



WOMEN HYGIENE DRIVE

WHAC/ 39/2018-19

Govt School, Village Gujarawas, Behror

January 11th, 2019

A WHO report revealed that 12 per cent of adolescent girls, globally, miss school every month while menstruating.

Oxygen and Sahyog Foundation under its CSR Initiatives organise 'Menstrual Hygiene Management', awareness session to help adolescent girls understand the menstrual cycle and the hygienic habits to be practiced in schools or at Home. With the aim to improve girls' school attendance during their menstrual cycle. On 11th Jan 2019 after taking prior permission from the School authorities we reached Govt Girls School in Village Gujarawas and conducted an awareness session with the girls from Class 7th-9th. Around 80 girls attended the session Only 5% of them had knowledge about menstruation prior to experiencing it firsthand. Additionally, the 70 per cent of these girls preferred skipping school.



Hailing to Oxygen and Sahyog Foundation This Initiative Dr Meher Sarid, Group President Corporate Affairs said, "This is a welcome move, as girls still feel ashamed and do not know whom to approach.



With this, girls will get the necessary guidance."She further added that "This is a very important step towards inculcating good and hygienic habits among girls. This will also help remove negative perceptions about periods."Our CSR team has been actively conducting dialogues with girls studying in Class VII —XII classes. "We have conducted regular sessions with girl students and their mothers during the meetings, a

variety of issues are openly discussed in the presence of mothers," -she said.

During the session team discussed on topics such as the biology behind menstrual cycles, its importance, hygiene habits, dietary and physical aspects.

“Even though everyone was going through the same ordeal, nobody would speak about it openly. We were not even allowed to say we had our periods. Girls would use code words like, ‘It’s my happy birthday’ or ‘A crow has touched me’, ” she laughs.

After the session, most of the girls know about the benefits of using eco-friendly sanitary napkins. Many came forward with a low voice to discuss their problems. Those who want to use them were given the napkins packets free of cost.



Seema Khurana
CSR Lead & Activist