

WOMEN HYGIENE DRIVE

WHAC/41 & 42 /2018-19

Govt School, Slampur & Maharajawas, District Alwar
January 23rd, 2019

Talking about topics like menstruation and menstrual health can be difficult in rural India.

Recognizing this, Oxigen & Sahyog CSR team decided to create a space where young girls from a village of Rajasthan could discuss these topics without fear.



On the 11th Jan 2019, Oxigen CSR team during an Eye camp at Village Gujarawas met the people residing there. We met women, youth, and teenage girls, and acquired some information about the culture, education, and history of the place. Our team realized that the level of education in the village is quite satisfactory. However,

along with formal education, teenage girls should get health-related teachings as well, which they neither get at home from their mothers, nor at school from their teachers. Our team decided to talk to these young girls regarding menstrual health so as to create awareness around the topic.

With this in our mind, we went to 2 Govt. Schools in Alwar District – in Village slampur and Maharajawas and discussed with the Principals, telling them about our intention to conduct a



programme on girl's health. We are very grateful to the Principals and teachers for allowing us to use the school campus to run the session.

On 23rd Jan 2019, we organized these sessions in first and second half .This was the first time when a session like this, on a topic like menstruation, was conducted in both the Schools. Teenage girls were

told how they can talk about periods without any apprehension, with their mothers, sisters, or friends. We explained to them that periods are natural and there is nothing wrong about them, and it's us who can change the stigmas that surround it. We also explained them about taking



extra care of their diets during these days. The impact of the session on menstrual health was such that many girls at both the locations came forward to open up about the problems they face during periods, and got solutions to those problems.

Before this session, these girls had never got a chance to even

talk about the topic. This was a fairly new experience for them and For me as well, both the sessions on menstrual health were very interesting, as they were very interactive and we ended up making new relationships by having this kind of conversation.

We provided these girls with a space where they can freely speak out their minds and say whatever they want.

In all more than 350 girls were benefited by these sessions.



Seema Khurana

CSR Lead & Activist