



## WOMEN HYGIENE DRIVE

**WHAC/29/2018-19**

**Wazirabad, Gurugram**

**December 14, 2018**

“In rural areas, only 30% of women use hygienic methods of protection during menstruation as per the National Family Health Survey (NFHS). Girls typically miss one-two days of school per month during that period. Availability and accessibility of toilets at the household and institutions provides private space to adolescent girls and women for practising menstrual hygiene as per their requirement in a dignified way.”

Raising awareness among young girls is the first step to addressing the stigma attached to periods. Workshops about menstrual health, teaching biological facts to adolescents, whose lack of knowledge often result in its Women adverse health outcomes, was held at the New Indian Vocational training Center (PMKVY), Narela by Oxygen & Sahyog foundation on December 14<sup>th</sup>, 2018. During the Workshop CSR team discussed with the 75 Girls & women attending the Workshop that “puberty is a period of critical development with biological, cognitive, psychological and social change”. Girls stated that they often feel isolated, lonely and unprepared emotionally. Many homes create taboos on touching and mobility, based on ideas of purity. Some even said this is God’s punishment. The Indian reality of poverty and gender discrimination adds to the problem. “The girls came up with one more issue which was construction of toilets and provisions for proper disposal of sanitary pads and cloth used during menstruation were among the top demand”. I got down to work and construction of toilets and bathrooms began as a mission. We got incinerators made with toilets to facilitate proper disposal of menstrual waste,” said Mukesh Sharma (Director of Institute). “We also ensure that the toilets are kept clean in schools to get girls to attend school even during their menstruation. Regular sessions on menstrual hygiene are also organised in school,” Project Supervisor .

While taking the brief about the session Mr. Rajpal S. Duggal CSR Head, Oxygen said “We all must help girls to grow happy, hygienic and free”. Director New Vocational center (PMKVY)

Congratulated Oxigen & Sahyog Foundation for taking up this woman's bodily development session needs as the agenda under their CSR .“Girls need water, absorbent material, privacy, disposal facilities, counseling and care, “he said & Thanked Oxigen for taking this initiative so nicely and Whole heartedly.

**Seema Khurana**

**Lead & CSR activist**