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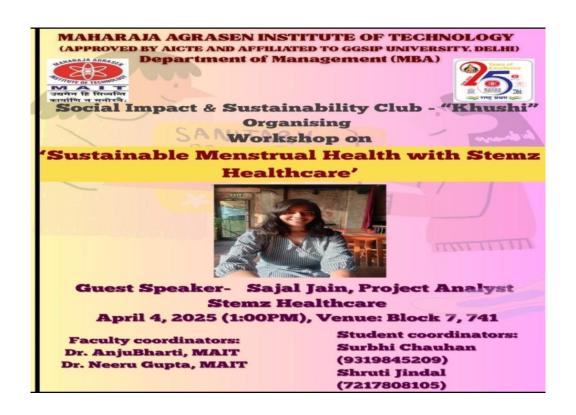
MAHARAJA AGRASEN INSTITUTE OF TECHNOLOGY

Approved by AICTE & Affiliated to GGSIP University, New Delhi

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Social Impact & Sustainability Club- 'Khushi"

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



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 students 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.











