

WOMEN HYGIENE DRIVE

WHAC/29/2019-2020

Sanjay Camp, Delhi

November 5th, 2019

AWARENESS RAISING AND TRAINING ON MENSTRUATION AND HYGIENE MANAGEMENT

ON the 5 of November 2019 Oxygen & Sahyog foundation organized an awareness session at Sanjay Colony slum showing how significant menstruation is for womanhood and for the general wellbeing of the women and girls in our society. In Slums this is more serious due to low awareness level on menstruation which has many health risks and complications especially for our young teenage girls. Menstruation is poorly discussed in our society partly due to our mindset and cultural practices limiting such discussions among parents and their children and the wider society in general.



Session brings its own opportunities to break the silence on the topic and sensitize our communities and teenage girls on good menstrual practices. More than 80 women & girls from the slum collected in center courtyard of the slum. With the Objective to popularize the raise awareness on best menstrual practices and contribute to Sustainable Development Goal on good health and well-being of all. During the session team highlighted that Women's transition from girlhood to womanhood is very stressful and menstruation is the most difficult process with lots of psychological and social implications; cultural taboos and beliefs that hinders good menstrual practice; and lack of knowledge. These are the factual causes of the hazardous conditions girls are facing during menstruation which has been a serious problem for their health development and well-being, cultural barriers shame and embarrassment leave them with no option but to adapt to unhygienic practice for them to take care of their periods. Some use leaves, other do squatting in the toilet, some use cotton and the fortunate ones do use menstrual pads, which is too expensive and unaffordable to many and can expose them to urinary tract infection, fungi infection, reproductive tract infection hepatitis A AND E which can negatively impact on their health and education.

In between the awareness session team distributed Sanitary napkin packets to the participants

A few of them were excited to have gotten pads. Some were nervous as it would be difficult for them to take those pads back home or to explain to their families what they were as menstruation is still quite taboo. Many women were also confused over what pads were and how to use them. During the awareness session, Oxigen CSR team explained them how to use them, dispose them of, etc. Summarizing the session we highlighted that Parenting is one of the most essential pillars that our society stands on. It is imperative that parenting consists of taboo free teachings and values. So in our sessions the



parents are educated on the science behind menstruation, the healthy menstrual hygiene practices and on good touch and bad touch. Mothers were encouraged to have open dialogue with their children and also to create a comfortable atmosphere in homes where their children can talk to them openly about such sensitive issues.

Seema Khurana
CSR Lead & Activist