



The Women's Grievance Cell of Sandip University organised an informative and engaging workshop on **"The Usage of Sanitary Vending Machines and Menstrual Hygiene"** for all first-year female students under the guidance of Dr Prakash Burade, the Associate Dean, SOET and Dr. Mahendra Shinde, Head of the Department of Engineering Sciences. The event took place on 28th September 2024 at 2:00 pm in the Seminar Hall of the School of Engineering and Technology (SOET).

**Name of Coordinator:** Dr Sharayu Sonawane

**Co-coordinators:** Dr Varsha Rani Jha and Ms. Shailee Pandya

**Attendees:** Female Students and Faculty of the First Year B. Tech.

### **Key Highlights of the Workshop:**

**Demonstration of Sanitary Vending Machines:** Dr. Sharayu Sonawane presented demonstration on how to use the sanitary vending machines that have been installed in SOET and SIEM. The demonstration was aimed at making students comfortable with the usage of these machines to access sanitary products with ease.

**Awareness Session on Menstrual Hygiene:** Dr. Sharayu Sonawane and Dr. Varsha Rani conducted a comprehensive session on menstrual hygiene, they discussed the importance of maintaining hygiene during menstruation. Best practices for managing menstrual health, including proper disposal methods and the use of eco-friendly sanitary products, were shared with the students.

**Interactive Discussion:** Following the awareness session, an open discussion was held where students were encouraged to voice their health and hygiene concerns. This interactive session allowed students to ask questions and receive answers in a safe and promoting education on sensitive topics. The representatives from the female students were selected for the Women's Grievance Cell.

## Outcome of the Workshop:

The workshop was highly successful in achieving its objective of promoting awareness about menstrual hygiene and improving access to essential hygiene products on campus. The first-year female students gained practical knowledge on the use of sanitary vending machines, ensuring they can confidently access these resources in future. Furthermore, the awareness session and discussion platform promoted a deeper understanding of menstrual health, which is expected to lead to improve hygiene practices among the student community.

Overall, the workshop received positive feedback. The initiative is expected to have a lasting impact on the health and well-being of the female students at Sandip University. The Women's Grievance Cell plans to conduct more such workshops in the future to continue raising awareness.

