

WOMEN HYGIENE DRIVE

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**Bhartiya School, Narnaul, Alwar
October 26, 2018**

Millions of adolescent girls and women around the world lack access to safe water and sanitation. Without this basic need, it makes it impossible for them to manage their menstruation in a hygienic way. Something has to change. And it begins with creating widespread awareness about this important issue.

Oxigen & Sahyog Foundation CSR team in collaboration with Bhartiya School, Alwar, organized a Women Hygiene awareness session on 26th October 2018. The objective of the programme was to have an interactive discussion on breaking the taboos and myths around menstruation and menstrual hygiene management. The interactive session involved 85 adolescent girls from class 8th – 11th STD.



The Session began with a question and answer session

on menstruation which saw few girls participation enthusiastically. CSR team took the stage and ensured that the dialogue on menstruation reaches every girl present. The session revolved around various myths associated with menstruation and how those myths can affect one's



health. Also, several hygiene practices to be followed during menstruation were discussed. During the session, there is also clear evidence to show that ignoring good menstrual hygiene is damaging not just women and girls directly but also for schools, health sector, society, business and economies. Further discussions proceeded with objectives: To educate and make aware on

menstrual hygiene to adolescent girls in schools; To support girls in learning and practicing good menstrual hygiene management; To sensitized and educate the school management on menstrual hygiene management and requirement of girl friendly toilets and sanitary products.



Students were educate on menstrual hygiene and were also make aware on requirement of safe and private sanitation facilities in schools for adolescent girls for the better health results to pursue their education. Lack of a separate and usable girl's toilet in schools and a toilet at home leaves adolescent girls and women to face the indignity of open defecation. Apart from sharing knowledge about menstrual hygiene team also educated these girls about the good touch and bad touch. Following up to the session Sahyog foundation distributed sanitary napkins packets to girls , who don't have access to it .



The session ended on an emphatic note with affirmation "So I now say without fear, I am on my period. I wear pads. I bleed," which was like a message to all the girls who are ashamed to talk about their period.

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