

WOMEN HYGIENE DRIVE

WHAC/30 /2018-19

Wazirabad, Gurugram

November 22, 2018

When it comes to India, the scenario of menstrual hygiene is pretty bad. Even today, when there are economical options of staying clean during that time of the month, many women from the lower strata of the society are still forced to turn to unhygienic means such as using old clothes etc to manage their menstrual cycle.



Aware of the primitive methods used by poor women, Oxigen & Sahyog Foundation decided to organise awareness sessions about the importance of maintaining hygiene during the monthly cycle and distribute sanitary napkins under their CSR Initiative.

With an aim to transform women into healthy, empowered and resilient individuals to face the world with more confidence by providing them with knowledge and skills that enable them to create their own safe and healthy futures Oxigen & Sahyog Foundation CSR team organized an awareness session at village Wazidpur, Noida for the Village women on 23 rd Nov 2018 afternoon. With a hope that the session will uplift women, so they can at least stand up for their very basic rights and menstrual management .According to most of them, using pads is no less than a luxury. They say that they use pads occasionally, particularly when stepping out of their homes. The instructor at the awareness session explained different aspects about the menstrual cycle: why women go through pain during this time, how to deal with it and how every woman's body reacts differently while menstruating. To get a deeper understanding into the mindset of the women spoke to over 50 women there and found that most of them still use old clothes to manage their menstruation. We were appalled and told them about the ill-effects of resorting to such methods, and myths about menstruation as a major reason for lack of awareness.



The women were convinced to use sanitary pads, in order to avoid getting rashes and infections, as well as feel comfortable while performing their routine work.

Seema Khurana

Lead & CSR Activist