



WOMEN HYGIENE DRIVE

WHAC/45/2019-2020

Village Shahpur, Greater Noida

February 24th, 2020

Promoting awareness on menstruation to raise the health index of Shah pur Village Oxygen & Sahyog Foundation organized a health awareness session with the adolescent girls and ladies at Shahpur village,

A CSR team from Oxygen & Sahyog foundation managing Initiative

of Oxygen under Women Hygiene awareness session /shared valuable insights on how menstrual cycles work, how sanitary napkins are better than cotton padding and what are benefits of healthy food intake during menstruation. The objective of the session was to create a platform where the adolescent girls and village ladies speak freely about the much-tabooed topic and

understand what their mindset is on menstruation. Sharing her experience from the session, Ms Seema Khurana CSR Activist said, “In villages, they have real knowledge about menstruation cycle. During this session, we made them aware that eating healthy food is very important and that we should use hygienic sanitary napkins to avoid infections during periods. During the session team explained the audience the



adverse effect of unhygienic menstrual practices. Insights on Reproductive Tract Infection (RTI) which is a common infection, that occurs if hygiene is not maintained during menstruation where also shared further explaining that white discharge, rashes, itching, urinal infection and pain while urinating during menstruation are symptoms of RTI. At total of 70 girls and women participated in the session along with village Anganwadi worker and ANM



Mothers are often the first point of contact to learn about menstrual management. However, the mother herself is ill-equipped to provide the right information. Besides being unaware, the mother often does not broach the subject with the daughter, except to reinforce social protocols during menstruation. Most mothers do not understand the close link between menstruation and good health. They



often overlook the importance of a healthy diet in preventing common menstrual problems such as anemia and the associated fatigue, irregular periods and hygiene related infection. So we urge them to understand all these and share these with their daughters and young sister for better MHM.

At the end ANM worker along with few village Women stand up and thanked Oxigen & Sahyog Foundation for their commitment to addressing one of the most neglected areas of adolescent girl development in India - menstrual health and hygiene.

Seema Khurana
CSR Lead & Activist