



MAHARAJA AGRASEN INSTITUTE OF TECHNOLOGY

Approved by AICTE & Affiliated to GGSIP University, New Delhi

Maharaja Agrasen Chowk, Sector 22, Rohini, Delhi - 110086, INDIA

Social Impact & Sustainability Club- 'Khushi'

REPORT ON WORKSHOP ON SUSTAINABLE MENSTRUAL HEALTH 4th April, 2025

MAHARAJA AGRASEN INSTITUTE OF TECHNOLOGY
(APPROVED BY AICTE AND AFFILIATED TO GGSIP UNIVERSITY, DELHI)
Department of Management (MBA)

 

Social Impact & Sustainability Club - "Khushi"
Organising
Workshop on
'Sustainable Menstrual Health with Stemz Healthcare'



**Guest Speaker- Sajal Jain, Project Analyst
Stemz Healthcare**
April 4, 2025 (1:00PM), Venue: Block 7, 741

Faculty coordinators: Dr. AnjuBharti, MAIT Dr. Neeru Gupta, MAIT	Student coordinators: Surbhi Chauhan (9319845209) Shruti Jindal (7217808105)
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Organized by: Social Impact & Sustainability Club – Khushi, Department of Management

Date: April 4, 2025

Time: 1:00 PM

Mode: Hybrid Mode

Faculty Coordinators: Dr. Anju Bharti and Dr. Neeru Gupta

The Social Impact & Sustainability Club – **Khushi**, Department of Management at **Maharaja Agrasen Institute of Technology**, successfully organized a hybrid workshop on “**Sustainable Menstrual Health**” in collaboration with **Stemz Healthcare** on April 4, 2025. The workshop aimed to create awareness among young women about the importance of menstrual hygiene, the need to break stigmas surrounding menstruation, and the adoption of sustainable practices to support health and the environment.

The session was graced by **Ms. Sajal Jain**, Project Analyst at **Stemz Healthcare**, who served as the Guest Speaker. She brought forth valuable insights on menstrual health management, eco-friendly menstrual products, and the long-term benefits of adopting sustainable hygiene practices. Her talk emphasized the need to normalize open discussions about menstruation and how small, conscious lifestyle changes can make a significant social and environmental impact.

PROCEEDINGS OF THE EVENT

The event began with a warm welcome by **Dr. Anju Bharti**, Faculty Coordinator of the Social Impact & Sustainability Club, who introduced the theme of the workshop and formally welcomed **Ms. Sajal Jain**. Dr. Anju Bharti highlighted the significance of initiating such conversations in academic institutions and encouraged students to engage actively and openly with the topic.

The workshop continued with a highly engaging session delivered by Ms. Sajal Jain, which covered the biological, emotional, and societal aspects of menstruation. She also discussed sustainable alternatives to traditional menstrual products, sustainable pads, explaining their

environmental benefits and long-term cost-effectiveness. She launched the bamboo fibre made sanitary pad to the audience. Students showed great enthusiasm, participating in interactive discussions and raising questions around menstrual challenges and the feasibility of adopting sustainable solutions in daily life.

As part of the collaborative effort with Stemz Healthcare, **a pre- and post-evaluation form** was shared with all participants. These forms were designed to gather data on the participants' current understanding of menstrual health and to collect feedback regarding the session and the sustainable products introduced. The sample of sanitary pad was provided to each student by the company. This feedback will help the company assess awareness levels and the feedback of sample pad to tailor future health initiatives more effectively and also to maintain sustainability by the usage of bamboo-fibre made sanitary pad.

Additionally, **distribution of sanitary pads** is scheduled for all participants as a follow-up to the session. This initiative aims to support menstrual hygiene among young women and reinforce the key takeaways from the workshop.

The event witnessed active participation from the female student community of the MBA, BBA Department. The support of faculty members **Dr. Neeru Gupta and Dr. Sangeeta Rawal (HOD, MBA)** played a vital role in ensuring the success of the session. Their presence and encouragement added great value to the event, reinforcing the institution's commitment to student wellness and social responsibility.

In conclusion, the virtual workshop on Sustainable Menstrual Health was a well-received and impactful initiative that contributed meaningfully to health education, sustainable awareness, and social empowerment.

