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Govindpuri, Kalkaji

April 25th, 2019

Our nation is home to a million adolescent girls and women who are devoid of basic facilities to maintain menstrual hygiene. There are myths about it that are passed down from generation to generation. And due to obstructions in managing menses in a healthy way, females fall at a risk of contracting diseases that can, eventually, affect their state of mind. They lack awareness because nobody talks about it.



To change this scenario, Oxigen & Sahyog Foundation under Its CSR is working towards it. They believe that investing in health is vital to building viable communities. Ngo Adharshila working towards Women Education at Govindpuri slum realized that many women were struggling to manage their monthly occurrence. Multiple health conditions were affecting their menstrual cycle but awareness about this was low.



To break the silence they requested Oxigen & Sahyog foundation to extend their support in organizing an awareness Workshop. **Workshop was planned and organized on April 24, 2019 where in 125 Women & Girls attended the session which went on for more than two and an half hours .The vision was to break the silence**

and, at the same time, spread awareness among all. The session began with a Question “Why are we forced to speak about the whole situation in whispers”.

Followed by a talk session which focused on reproductive health, mental health, breast and cervical cancer, taboos & rituals .We tried to make the session very interactive as we wanted them to come out of their inhibitions and discuss it. As it is not just women from rural areas but even the ones from



urban areas lack awareness. If they lack information, those issues will remain unaddressed and the negative effects will add up, preventing them from leading a healthy life,”. The session took a turn and became more interesting when a 16 year-old asserts by saying.

Making men aware “It is also important to make men aware of what a woman goes through. So, we should conduct sessions for male students too. A lot of audience denies and a few support us. We promised her that So far, we have reached more than 55000 women & girls and will definitely reach boys. Another point of discussion was menstrual cups which is again, a taboo. One needs to understand they are a safer option. They are a reusable sanitary product which makes menstruation affordable for women even belonging to the rural areas. We train and educate them on how to use the cups and how they are beneficial to them and the environment. After the session, they were full of curiosity to get their questions answered so we will clear their doubts and satisfy them. The ultimate aim is to make an impact and we hope we achieve that.

Seema Khurana
CSR Lead & Activist