

MENSTRUAL HYGIENE AWARENESS

August 30,2022

PINKISHE Sikkim branch in collaboration with the NSS, Sikkim Manipal Institute of Technology organised Menstrual Hygiene Awareness program and free pad distribution at IBM slum area, Rangpo, Pakyong, Sikkim on 30/08/2022 at 5:00-6:00 pm. Around 35 local females were educated regarding types of pads and menstrual cup to be used during periods followed by menstrual hygiene awareness. The program ended with vote of thanks and pad distribution to ladies who participated for the event.

Date: 30/08/2022

Time: 6:00 pm to 7:00 pm

Venue: IBM Slum Area, Rangpho Sikkim

Number of Participants: 35

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.

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Mrs Jhuma Sunuwar, Assistant Professor, SMIT, teacher coordinators NSS and member of PINKISHE organised the event along with Dr. S Visalakshi and 10 NSS SMIT Volunteers including:

1. 202115503 Shreyansh Gupta
2. 202000533 Riya Bazgain
3. 202000002 Kushan Bhuyan
4. 202000038 Rishi Raj Sharma
5. 202000419 Ankit Kumar
6. 202000073 Prasasti Aich
7. 202000079 Prayashi Roy
8. 2020000370 Rajshree Kaur
9. 201900224 Ayushman Chakraborty



मासिक धर्म स्वच्छता को लेकर जागरूकता कार्यक्रम आयोजित

रंगपो (निज संवाददाता)। पिंकिश सिक्किम शाखा और एनएसएस, सिक्किम मणिपाल इंस्टीट्यूट ऑफ टेक्नोलॉजी के संयुक्त तत्वाधान में आईबीएम स्लम क्षेत्र, रंगपो में मासिक धर्म स्वच्छता जागरूकता कार्यक्रम के साथ निःशुल्क पैड वितरण कार्यक्रम का आयोजन किया गया। 35 स्थानीय महिलाओं को मासिक धर्म के दौरान उपयोग किए जाने वाले पैड और मासिक धर्म के बारे में शिक्षित किया गया। कार्यक्रम में भाग लेने वाली महिलाओं को धन्यवाद ज्ञापन और पैड वितरण



के साथ कार्यक्रम का समापन हुआ। इस कार्यक्रम में एसएमआईटी

की सहायक प्रोफेसर श्रीमती झूमा सुनुवर, शिक्षक समन्वयक डॉ. एस विशालाक्षी, पिंकिश के सदस्यों ने साथ 10 एनएसएस एसएमआईटी स्वयंसेवकों की आज के कार्यक्रम में उपस्थिति रही।

महाराष्ट्र में चल रही है शिंदे-फडणवीस की स्टार्ड सरकार : नारायण राणे





Menstrual Hygiene Awareness & Free Sanitary Pad Distribution

June 30,2022

Pinkishe Movement is a dream, an ever-growing dream, which first rippled in the eyes of a 16 years old schoolgirl, Khyati Gupta, when her teenage eyes noticed something which smote her tiny heart. One day, this chit of a girl was appalled when she saw bloodstains on her housemaid's daughter's dress.

Date: 30/06/2022

Time: 6:00 pm to 7:00 pm

Venue: IBM Slum Area, Rangpo Sikkim

Number of Participants: 44

About PINKISHE Foundation: [Source: <https://www.pinkishe.org/about-us>]

Pinkishe Movement is a dream, an ever-growing dream, which first rippled in the eyes of a 16 years old schoolgirl, Khyati Gupta, when her teenage eyes noticed something which smote her tiny heart. One day, this chit of a girl was appalled when she saw bloodstains on her housemaid's daughter's dress. On enquiring, to her utter shock, she discovered that they cannot afford pads, hence they recycle discarded pieces of unhygienic cloth every month.

Heartbroken, Khyati undertook research on the subject on the internet and the study showed that the majority of females in rural India lack the awareness of menstrual hygiene and some even have no option but to resort to using material like cow dung, leaves, sand, etc. That was horrifying. This gave birth to Pinkishe Foundation.

The dream that rippled in the eyes of a tiny girl gradually started getting a firm footing, and slowly, with the robust support of many committed people, the contours of a solid movement became visible. Women kept joining hands and today Pinkishe is a community of over 2 lakh+ women. It is run by common women who operate from their homes and do voluntary service.

Women in this foundation are common women who have pledged to make a difference in the lives of fellow women and girls. They operate from their homes and contribute their services voluntarily. There is not even a single person in Pinkishe who draws any salary or compensation in any other form.

The foundation aims at supporting women in living life with strength and dignity.

Pinkishe Foundation, are hopeful of converting our dream of building a better world for females into reality.

Event Details

PINKISHE Foundation also has branch at Sikkim. National Service Scheme, Sikkim Manipal Institute of Technology (NSS SMIT), Majitra in association with

PINKISHE Foundation Sikkim Branch have organized Menstrual Hygiene Awareness program and free pad distribution at IBM slum area on 30/06/2022 from 6:00 pm to 7:00 pm. 44 local females were educated regarding puberty, menstrual process and Female health hygiene followed by pad distribution.

Mrs. Jhuma Sunuwar, NSS nodal officer SMIT and Member of PINKISHE Foundation organized the event along with Dr. S. Visalakshi and Miss.Nitisha Pradhan teacher coordinators of SMIT organized the event in absence of NSS volunteers due to summer break.

The adoption of IBM Slum area by PINKISHE Foundation is the result of the initiative taken by NSS SMIT volunteers who conducted seven-day special camp at IBM slum area and the report they presented for village adoption.

For 1 year starting from June 2022 NSS SMIT and PINKISHE Foundation will be providing IBM Slum Area Rangpo, Sikkim Menstrual hygiene and free sanitary pad distribution to make female of the village aware and empower.



SMU SIKKIM MANIPAL UNIVERSITY

Established under Const. of Sikkim, Act 9 of 1988, incorporated under 20 of the UCC Act, 1956



chair@pinkishe.org
98180 04713

200,000+ WOMEN COMMUNITY

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30^{CRORE} WOMEN SUFFER IN SILENCE

Menstrual hygiene is a huge problem in India. Unfortunately, menstruation is a subject that still largely remains a taboo. It is not a subject that is openly discussed. Hence, the scale of the problem and its devastating impacts are less known. The efforts of the government and a few individuals alone will not suffice. It requires contribution by the whole civil society.

1% OF WOMEN RESORT TO SHOCKING ALTERNATIVES LIKE COW DUNG, HUSK...





SMU SIKKIM
MANIPAL
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