anita Chettri	X	Anita
7)	Aisha Rai	X	Aisha
8)	Shreya Chettri	VI	Shreya
9)	Sumina Tamang	VI	Sumina
10	ASMITA SUBBA	(IX)	Asmita
11	ESHA RAI	(IX)	Es
12	NANDITA SUBBA	(IX)	Nes
13)	Satika Rai	(VI)	Satika
14)	Salachana Rai	IX	Salachana
15	Shristi Tamang	VI	Shristi
16	Putul Kumari	VII	Putul
17	Rinchen Tamang	VIII 'A'	Rinchen
18	Lawa Loma Sherpa	VIII 'A'	Lawa
19	Branila Dargen	VIII 'A'	Branila
20	Charvika Bhujel	VII	Charvika
21	Toishna Khandel	(IX) 'B'	Toishna
22	Purnima Subba	VII	Purnima
23)	Anita Shreya Gurty		



Name	class	sign
Pragathi Basak	VII	
Nancy Kumari	VII	
Sweta Sonwar	VII VI	
Savina Khotur	VII	
Bipashana Rai	VI	Bipashana
Anchal Kumar	VI	
Benu Kejae	VI	



Sl. No.	Roll no.	Name	Class	Signature
1	1	Anjali hemprom	4	Anjali hemprom
2	9	Saloni kumari	6	Saloni kumari
3.	17	Saniya Proven	10	Saniya
4.	15	Devi ka chettri	7	Devi ka
5	19	Praticha Pradhan	7	Pr
6	24	Riya oadon	7	Riya
7.	4	chahat bhujel	8	Chhujel
8.	1	Ajra Rai	8	Ajra
9.	2	Antara Pradhan	8	Antara Pradhan
10.	9	Manisha Tamang	8.	Manisha
11.	12	Simran chettri	5	
12.	9	Angel limboo	4	
13.	10	Bina Rai	(X)	
14	10	Sapana Rai	(V)	
15	7	Hisseya Sherpa	(V)	
16	6	Divya B.K	(V)	
17	10	Priyanka Kumari	(V)	
18	8	Reya chettri	8	Reya
19	2	Bondana Tamang	8	
20	15	Prachi Sherpa	10	Prachi



Sl. no	Roll no	Name	Class	Signature
21.5	Chesang	Tamang	8	
22.3	Bhawana	Pradha	8	
23.	Sanjana	Tamang	9	 Sanjana
24.	Disha	Sharma	8	 Disha
25.	Januka	Biswakarma	8	 Januka
26.	Sneha	Pradhan	10	 Sneha Pradhan
27.	Roshni	Oraon	10	 Roshni Oraon
28.	Anjana	Rei	7	 Anjana
29.	Damber	Sherma	8	 Damber
30.	Melina	Tamang	10	 Melina
31.	Sumitra	Murmu	5	 Sumitra

this year.

The Delhi Gymkhana

Menstrual hygiene awareness programme



SANJAY AGARWAL

RANGPO, August 31: PINKISHE, Sikkim branch in collaboration with the NSS, Sikkim Manipal Institute of Technology organised a menstrual hygiene awareness

programme and free pad distribution at IBM slum area, Rangpo today. A total of 35 local female were sensitised regarding types of pads and menstrual cup to be used during periods followed by menstrual hygiene awareness. The programme ended

with vote of thanks and pad distribution to the women who participated for the event.

SMIT assistant professor Jhuma Sunuwar, NSS teacher coordinators and volunteers along with Dr. S. Visalakshi attended the programme.

