



## WOMEN HYGIENE DRIVE

**WHAC/11 /2019-20**

**Village Bijwasan, New Delhi**

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

**Village Bijwasan, New Delhi:** Menstruation remains a taboo in many parts of the world even today despite efforts to erase the stigma associated with periods. Menstruation is a healthy biological process of women and girls' reproductive cycle, yet, culturally, it is still considered to be dirty and impure in various parts of India. This makes menstruating girls and women often feel ashamed and embarrassed to talk about, which can negatively affect their



health. To break the silence around periods and raise awareness of the importance for women and girls to hygienically manage their menstruation, Oxigen & Sahyog Foundation on June 20th, 2019 organized a full day workshop at Literacy India Learning center at Village Bijwasan. More than 170 girls of the learning center were divided into two batches for the session due to shortage of sitting space for all at one time. 6-8 class, 75 girls were called at first session and 9-12th Std girls for Session-2.



Both the sessions aimed at educating girls on menstrual hygiene and understanding their cycle, it also highlighted the solutions that address challenges girls and women worldwide face due to menstruation through events and activities.

Session began with the words Menstruation, also known as a period, is normal vaginal bleeding that occurs as part of a woman's monthly cycle. With menstrual hygiene management continues to be one of society's greatest stigmas, only a few women in India have access to proper facilities to ensure hygiene, whereas the majority of them, especially those in the rural areas, remain unaware of the scientific knowledge of



periods and hygienic health practices and still resort to reusable unhygienic cloth during periods. Understanding how the process works and taking general measures during menstruation are extremely important. Girls were made aware about the problems faced during period and were told that any concern in their cycle should be consulted with a doctor.

Here are some basic hygiene measures discussed during the sessions that every girl and woman should take during menstruation:

- Take a shower or bath at least once a day.
- Change pads or tampons regularly to prevent infections - it is advisable to change a sanitary pad once every six hours, for a tampon, it is every two hours.
- Opt for good sanitary pads - women with sensitive skin may avoid sanitary pads with plastic lining, as they can cause rashes, itchiness, and boils when rubbing against the skin.
- Use clean underwear and change it every day.
- Do not use soaps or vaginal hygiene products to wash the genital area. Instead, clean the vaginal area using warm water regularly, after each use of toilet and even after urination. Washing the vagina with an intimate wash can kill the good bacteria making way for infections.
- Always pat the vaginal area dry after every wash, else it might cause irritation. Also, keep the area between the legs dry. Use antiseptic powder to help keep the area dry - preferably before wearing the pad and after washing the vagina
- Always wash or wipe the genitals from front to back. This is important because cleaning in the opposite direction can make way for bacteria from the anus to the vagina and urethral opening, leading to infection. Make sure that you wash your hands with warm water and soap after changing your pad/tampon/menstrual cup.
- Never flush used sanitary pad and tampons down the toilet as they can clog plumbing and cause the toilet to overflow. Discard them properly and throw them in the dustbin to prevent the spread of infections.



- Wear comfortable, loose clothing, rather than jeans or tight-fitting during periods. This will ensure air flow around the sensitive areas as well as prevent sweating to a large extent.
- “Drink plenty of water, three liters a day is good for your hygiene. This becomes extremely important when menstruating,” she says.

After the Sessions, Experts also answered queries related to their Periods. Maintaining proper menstrual hygiene is vital to the health, well-being, mobility, and productivity of women and girls. This Menstrual Hygiene Day, break the silence around periods and learn to take care of your body, health, mind, and spirit during menstruation.

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