

## WOMEN HYGIENE DRIVE

**WHAC/47/2018-19**

**Govt Girls School, NIT**

**March 1<sup>st</sup>, 2019**

On 1<sup>st</sup> March 2019 an awareness session was organized by Oxygen & Sahyog Foundation CSR team at Govt Girls Sr. sec School, NIT-1, Faridabad. The day aims to break taboos and raise awareness about the importance of good menstrual hygiene management for girls worldwide. Nearly 275 girls from Class 6-8 & Class 11<sup>th</sup> attended the session, stressing on the theme stated that education about menstruation is very important in our society as there are many unhygienic related health issues and also pollutes the environment if used napkins are not discarded properly.



Speaking on this occasion Speaker Ms Seema Khurana from Oxygen & Sahyog Foundation CSR team highlighted the definition on menstrual hygiene management by UNICEF and WHO 2014. She continued, “When a girl has a period for the first time, it is a distinct step into womanhood and extra care need to be taken to prevent and protect oneself from infections.”

Session emphasized on the importance of maintaining and keeping good hygienic practices from menarche to menopause which is vital to all reproductive age group. Team acquainted the participants on how to stay clean and hygienic during monthly period by choosing the right method of sanitation, changing garments and pads regularly, taking bath regularly, right washing technique, proper ways of pads disposal and avoiding pad rash.



“Menstruation should no longer be a topic confined to remote corners of the house. Our aim was to educate every girl to move from anxiety to confidence about periods and promote better health and sanitation practices. The idea was to introduce the concept of menstrual hygiene; change attitudes and practices towards the demand, use, and disposal of pads; and build an ecosystem that enhances the agency of girls and women. Answering to girls queries during the interactive session we conclude the session.



**Seema Khurana**

**CSR Lead & Activist**