

WOMEN HYGIENE DRIVE

WHAC/43 /2018-19

Govt School, Village Mohammadpur. District Alwar
Feb 11th, 2019

Oxygen & Sahyog Foundation on regular basis organizes an education and awareness drive on Menstrual Hygiene management.

Dysmenorrhea, the medical term for menstrual pain, is the most common yet most deflected and ignored gynecological problem among adolescent girls and young women. The workshop organized on 11 th Feb 2019 at Govt Sr Sec School Village Mohammadpur District Alwar thus aimed at educating school girls on the issue as an initiative towards reaching the target audience directly.



The event saw participation by 190 girl students from Class6-12, who was enthusiastic to understand more about dysmenorrhea, do's & don'ts during Periods and the risk factors. CSR team offered them on the take on how period pain is not normal. The myths surrounding period pain were also broken down.



Adding more to the thought, a source From Oxygen said, "Dysmenorrhea adversely affects women's productivity, physical and emotional well-being even education & career growth. It is therefore imperative that there is awareness about this issue and women approach their family physician & gynecologist for advice. Ignoring this can have a massive social and

economic impact on the society"

During the workshop Team also gave a presentation about the condition during periods

followed by an interactive question and answer session.



Dr Meher Sarid Group president corporate affairs added, "Majority of girls ignore the signs due to the lack of awareness and the synonymous reference of periods and pain caused during periods. Hence, it is undoubtedly necessary to spread the word about Dysmenorrhea. And I am honored to be a part of this initiative to reach the masses."

Given the fact that there is a lack of awareness about menstruation and the factors surrounding the condition, a more proactive approach is needed to dispel myths and enable greater clarity. It is a serious issue which needs targeted action.

Seema Khurana

CSR Lead & Activist

