

WOMEN HYGIENE DRIVE

WHAC/42/2019-2020

**Chakkarpur Slum,
January 31st, 2020**

Menstrual hygiene continues to remain a challenge in the society with young girls and women having limited access to menstrual education and basic sanitary care products. 'Women Hygiene Awareness Camp(WHAC) ' an initiative of Oxigen & Sahyog Foundation aims to sensitize adolescent girls, provide answers to their doubts and questions and also bust myths taboos and misconceptions related to menstruation.

The project was launched in February 2012 with an aim to educate as many girls & women as possible in rural and Semi urban locations on Menstrual Hygiene Management (MHM). So far as many as



60,000 adolescent girls & women have been trained as a part of this mission. The 'Project basically talks about the menstrual cycle through interactive sessions. One Such session was organized at Humana Ngo in Chakkarpur slum on 31st Jan 2020 where the CSR team from Oxigen and Sahyog Foundation sensitize the 80 women & girls participants about menstruation. The sessions also talk about using sustainable menstrual products which are both cost effective and environment friendly. The teachers of these NGO were also trained as they are the primary

caregivers in the Ngo and the community. The session has given the adolescent girls a platform to understand, ask questions and normalize the phenomenon of menstruation. After the sessions the girls got answers not just on questions related to menstruation but a lot of other issues as well. The training sessions also included practicing Yoga and Pranayama (breathing exercises) to relieve any discomfort. Apart from the interactive session and exercises, during this segment, the focus was also on introducing the trainees about the various menstrual products available like sanitary napkins, reusable cloth pads and even menstrual cups. NGO girl's coordinator and people from American express bank also attended the session and after the session shared that they feels 'WHAC' has helped the students unlearn the myths and taboos attached to menstruation. It has also given them a safe platform to discuss any issues related to it. Thanking the team they also appreciated the management for funding this initiative.



Seema Khurana
CSR Lead & Activist