



WOMEN HYGIENE DRIVE

WHAC/49/2019-2020

**Little fowers school, GGN,
March 3rd, 2020**

Haryana, Gurugram: Sudha a Class VII student of little Flowers School, Nathupur was given a packet of the sanitary pads, she looked perplexed. She was hesitant to take it at first. She was attending a menstrual hygiene awareness programme organized at the school by Oxigen & sahyog foundation. She is not the only girl ignorant about menstruation and hygiene health practices. Menstrual practices are still clouded with taboos and socio-cultural restrictions. This is the primary reason why adolescent girls remain ignorant of the facts and hygiene practices, leading to adverse health problems.

To raise awareness about menstrual hygiene for young girls, CSR team of Oxigen & Sahyog Foundation are conducting menstruate hygiene campaign in schools.

With the slogan given by Little Flower School for the Workshop 'Sanitize the Stigma', team from Oxigen CSR briefed the girls about MHM . As part of the campaign young girls who participated in the session were asked questions. "We noticed that there was a lack of awareness among adolescent girls. So, we thought of ensuring that they know how to manage their periods confidently and hygienically,"

The programme was an interactive session where the girls clarified their doubts about menstruation and also questioned the organizers about the food habits to be followed during menstruation. CSR Activist also said that "More awareness should be given to the parents as many refuse to send their children to school during periods." The campaign ended with the loud appeals to get more women to use sanitary napkins as a safer alternative. This was after alarms went off regarding majority of women using 'dirty rags' and other unsafe practices. Further they were also educated about many of the ingredients used in pads release traces of dioxin, an organic pollutant, which can cumulate over the years and stay in body's fat cells. From rashes and irritation to toxic shock syndrome, long term exposure to sanitary pads and tampons can cause a range of health problems in women," so take extra precaution while purchasing and using. The journey of a sanitary napkin disposal is a hazardous one, So best disposal methods were also discussed.

Seema Khurana
CSR Lead & Activist

