

WOMEN HYGIENE DRIVE

WHAC/ 24 /2018-19

Nayi Basti, Dundaheera, Noida Sec 90

September 19th, 2018

In spite of hot & humid afternoon, Gautam Budh Nagar District Mass Awareness Menstrual Hygiene Management was conducted successfully on 19th Sep 2018 at Active pupil Academy Higher Secondary School at Nayi Basti Yusufpur, Dundaheera, Greater Noida, U.P with attendance of more than 80 adolescent girls and women plus teachers & ANM's from nearby schools & Villages of Sec 135 Greater Noida, Organized by Oxigen & Sahyog Foundation CSR team. Session aimed to raise awareness on the biology of menstruation among girls and women, for a deeper understanding of our bodies and its natural phenomenon which can put an end to the myths, taboos and stigma revolving around menstruation in our society.



Women Hygiene awareness camp (WHAC) CSR team from Oxigen addressed the Villagers and said, 'Menstrual hygiene management is a very important aspect of health not just for girls and women but entire community. Team also stressed on the need of involving men in awareness sessions on menstruation because a well balanced society comes from each gender knowing the challenges of the other and extending help. Men should extend help and understanding.

The participants were taught the negative impact of feeling ashamed of menstruation and how facilities and support are compromised in this culture of silence.

Hygiene practices during menstruation and safe disposal were taught using a wide range of sanitary materials including bio-degradable and eco friendly sanitary pads, tampons and menstrual cups.

Adolescent girls shared they had never heard of anything else other than the usual pads in stores. Participants were given pamphlets on menstrual hygiene practices the do's and the don'ts and sanitary pads were distributed for free to symbolise hygiene and health. Many students clarified doubts from CSR Activist from Oxigen during



question and answer round. Some of the major questions were if it was right that girls should not take bath or wash their hair during periods as told to them by mother and elders in homes. Few girls wanted to know the nature of diet and what kind of foods to be avoided. Many complained of menstrual cramps and what can be done to get relief. One girl said she was told not to scratch if itchiness prevails because it gives permanent scars and rashes. Itchiness was a regular complaint and participants said she suffered silently without having anyone to escalate the matter to. The program was appreciated by the School authorities,

community, teachers and students.

Seema Khurana
CSR Activist