



WOMEN HYGIENE DRIVE

WHAC/ 20 /2018-19

Village Gannur, Sonepat, August 27, 2018

Certain appalling statistics that highlight about Indian Women Health & Hygiene collected from public domains says

About 88% of the 355 million menstruating Women in India do not have access to basic Sanitary Products like Napkins and use home-grown alternatives such as old fabric, rags, sand, ash, wood shavings, newspapers, dried leaves, hay and plastic.

India accounts for 27% of the world's cervical cancer deaths- because of poor menstrual hygiene.

Around 23% of girl students drop out of school when they begin menstruating.

Countless women drop out of the work force during their menstruation.

About 75% of adolescent girls suffer from infections and health disorders during menstruation

200 million girls in India lack awareness of menstrual hygiene and associated healthcare practices.

To overcome all these problems Oxygen & Sahyog Foundation organise Women Hygiene awareness camps as Women health care camps encourage women to seek medical aid for their reproductive health and well-being. Counseling couples, educating adolescent girls regarding health & hygiene. Apart from emphasizing on the general as well as personal cleanliness and its benefits, The session focus on Menstrual Hygiene awareness programs for the women and the adolescent in the village & Semi urban slums.



On 27th Aug 2018 Oxigen & Sahyog Foundation CSR team organized awareness session at Govt School in Gannur Village, Sonapat wherein around 80 girls from class 7-12 std along with their class teachers attended the session .Our awareness session agenda focused on Personal cleanliness & Hygiene , anemia awareness, Healthy habits ,Breast cancer and Cervical cancer awareness

During the session we discussed with the girls about the Need for Menstrual Hygiene and In-case of poor menstrual hygiene we may

- Increased Risk of infection (including sexually transmitted infection) is higher than normal during menstruation (Urinary tract infections UTIs/RTIs) are bacterial infections
- Using unclean rags leads to the growth of unwanted bacteria that could lead to infection

Promotion of menstrual hygiene

We aim to address this issue by educating young girls & women about menstrual health and well-being by spreading awareness and by making hygiene products like sanitary napkins more accessible to these women. By informing them about the strong connection between hygiene and health, and educate them on best practices to adopt using hygiene products like sanitary napkins, we try to reduce a lot of hygiene and health related problems among the women population. We distribute sanitary napkins to the girls and explained the importance of Sanitary napkins. Girls from rural areas going to the school were trained and advised to use and properly dispose-off these sanitary napkins by the team .



BENEFITS TO WOMEN.

- Reduced loss of man-days and increased attendance in school
- .Reduction in complications at maternity

The session concluded with words, there is great need for more educative programmes for Girls & boys, and also many more interventions in the media on adolescents and health, to help parents and elders to understand these issues, so that they may be able to provide better supportive care and guidance at home. In short, what we need is real life education that equips young people to face emerging challenges with confidence. If the psychological needs of an adolescent are not met, it could have emotional consequences affecting his/her mental, social and emotional behavior. Availability of proper guidance and counseling services could lead to a decline in the rate of chronic health diseases, juvenile delinquency and crime.

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