



## WHAC/ 1 /2019-20

Sanjay Colony, Bhatti mines  
April 22<sup>nd</sup>, 2019

Menstruation is a universal aspect of human female reproductive life. Realizing Management of menstrual flow presents hygiene challenges to girls and women in low-income strata, especially when they first start their periods. Oxigen & Sahyog foundation, as part of CSR project (Women Hygiene awareness) to improve menstrual hygiene management amongst the girls and women at Sanjay colony slum in Bhatti mines a workshop was organized on 22<sup>nd</sup> April 2019 in association with Literacy India Ngo center, before the session Oxigen CSR team explored the local understanding of menstruation through focus-group discussions and individual interviews.



Around 90 women and girls from the colony attended the session and the discussion included descriptions of the biology of menstruation, the general unpreparedness of girls for menarche; cultural restrictions imposed by menstruation on females, the prevalence and challenges of



unmet menstrual hygiene needs at schools (including lack of access to sanitary pads and the absence of acceptable toilet/washing facilities); and the stigma and shame associated with menstrual hygiene accidents in public.

After the session many women & girls doubts related to periods and understandings of human biology were answered. We summarized the session with an understanding that Changes in the educational system

are required to improve student understanding of the biology of menstruation, to foster gender equity, to overcome the barriers to school attendance presented by poor menstrual hygiene management, and to create a society that is more understanding and more accepting of menstruation.



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