

**Gangtok, August 09th (IPR):** District level IEC programme on Menstrual Hygiene Management and Decentralized Composting was held in the EDZP Hall, today. The programme was organized by the office of ADC (Dev) Gangtok, RMDD.

The programme was chaired by the Hon'ble Adhakshya East Shri Shamsher Bokhim as a Chief Guest.

Shri Shamsher Bokhim while addressing the function talked about Social taboos and its impact on societies, women's emotional state, mentality and lifestyle and most importantly health. He said there is a need to follow strategic approach in combating these issues and Menstruation is the natural process of the reproductive cycle which every individual should be aware of.

He said that social taboos associated with menstruation in order to improve the reproductive health of adolescent girls and women is to raise the awareness among the adolescent girls and every single individual of the society related to menstrual health and hygiene. Community based health education campaigns in Schools and Rural/ Urban areas should take place frequently, he added.

The aim of the programme was to sensitize the people and make them more aware about the Menstrual Process.

Earlier, the programme also saw a PP Presentation on Menstrual Hygiene Management by Dr. Chungden Lepcha where she elaborated on the early menstrual process and its hygiene of teenage girls. Dr Lepcha urged parents and teachers to make girls comfortable about it and talk about it with their daughters and Students. The presentation's focus was on the Menstrual Hygiene during the Menstruating days by representatives from ESS India.

Shri Sonam Palden Bhutia Sub-Inspector, Mangan Nagar Panchayat also gave a brief presentation on Decentralized Composting. He talked about various decomposing process which can help in keeping environment clean.

Dr. Chungden Lepcha, Gynecologist, Miss Upashna, representative from ESS, India and Shri Sonam Palden Bhutia Sub-Inspector, Mangan Nagar Panchayat were present as Resource Persons for the programme. Students, Teachers, Panchayats, BDOs, Singtam CMO and officials were also present in the programme.

