



## WOMEN HYGIENE DRIVE

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Saksham Bal Vikas Sansthan, Sushant Lok, Gurugram

September 10<sup>th</sup>, 2018

To Break the Silence and Shame about Menstruation, Oxygen & Sahyog Foundation organized Women Hygiene awareness Session at Saksham BAL Vikas Sansthan, Sushant Lok I, and Gurugram. 75 Girls between the ages 11-17 years attended the session.

Oxygen CSR team conducted awareness workshops on health, hygiene and wellbeing of adolescent girls. The campaign aimed to raise awareness on the biology of menstruation among girls so a deeper understanding of our bodies and its natural phenomenon can end the myths, taboos and stigma revolving around menstruation in our society. The effort was a made to raise sensitization towards this topic. During session, the girls interacted with the trainers and shown their interest in the topics related to their physical growth and development. The workshop was more on the interactive in nature where girls interacted with counselors directly on different issues related to their menstrual health. Girls actively attended the session and discussed their problems at the end of the session.



Under the project, we have been in a process to broaden our areas of working in new slum/ communities. We have been establishing partnership with new schools ,slums and Rural areas where majority of the population is marginalized and the sanitation conditions in the surrounding areas are negligible.

**Vaishali**, an adolescent girl, is presently studying in the seventh class in Saksham BAL Vikas Sansthan said **"I started**

**menstruating last year.** My periods are not regular, I was afraid that I caught in infections. I didn't tell this to anyone so far. But now I feel relaxed to share this with the counselor who came to my school .During the workshop, she educated us to adopt safe and hygienic menstrual practices to stay healthy. My neighborhood friend Preeti who dropped her school last year because she had started menstruating that year and her mother forced her to stay at home. After attending the workshop in my school, I will definitely deliver the same information to Preeti and my other friends for adopting hygienic practices and how we can stay healthy".



Vandana, 13 years from class 6, found the camp a learning experience. "I have been using sanitary napkins since the beginning. But I liked the simple yoga techniques to overcome tiredness and cramps during periods that were taught during the session to us. I will practice and teach my sister," she said.

"It was a joy to see that Girls wanted to learn more about menstruation hygiene. "It is very important that women speak about the various health issues related to menstruation without a second thought,"



**Seema Khurana**  
**CSR Activist**