



## WOMEN HYGIENE DRIVE

**WHAC/4 /2019-20**

DPS Vocational training center, Gurugram

May 9<sup>th</sup>, 2019



Not just hygiene, periods in India are often associated with innumerable societal and religious taboos which place several restrictions on women. In some parts of the country women are not allowed to touch food items like pickle, visit a temple or even wash hair.

With the aim to make young girls aware about hygienic practices to be adopted during menstruation, an awareness session was conducted at DPS Vocational training center, Gurugram on Thursday, May 9th, 2019.

Addressing the students, CSR

Spokesperson from Oxygen and Sahyog Foundation said, "Adolescent girls have several doubts about physical developments during the growing phase." She called upon the parents and teachers to play a major role in clearing fear associated with menstrual cycle.

Taking the session forward she said that time has come to discuss openly about menstrual hygiene and remove myths, misconceptions and superstitions.

During the Question answer round, team talked on gynecological issues like PCOD, cysts, uterus problem, anemia and health and hygiene related issues. The session was attended by 120 girls & Women. They had an interactive session. Sanitary napkins were distributed on the occasion. Session also discussed "young girls experiencing their first period which not only makes them vulnerable but makes them lose confidence". At such a stage, all they need is an open and healthy dialogue on periods from loved ones to put their anxiety at rest.

CSR Spoke person added that we always believe that sanitary napkins should not be a product or category shrouded in silence and taboos. Our sessions so far have played an important role in breaking the silence around periods. We salute millions of teachers, fathers, mothers, elder sisters or best friends who've broken silences with words of encouragement. We hope this will enable more girls to break the silence around their periods and bring out the strength, talent and character,"

We urge young girls to break silence on periods and come forward and openly talk about the phase.

**Seema Khurana**

**CSR Lead & Activist**

