

WOMEN HYGIENE DRIVE

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Bharpuri, Delhi

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According to Women Economic Forum report, only 12 per cent of India's girls/women use sanitary pads, 23 per cent girls leave school with the onset of puberty, 200 million women out of 355 million live in the dark about menstruation and good health-hygiene practices; most believe menstruation is a burden, going by all the restrictions imposed on their activities during periods.

In some parts of India and Nepal, women and girls are forced to sleep outside their homes when they have their period. "We are not allowed to enter temples. These were few of this points which came up instantly, as we started the Session at Slum in Bharpuri, Delhi on November 28th, 2018



Going ahead with our discussion session we observed that, many myths and taboos still persist around menstruation and lead to negative attitudes toward this biological phenomenon not only in Rural or Semi Urban location but across the globe. Majority of the women & Girls attending the session shared that they have experienced period shaming; about 50 per cent girls are embarrassed by their period. Few of the girls reported that young girls do not attend school during menstruation, absence of approximately four days every four weeks. Partly due to the difficulties in measuring absenteeism and its causes, especially when linked to menstruation, there are differing opinions on the impact of inadequacy of basic menstrual hygiene materials.

During the session we tried to address the gap in menstrual hygiene management (MHM) awareness and encourage behavioral change. The session worked on following steps

- Creating awareness about menstrual cycle,
- How to tackle challenges during menstrual cycle,
- How to maintain health and hygiene,
- How to tackle physical pain and emotional fluctuations,
- To create awareness against superstitious beliefs around menstrual cycles
- Counselling students

Vocational Center head while talking to the girls at the end of the session said, “It is important to create awareness among girl students, but I stress up on the point that sanitary napkins should be made under essential commodities and their price should not be increased.” She further added the importance of these sessions as



- 1) Around 23 per cent of these girls drop out of school after they begin menstruating. This prevents a quarter of the next generation of the female population from pursuing higher education.
- 2) Similarly, women are forced to miss roughly four working days a month, resulting in 48 days of lost income in a single year. The ramifications of this loss manifest themselves in everything, from food availability to health and the larger space of women empowerment.
- 3) Safe and effective menstrual hygiene management or ‘MHM’ is a trigger for better and stronger development for adolescent girls and women.



The best place to make an impact on improving the lives of girls and woman is in Menstrual Management. The time has come to promote – loudly and unashamedly – the role of good Menstrual Hygiene Management (MHM) as a trigger for better and stronger development of girls and women on their personal, educational and professional

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