

## **Report on Menstrual Hygiene Management (MHM) Trainings**

Rotary club of Panaji has installed 9 Menstrual Hygiene Units in Goa University Campus. These MHM units are located in 9 locations namely A,B,C,D, E,F faculty blocks and in Old Ladies hostel, Administrative building and in the Library.

On 25<sup>th</sup> June 2018, 9 Menstrual Hygiene Management units installed in 9 locations in Goa university campus were inaugurated on the occasion of Goa University Foundation Day.

Department of Women's Studies submitted the proposal to conduct the trainings. The training was to sensitize students on maintaining sanitation and hygiene, functioning of MHM units and keeping Goa University free from plastic as Goa university campus is also home to wild birds and animals.

The main objective was to promote one of the objectives of the Swachh Bharat Mission at Goa University campus about cleanliness and protecting the environment.

There are certain guidelines in operating and using these units and therefore it was important that we conduct briefing and training session for consumers of these units. Firstly, the sweepers cum sanitary workers of Goa university need to be trained as the sanitary vending machines need to be refilled on time-to-time basis and in order to monitor the functioning of these units it was important that sweepers on duty need to understand the functioning of these units. Secondly, awareness and training programme for female students, faculty and administrative team of Goa University on using the MHM units. Training was conducted for males as well.

During the training both male and female students were present as training included instructions on maintaining sanitation and hygiene, providing dignity to the sanitary workers and keeping the campus clean.

Following activities were conducted:

1. It was noticed that students are not maintaining cleanliness and hygiene in the washroom and even sanitary workers are facing problems. The soiled sanitary napkins were thrown in the toilet and not in the dustbin. Women's studies students decided to clean the ladies washroom they are using once and set it as an example for other students to keep the toilet clean. On 24<sup>th</sup> July 2018, students of Women's studies cleaned the washroom. This was first time in the history of Goa University that Students cleaned the washroom.
2. Training for Sanitary workers in managing Menstrual Hygiene Management units (MHM) in the Goa University campus was conducted on Wednesday 25<sup>th</sup> July 2018 from 2.30 p.m. to 5.00 p.m. in Seminar Hall. There were approximately 56 sanitary workers who attended the training. Training was also attended by their managers too. During the training the challenges faced by these workers were identified and recommendations on improving their work were identified.
3. Awareness and training for female as well as male students, faculty and administrative team in using and managing MHM units were provided. In order to brief them about machine use video was made to explain the process on working on MHM units. Maintaining sanitation and hygiene in washrooms was explained and acknowledging the sanitary workers work. Students of Women's studies department were provided training to conduct the session. In total around 26 departments training had to be completed in addition to hostels and administrative staff. Please see the table below for the details. In total 39 sessions were

conducted in 24 departments and in two departments training could not be conducted as concerned authority was not available to give appropriate timing to conduct the session. We will conduct the sessions in these two departments when the concerned authority permits the students to conduct the sessions. In total 1043 students in various departments were sensitized in maintaining sanitation and hygiene in the Goa University Campus.

#### MHM Training Report

Sr. No.	Department	Trainer Student	Date	No. of sessions	No. of students and staff attended
1	Biotechnology	Srishha/ Namrata	4/9/18	1	28
2	Botany	Kiran/ Srishha	3/9/18	1	37
3	Chemistry	Srishha/ Namrata	4/9/18	2	31
4	Commerce	Kiran	5/9/18	5	121
5	Computer Science & Technology	Sailee Faldessai/Ramita	31/8/18	1	9
6	Earth Science	Kiran	20/8/18	1	22
7	Economics	Kiran	29/8/18	2	48
8	Electronics	Suchitra/Ramita	30/8/18	1	8
9	English	Susparsha	6/8/18 and 7/8/18	2	71
10	French & Francophone Studies	Susparsha	6/8/18	1	15
11	Hindi	Ramita	8/8/18	2	43
12	History	Suchitra	31/8/18	2	65
13	Konkani	Kiran /sailee	6/8/18	1	61
14	Latin American Studies	Srishha /Namrata	6/9/18	1	5
15	Library & Information Science	Namrata/ Srishha	4/9/18	1	35
16	Marathi	Susparsha/Kiran	3/8/18	1	28
17	Mathematics	Srishha / Namrata	4/9/18	1	41
18	Microbiology	Sailee K/ Srishha	4/9/18	2	68
19	Philosophy	Sailee Faldessai/ Susparsha	10/8/18	1	5
20	Physics	Ramita / Susparsha	10/8/18	2	28
21	Political Science	Kiran / Susparsha	8/8/18	1	25
22	Portuguese & Lusophone Studies	Susparsha/ Kiran	8/8/18	1	13
23	Sociology	Namrata/ Susparsha	27/8/18	1	24
24	Ladies hostel new	Namrata and Srishha	4/9/18	1	36
25	Zoology	Kiran	24/8/18	1	21
26	Administrative Sections	Kiran , Suchitra, Susparsha and Ramita	7/8/18	1	90
27	Ladies hostel old	Ramita and Suchitra	9/8/18	1	58
28	Ph.D hostel	Ramita and Suchitra	10/8/18	1	7