

## WOMEN HYGIENE DRIVE

**WHAC/46/2018-19**

Vocational Center, Narela  
Feb 26<sup>th</sup>, 2019



In India many communities believe that a menstruating woman is 'impure'. A 2016 study by the TATA Institute of Social Science (TISS) found that eight of ten Indian girls are not allowed to enter religious shrines when they are on their period, six out of ten girls are not permitted to touch food in the kitchen and, three out of ten are forced to sleep in a separate room. In our urban cities too, sanitary

pads are wrapped in black plastic bags or paper before being sold because of the shame associated with periods. Even girls feel embarrassed to talk about their periods despite coming from good schools and receiving the best education because, at home, they are not allowed to enter the 'puja' room or the kitchen when it's their 'time of the month'.

The prevalence of the taboo even in the 21st century can be attributed to low awareness about menstrual hygiene in both men and women, low levels of education and understanding of puberty and reproductive health.

With a hope that awareness created about menstruation will help girls continue their education unhindered and women from now will be comfortable

enough to discuss periods without cringing or whispering, **Oxygen & Sahyog Foundation hosted a session to talk and educate women & girls on menstruation, its impact on their health & life, sanitary napkins and its affordability, eco-positive & healthy alternatives that are available. The event was titled**



**“We need to change things” at New India vocational training center at Narela on Feb 26<sup>th</sup>, 2019 where more than 125 girls and women from the nearby community attended the session.**

Apart from sharing knowledge about menstrual hygiene we also educated these girls about the good touch and bad touch. We have big plans relating to women of courage. As of now we conduct eight sessions per month in different slum areas, we are planning on conducting such events on regular basis.”



Speaking on this Occasion Dr.Meher Sarid said, “Govt. as well as private bodies have an important role to play in educating and first getting educated on the alternatives. We need to



sensitize women; especially young girls and only education can make a difference.” She also spoke about how periods is still a taboo subject, and while we have progressed to some extent on opening up on the topic of menstruation, a lot remains to be done.

Eventually, We need to start talking and start doing something to dispel the taboo at the grassroots level, so

that girls in India don’t drop out of school because of menstruation-related issues

“We encouraged young girl volunteers to join hands and take this initiative ahead,”

**Seema Khurana**

**CSR Lead & Activist**