



WOMEN HYGIENE DRIVE

WHAC/27/2019-2020

**Gurudawara Saket,
October 16th, 2019**

AROUND 500 MILLION GIRLS AND WOMEN LACK ACCESS TO ADEQUATE FACILITIES TO MANAGE THEIR PERIODS.

For billions of women and girls worldwide, menstruation is a monthly reality. Yet in many countries, people still face serious challenges when it comes to managing their periods. Myths, stigma and harmful gender norms around menstruation exacerbate the difficulties for girls and women across the world.

Taboos, myths and shame surrounding menstruation can lead to teasing, shaming and exclusion from daily activities and have a negative effect on girls' feelings of dignity. Realizing this, CSR team of Oxygen & Sahyog Foundation decided to organise an awareness session at Gurudawara H Block Saket on October 16th, 2019 where 92 young girls from Saket & adjoining Slums came forward to understand MHM & discuss these topics without fear.

While introducing the aim & objective of session we firstly tried to making them understand how does menstruation affect lives? . If not properly managed, menstruation can interrupt daily life. Adolescents especially experience extremely painful periods which can affect their attendance and performance at school. A lack of adequate facilities and materials, restrictions on girls' movements during their period and feeling ashamed or 'unclean' also contribute to girls skipping school.

Session further Shared with them that how Period-shame is rooted in gender inequality. Cultural and religious traditions around periods are often derived from discriminatory, patriarchal norms about a girl's status and place in society. As a result, girls and women are often expected to refrain from normal activities, such as bathing or cooking and may even be banished from the home during their period. These restrictions and negative attitudes towards menstruation affect girls' self-esteem. We also trained and educated young girls about periods and shame-free ways. After the session distributed menstrual hygiene materials to manage their periods so that they feel confident and stay in School.

By improving menstrual health and tackling period-shame we can improve girls' attendance and performance at school; break down taboos and misconceptions around menstruation; raise girls' self-esteem and enable girls to fully participate in all aspects of society.

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