

First Lady Smt. Neelam Mishra inaugurates Sanitary Pad Vending Machine at Tourist Information Centre, Leh

Leh, March 23, 2025: In a significant step towards promoting menstrual hygiene and ensuring access to sustainable sanitary products, the First Lady of UT Ladakh, Smt. Neelam Mishra, inaugurated a Sanitary Pad Vending Machine at the Tourist Information Centre, Leh on Saturday.

The program began with a warm welcome address by Secretary of Rural and Social Welfare, Shashanka Ala, who acknowledged the presence of all dignitaries, especially the First Lady, and expressed her appreciation for the initiative. She highlighted its importance in addressing menstrual hygiene issues in public spaces, ensuring that women, particularly tourists and locals, have access to safe and hygienic menstrual products.

Dr. Disket, a gynecologist, engaged with the audience through an informative session on menstrual hygiene and health. She spoke about the importance of proper menstrual care, precautions that women should take, and the necessity of spreading awareness to break the stigma surrounding menstruation.

In her address, Smt. Neelam Mishra stressed the need to eliminate societal taboos around menstruation and encourage young women to prioritize their health. She pointed out that menstruation is a natural process, and ensuring access to clean, comfortable, and eco-friendly menstrual products is a fundamental step towards gender equality and women's empowerment. She also emphasized that this initiative aligns with Ladakh's broader vision of creating a clean environment, promoting good health, and uplifting women through sustainable solutions.

The installation of the vending machines is expected to benefit not just local residents but also the increasing number of tourists visiting Ladakh, ensuring that women have access to sanitary facilities even in public spaces. By promoting the use of biodegradable sanitary pads made by local women, the initiative also contributes to reducing plastic waste and fostering economic opportunities for women-led businesses.

The programme was attended by Secretary Tourism Vikram Singh Malik; Secretary RDD Shashanka Ala; Assistant Director Tourism Padma Angmo; Gynecologist Dr. Disket; President, All Ladakh Hotel and Guest House Association Rigzin Wangmo Lachic and female staff of tourism Department.





