

## WOMEN HYGIENE DRIVE

**WHAC/21/2019-20**

**Mohan Garden Slum, Delhi**

**August 20<sup>th</sup>, 2019**

Beyond the cushy limits of metro cities and urban India, menstruation is still treated as a problem, even a disease. What are periods?" Even as a bold one comes forward – she proclaims that it's a rog (Hindi for disease) – her answer just proves the irony. An astounding number of people are still clueless about the menstruation cycle, menstrual hygiene and the need for sanitary napkins. Breaking stereotypes surrounding the 'ladies problems'. A phrase that is used to refer to women's menstrual cycle in many parts of India Oxigen & Sahyog foundation conducts workshops and interactive sessions with 85 girls and women aged between 12 and 50 years at Kan Shiksha Sansthan (JSS) center Mohan Garden slum, West Delhi, on August 20, 2019 and discuss all things related to periods, educating women & girls about menstruation in a unique way explaining the science behind menstruation and that the myths associated with it are just that – myths. Even though CSR team narrated this in a story form still noticed that because of the taboos associated with menstruation, there's no concrete knowledge or education among young girls when they get their periods.



With a motto to give them space to talk– “tu bolegi muh kholegi tabhi zamana badlega” (The world will change only if you speak up) and insisted them to ask any question about periods. Initially there was a hesitation, but once we start telling them things our self there were a follow up questions. Team encourages women to speak their minds

and ask questions related to menstruation among other things freely. Soon it was nice to see that they all have a lot to tell and ask. Team further aim to give vocabulary to girls and women about less spoken organs of human. We are very sure that when the teenagers are bestowed with knowledge of menstruation, sex, sexual organs, good touch and bad touch, two extremely important and far reaching things would occur, firstly, they would not try to get such information from other entrusted sources that would scar their understanding of these things for life. And secondly, it would help them sensitize about each other's needs and live a more just life, not only for oneself but for others too.



Talking about menstruation and puberty is the need of the hour. The efforts and endeavor of Oxygen & Sahyog foundation has made girls more confident and they are able to express their feelings fearlessly. The girls at the end of the session were found asking questions that shows that they are more hygiene conscious and are 'Proud to Bleed'. With a hope that we have dealt this sensitive topic very efficiently and the session will bring a remarkable change in the thoughts of the girls and women. "A topic of shame is now a topic of pride in community".

**Seema Khurana**  
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