

Press Release from Women, Child, Senior Citizen, and Divyangjan Welfare Department
DHEW Gyalshing Conducts Awareness Programme on Menstrual Health and Hygiene As part of the 10-Day Special Awareness Campaign under SANKALP: Hub for Empowerment of Women Gyalshing, September 11: The District Hub for Empowerment of Women DHEW under Women, Child, Senior Citizen, and Divyangjan Welfare Department, organised an awareness programme on Menstrual Health and Hygiene today at Lingchom Senior Secondary School.

The programme was graced by Mrs. Radha Sharma, Principal of Lingchom Senior Secondary School, as the Special Guest, who extended her support to the initiative and emphasised the importance of open dialogue on menstrual health for the well-being of adolescent girls and women. The session commenced with a welcome speech by Ms. Renuka Chettri (Social Welfare Inspector), who highlighted the relevance of menstrual health in ensuring dignity, safety, and empowerment for women and girls.

Introducing the participants to the objectives of the Hub for Empowerment of Women, Ms. Sabita Subba (Gender Specialist, DHEW) explained the services and schemes available through the Hub, including counselling, health awareness, and welfare linkages.

The key session was conducted by Mrs. Bhawana Poudyal (Nurse, District Hospital Gyalshing), who sensitised participants on the importance of menstrual hygiene, safe practices, and breaking taboos around menstruation. She further discussed the role of nutrition and awareness in reducing menstrual-related health issues and encouraged adolescent girls and women to adopt safe and sustainable practices.

The programme saw active participation from students, teachers, and staff of Lingchom Senior Secondary School, who actively engaged in discussions and interactive sessions on menstrual health and hygiene.

The programme concluded with a vote of thanks delivered by Ms. Renuka Chettri (Social Welfare Inspector), who expressed gratitude to the resource person, dignitaries, and participants for their enthusiastic participation and contributions.

This initiative reflects the Government of Sikkim's ongoing commitment to promoting women's health, empowerment, and inclusive development as part of the state's 50th year of statehood celebrations.