

## WOMEN HYGIENE DRIVE

**WHAC/ 25 /2018-19**

**NGO Pravah, Gurugram**

**September 26<sup>th</sup>, 2018**

Continuing with its tradition of sharing knowledge with the underprivileged communities, Oxigen and Sahyog Foundation conducted a workshop on menstrual hygiene at Pravah education centre sec 47, Gurugram an NGO run by DPS (Delhi Public School) on Sep 26. The menstrual hygiene workshop was conducted on female sanitation, personal hygiene and issues related to menstrual cycle for women and adolescent girls. At the workshop CSR team talked about hygiene and health issues related to menstrual cycle. Women and girls who attended the session were also forthcoming about their personal experiences. The team also used audio-visual elements to drive in the point about maintaining hygiene.



### **During the interaction session girls came up with the issues they face during Periods**

- For many, the major issue is that they are not supported with a supply of disposable sanitary pads either from School or PHC. It means they have to find ways to buy their sanitary pads in the nearby shops. When they don't have surplus money, they can't borrow from their neighbors or get in debt with the local shops.
- For others, the concern is the lack of privacy to change in their small shelters, which often house up to six people and have no partitions. They face risks each time they seek out hideaways to change their sanitary pads, particularly at night.
- To add to the burden, private spaces to wash and dry reusable pads and cloths napkins are scarce forcing women and girls to use communal bathing and washing areas. During the heavy rainy seasons, it is also difficult for reusable pads and cloths to dry properly which can lead to infection.

***"My mom and aunts told me a little bit, but I had never heard most of the information that is shared with us here," said Razia***

To support women and girls, Oxigen CSR team during awareness sessions added practicalities of how to use and dispose of sanitary pads and the hygiene to maintain during the





period, they discuss in detail the menstrual cycle and how it may impact women's bodies and feelings.

Embarrassed to discuss their menstrual cycle, this awareness session was the time when many women and girls openly talk about the issues that they face. "Sometimes the pains are so strong during the period" "Cramps" "Weakness" "difficulty working". One was the girl stand up and said I Usually get upset by all

these "Now I realize I am not the only one".

Apart from giving them important information that allows women and girls to get through their period each month safely and with dignity, the awareness sessions was also an opportunity for the community to identify simple steps that they can take to improve the situation. There is still a long way to go before this is done, but the conversation has started.



**Seema Khurana**  
**CSR Activist**