महिनावासी स्वच्छता जागरूकता साथै प्याड वितरण कार्यक्रम आयोजित

रम्फू, १ जुलाई। पिंग्स सिक्किम शाखा र एनएसएस सिक्किम मणिपाल इन्स्टिट्यूट अफ टेक्नोलोजी माझिटाको सहयोगमा आज आईबीएम स्लम क्षेत्रमा महिनावारी स्वच्छता जागरूकता कार्यक्रम र निशुल्क प्याड वितरण आयोजना गरियो। ४४ स्थानीय महिलालाई गरीबी, महिनावारी प्रक्रिया र महिला स्वास्थ्य सरसफाई सम्बन्धी तालिम दिई प्याड वितरण गरिएको थियो। श्रीमती झुमा सुनुवार- एनएसएस नोडल अफिसर एसएमआईटी र पिन्किशे फाउन्डेसनका सदस्यले कार्यक्रमको आयोजना गरेका थिए। कार्यक्रममा डा. एस विशालाक्षी र मिस नितिशा प्रधान शिक्षक संयोजक एसएसएसएसएमआईटी-को पनि उपस्थिति थियो। आईबीएम बस्तीमा ७ दिने विशेष शिविर सञ्चालन गर्ने एसएसएसएसएमआईटी स्वयंसेवकहरूले गरेको पहलको नतिजा हो कि यो गाउँलाई पिन्कीशे फाउन्डेसन र एसएसएसएसएमआईटी-ले १ वर्षको लागि अपनाएको हो।

Menstrual hygiene awareness

SANJAY AGARWAL

RANGPO, May 17: NSS unit of SMIT in collaboration with PINKISHE, Sikkim branch organised menstrual health hygiene awareness session and free pad distribution at IBM slum area, Rangpo.

Thirty-eight females of the area were sensitised about mensuration, products to be used, disposal of used pads, keeping track of regular periods and maintaining hygiene during periods.



The programme ended with vote of thanks and pad distribution to women participated in the programme.

Jhuma Sunuwar, assistant professor, SMIT and NSS volunteer has played a vital in making the programme successful.

ICFAI University to host cult...

महिनावारी स्वच्छता जागरूकता कार्यक्रम आयोजित

रम्फू, १७ मई। एनएसएस एसएमआईटीद्वारा पिकसे सिक्किम शाखासँगको सहकार्यमा पाकिम जिल्ला अन्तर्गत रम्फू आईबीएम स्लम क्षेत्र मा महिनावारी स्वास्थ्य स्वच्छता जागरूकता सत्र र निःशुल्क प्याड वितरण कार्यक्रम आयोजित गरे। यस क्षेत्रका ३८ जना महिलालाई महिनावारी, प्रयोग गर्नुपर्ने सामान, प्रयोग गरिने प्याडको विसर्जन, महिनावारीको नियमित जानकारी राख्ने र महिनावारीको समयमा सरसफाइका बारेमा जानकारी गराइयो। कार्यक्रममा सहभागी महिलाहरूलाई धन्यवाद ज्ञापन तथा प्याड वितरण गरी कार्यक्रमको समापन गरिएको थियो। सुश्री झुमा सुनुवार, सहायक प्राध्यापक एसएमआईटी र एनएसएस स्वयंसेवकहरूद्वारा कार्यक्रमलाई भव्य रूपमा सफल बनाउन महत्वपूर्ण भूमिका निर्वाह गरे।

प्राप्त जानकारी अनुसार कार्यक्रम प्याड वितरण मा जावपका य।

स्लम क्षेत्र में मासिक धर्म स्वास्थ्य स्वच्छता जागरूकता कार्यक्रम आयोजित



रंगपो (निज संवाददाता)। एनएसएसएसएम आईटी द्वारा पिकसे सिक्किम शाखा के सहयोग से पाकयोंग जिले के रंगपो आईबीएम स्लम क्षेत्र में मासिक धर्म स्वास्थ्य स्वच्छता जागरूकता सत्र सह मुफ्त पैड वितरण का आयोजन किया। क्षेत्र की 38 महिलाओं को पीरियड्स, उपयोग किए जाने वाले उत्पादों, उपयोग किए गए पैड का निस्तारिकरण, नियमित पीरियड्स

का ध्यान रखने और पीरियड्स के दौरान स्वच्छता बनाए रखने के बारे में जागरूक कराया गया।

कार्यक्रम में भाग लेने वाली महिलाओं को धन्यवाद ज्ञापन और पैड वितरण के साथ कार्यक्रम समाप्त हुआ। इस मौके पर सुश्री झुमा सुनुवर, सहायक प्रोफेसर, एसएमआईटी और एनएसएस स्वयंसेवक ने कार्यक्रम को सफल बनाने में महत्वपूर्ण भूमिका निभाई।