

One-Day Workshop – International Day of Action for Women’s Health

28th May is the International Day of Action for Women’s Health. A new student club, Red Taboos Club was founded in Shoolini to spread awareness about menstruation and address the stigma surrounding it. The day started with the inauguration of the sanitary pad vending machine – a first in Shoolini University, and a big step towards change. Our Guest of Honour, Ms. Saroj Khosla (Founder of SILB) and our Chief Guest, Ms. Taruna Mehta unveiled the sanitary pad vending machine and used it for the first time.

The formal event took place in APJ Hall and was a full-day event that contained multiple talks from people on a variety of topics related to Menstrual Health. Saraswati Vandana and Lighting of the Lamp started the event on an auspicious note. The anchors gave a short introduction to the event and welcomed all the guests, faculty members and our audience, which consisted of all the female housekeeping staff at Shoolini (class 4 employees) and Shoolini students. To begin with Ms. Saroj Khosla formally inaugurated the Red Taboos Club with the student heads – Ansh Shukla and Keshav Jha. A presentation on the club’s vision, objectives, activities and projects was given to make the audience aware of the functioning of this club.

The inaugural session to welcome the audience and set the tone for the event ahead was given by our Guest of Honour, Ms. Saroj Khosla. After discussing the entire flow of the event today with the audience, she went on to discuss societal perspectives about the girl child.

Volunteers from Sachkund Foundation, who are our partners in this endeavour, came onto the stage to introduce themselves their organization and their work. They also brought with them a period cramp simulation for the men to try and experience. Interesting project for the men to know what women have to go through - an attempt to increase sensitivity and spread awareness.





Link to news- <https://himachaltonite.com/himachal/men-sensitized-on-cramps-during-periods/>

Men sensitized on cramps during 'periods'

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Solan, May 29

Sachkhand Foundation, a students led voluntary organisation which runs on the motto of 'Sarbad Da Bhala', organised a unique period cramps experiencing workshop for men in Shoolini University campus on Saturday.

The workshop named 'Aziyat', used a menstrual cramp simulator which connects to the surface of the human skin and uses electrical signals to cause pain similar to cramps during periods. It gave a realistic experience on how a woman feels during the periods.

Ravijot and Gurjot from Sachkhand Foundation were the head volunteers from the New Delhi based foundation which was formed by two boys during the second wave of covid. The foundation currently has the support of more than 2000 volunteers. The foundation collaborated with The Red Taboo Club which was led by Gunjan, Anushka, Mrinalini and Kanishka from Shoolini University and is currently headed by Dr. Nitika and Dr. Prachi.

More than 80 Shoolinians took the step to experience the pain of the cramps. "It was once in a lifetime experience of how a women feel when she is in her period days." said by Yash, a student who experienced the pain caused by cramps at the workshop.

Director e-learning, Dr Aashoo Khosla said that the camp provided a valuable experience to the male students who were sensitised to the pain faced by females during periods.

A sanitary pad vending machine was also inaugurated and more such machines are likely to be placed in various girls hostels and toilets.