



WOMEN HYGIENE DRIVE

WHAC/36/2018-19

Govt School, Usmanpur, U.P

December 17th, 2018

Issues associated with menstruation and MHM are never discussed and this burdens the Indian adolescent girls by keeping them ignorant of this biological function. 75% of Indian adolescent girls do not have any idea about what material to use to absorb period flow. Menstrual hygiene is crucial in the reproductive life of every female. Therefore, each and every adolescent girl should have sound knowledge on menstruation and menstrual hygiene-related practices (using sanitary napkins, washing of external genitalia and taking bath during menstruation etc.) .With this framework Oxygen & Sahyog Foundation CSR team reached Govt Higher secondary School, Usmanpur Village, Dhankaur on 17th Dec 2018, where around 80 Girls from class 6-8 assembled to attend the session on Women Hygiene awareness. The Session the talk about unsanitary old cloth pieces, papersetc. These unhygienic and unsanitary practices lead to a lot of infections such as fungal infections, urinary tract infections, reproductive tract infections, etc., which can cause infertility and even death.

After the session we analyzed that, though menstruation is a natural process, yet people, even women, hesitate to talk about it. Menstrual hygiene is an issue that every girl and woman has to deal with in her life, but there is lack of awareness regarding menstrual hygiene management (MHM) in India. As a result, most of the Indian girls and women are unaware of the menstrual hygiene-related practices that they should be adopting and their adverse health impacts on them.

In India, menstruation and menstrual practices are clouded by taboos and socio-cultural restrictions for girls and women. Menstruation and menstrual hygiene-related discussions are still a taboo in the Indian villages and across a large section of the urban society even now. Though menstruation is a natural process, yet people, even women, hesitate to talk about it. Menstrual hygiene is an issue that every girl and woman has to deal with in her life, but there is lack of awareness regarding menstrual hygiene management (MHM) in India. As a result, most of the Indian girls and women are unaware of the menstrual hygiene-related practices that they should be adopting and their adverse health impacts on them.

There is need to mobilize Indian girl students to use sanitary napkins. India should be a 100% sanitary napkin-using girl students' country. Major publicity campaign should be launched for girls to use sanitary napkins to enable them to understand their importance.

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