

WOMEN HYGIENE DRIVE

WHAC/27/2019-2020

I.G Colony Slum, Nangaloi
October 9th, 2019



Menstrual health is an important issue for all the women, so is the use of sanitary napkins. Due to some traditional aspects women and girls could not expressed their need and demands for the same and suppressed themselves to discuss this issue with anyone. To promote safe menstrual cycle and sensitize the women about the use of sanitary pads Oxigen & Sahyog Foundation conducted a one day awareness session on Menstrual Hygiene Management at I.G colony slum on October 9th 2019 afternoon . Total 80 women & girl's participant attended the program. They were told about

the use and disposal of the sanitary pad, cleanliness and nutrition intake at the time of periods. Also the participants clear out all their queries with the facilitators. It was an opportunity for women to speak on this issue openly without any traditional restrictions.

Most striking was the restricted control which many women and girls discussed during the session that have over their mobility and behavior due to their 'impurity' during menstruation, including the myths, misconceptions, superstitions and (cultural and/or religious) taboos concerning menstrual blood and menstrual hygiene .

Following the myths discussion we also discussed health issues to consider apart from the above-mentioned social issues. Poor protection and inadequate washing facilities may increase susceptibility to infection, with the odour of menstrual blood putting girls at risk of being stigmatized. Where the vaginal aperture is inadequate for menstrual flow, a blockage and build-up of blood clots is created behind the infibulated area. This can be a cause for protracted and painful period, increased odour, discomfort and the potential for additional infections .It is assumed that the risk of infection (including sexually transmitted infection) is higher than normal during menstruation because the blood





coming out of the body creates a pathway for bacteria to travel back into the uterus. Certain practices are more likely to increase the risk of infection such as using unclean rags for example.

The session also delta with the type of sanitary napkins available in the market .Though the choice of sanitary protection is very much a personal decision based on cultural acceptability. Since is often influenced by a woman’s or girl’s environment and access to funds, water supply and affordable options

we tried involves them in the discussions and decisions about the options to be supported such as disposable sanitary napkin, Reusable sanitary napkin & Menstrual cups .Last but not least, good management of menstrual hygiene obviously include safe and sanitary disposal. This is widely lacking. Where do girls and women dispose of their sanitary products and cloths? Wherever they can do so secretly and easily. In practice, this means the nearest open defecation field, river or garbage dump. Neglecting menstrual hygiene could also have a negative effect on sustainability. Failing to provide disposal facilities for used sanitary materials can result in blocked latrines becoming blocked and quickly filling pits was all discussed.



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