

REPORT ON AWARENESS PRGOGRAMME ON INTERNATIONAL
WOMENS DAY

RAJIV GANDHI UNIVERSITY

DOIMUKH, ITANAGAR-791112

TITLE OF THE AWARENESS: ADVERSE AFFECT OF SANITARY PADS ON ENVIRONMENT

DATE: 08/03/2020

VENUE: labour colony, Rono hills, Doimukh, Arunachal Pradesh-791112

NEED OF THE AWARENESS: sanitary napkins are detrimental to nature when it comes to disposal. as sanitary pads are mostly made of plastic, it takes more than 600 years to decompose.

Most alarming is that there is no proper mechanism for disposing of these pads. They are either flushed down the toilet, ponds, river, open areas or tossed away polluting the soil.

Because of many demerits of commercially sold napkins, we were putting more efforts on sensitizing participants with sanitary pads with respect to health and environment.

OBJECTIVES OF THE AWARENESS: To sensitize on sanitary pads

PROCEEDINGS OF THE AWARENESS: As detailed below



The formal welcome address was delivered by senior NSS Volunteer, Gami Bogo from RGU. The organising teams were then introduced to the villagers and other participants followed by keynotes address by Dr. Esha Tangha a student from homeopathy college, itanagar. On her address she highlighted various health related problems and how to dispose off properly the used sanitary napkins by throwing napkins in dry bin and not in wet bin.



Miss Gami Bogo NSS Volunteer delivering welcome speech.



Dr. Abom Richi along with her colleague showing demonstration on how to properly dispose off sanitary napins and talked on various precautions to prevent health problem issues.



Dr. Rei Ete also talked on COVID-19 and gave awareness on how to protect oneself from coronavirus disease and take precautions by using hand sanitizer containing alcohol in it and washing the hands frequently with handwash and soaps. Dr. Rei Ete also demonstrated on how to put on face mask to villagers. Followed by few words from Mem Negang Pertin, NSS volunteer regarding the pollution caused by sanitary pads and other plastic materials in environment which indirectly affect our health and argued villagers to utilise the sunrays as much as possible for drying undergarments.



Miss Mem Negang Pertin, NSS Volunteer address on environmental pollution caused by sanitary napkins and to maintain hygienic health.this was followed by vote of thanks delivered by miss Elo mikhu, senior NSS Volunteer, RGU.

After the formal programme ends, the NSS Volunteers (boys) of RGU and homeopathy students distributed free sanitary napkins to the villagers. After the distribution of sanitay napkins villagers and other participants were given lunch refreshment. This was followed by free medical health check up for villagers and other participants organised by homeopathy students, itanagar.

PHOTO GALLERY:







Free health check up for participants by homeopathy students.



Number of total participants: 120(including men and women)

Highlights of the villagers participation:

There were primary and secondary students from village along with women and men, NSS Volunteers from various department and homeopathy students. The active participation of the villagers and students were seen in asking queries related to sanitary and coronavirus symptoms. The contribution of the students as volunteer members for organizing the event was praiseworthy.

Learning outcomes of the awareness programme:

- Minimization of the medical illnesses related to reproductive tract infections in women and girls.
- Training and habit formation to use sanitary napkins and maintain hygiene during periods.
- Ensure that the girl child does not miss the school which result in reduction in absenteeism
- To see gynaecologist if there there is any irritation.
- Health check up on blood pressures and their remedies were provided.
- To use sanitizer containing alcohol after touch of any dirty material.

- Frequent wash of hand using handwash.

Highlights of the activity:

- Applauses pour in after every deliberation of words as the programme was organized in a manner that no male should be ashamed of giving sanitary pads to their own mother, daughter and sisters.
- The NSS Volunteers of RGU and students from homeopathy organized the programme in a meaningful way where the villagers and students from various departments participated enthusiastically.
- All the talks were of a short duration with maximum participation.