



WHAC/8/2019-20

GGSSC, NIT-3, Faridabad

May 24th, 2019

WOMEN HYGIENE DRIVE

According to the latest report by Hindustan Times, at least 66% of girls enrolled in government schools across Delhi NCR, either skip classes or take a half day leave when they are on their period. Stigma around menstruation is the biggest barrier in attaining menstrual hygiene and empowerment of adolescent girls and women in India. So much so that it has been holding them from attending school. Despite it being a bodily process that almost all women or girls, above and below a certain age, experience on a monthly basis, periods are still, unfathomably, considered a taboo.



Oxygen & Sahyog foundation under its CSR Initiatives Administrative came up with a project called Women Hygiene awareness Camp (WHAC) to break all types of taboos related to periods among the Women & girls. An awareness session was organized at Govt Girls Sr. Sec School NIT-3, Faridabad on May 24th 2019, where in 72 girls from Class Xth attended the session. Results from their attendance Record and teacher observation full supported that that 36% of girls skip classes because of the fear of staining their clothes. The stigma surrounding menstruation is clear from the fact that 100% of the girls attending the session did not know about menstruation until they got their period. Even after having proper toilets and providing free sanitary napkins, girls in the government schools lack proper counseling. And this stops them from attending school when they are on their period. Most of the girls believe that menstrual blood was 'dirty' because they were told this by their mothers. They can't talk openly about menstruation. One girl said: When I got my period for the first time, I was told that it's part of a girl's life but we are not supposed to speak about it in front of others, especially boys and men. I feel shy to even tell my teacher when I'm on my period. I prefer to stay home for a day or two.

The project also aimed at creating awareness about this being a normal phenomenon in girls and it's time the society accepts it rather than considering it something to hide or feel ashamed of. Spokes person from Oxygen & Sahyog Foundation CSR Initiative narrated her experienced with menses while in secondary school and said the student's confidence in class during their menstrual period is the Key to overcome the entire Problem related to this. "Women and girls should be proud of being who they are and should not let their period be a hindrance at any point in time", She added.



Proper education and counseling in early years is the only way to create awareness among young girls, so that their deep rooted myths and perception towards menstruation Changes.

Seema Khurana
CSR Lead & Activist