

## WOMEN HYGIENE DRIVE

**WHAC/14 /2019-20**

**Village Caterpuri, GGN**

**July 16<sup>th</sup>, 2019**

In India, menstruation is the subject of cultural myths and taboos; a period associated with impurity that should be kept hidden. Stigmatization has produced an immense gap in knowledge about menstruation and hygienic practices among women and girls, leading to increased health risks, absence from school and work, and loss of dignity. Recognizing the impact of poor menstrual hygiene on the quality of life, Menstrual Hygiene Management (MHM) has become a core component of Oxygen & Sahyog Foundation CSR Initiative.



Team Oxygen This time identified a rural village Caterpuri village Sec 23 in the heart of Gurugram to educate ,aware & empower Women & girls towards puberty, MHM and well – being.



The Session was organized on 16th July afternoon at DRC Pataskala center at Caterpuri village. The girls who enrolled in this center come from the near communities and have no knowledge about their body. We invited their friends and Mothers to attend the session. At the beginning of the awareness generation session, these girls looked shy & hesitated to hear the word “PERIODS”. Few of them hid their faces but others looked curious to know about the topic. We used an interactive way during the session by distributing

blank paper & pen to everyone to write their queries on the topic.

We allowed them to mark on the paper if you are still using the cloth to absorb the menstrual flow. The CSR team was shocked to know the results of this activity i.e. 40% girls marked that they use cloth sometimes, 10% girls marked that they use cloths on regular basis and only 50% girls use sanitary pads during periods. The team described that if you use cloths during periods, the few things always keep in mind i.e. always use clean & cotton cloth, the cloth should be properly washed & dried in the sunlight, always wash your hands with soap before & after changing the pads etc.

Information on Menstrual Hygiene Management is provided to women and both in- and out-of- school adolescent girls through the platforms of women Hygiene session. Awareness sessions provided an environment of peer support, a space for discussions to take place freely and here problems were addressed by a trained facilitator. Topics discussed in the groups cover all aspects of the MHM value chain, including the natural process of menstruation, how to manage menstruation hygienically, the importance of tracking the cycle, myths and taboos, types of hygienic absorbents and proper disposal of menstrual waste.



“I don’t wash my hair when I menstruate because my friends say, if I wash my hair during period days my eyesight will become low and I feel more pain in my abdomen. Didi! Is it true?” this question raised by Surabhi (name changed) a 15 years old girl. The team has collected many queries that mostly connected with the myths & taboos associated with the Periods.



The Oxigen & Sahyog Foundation CSR team is rigorously working to overcome the social barriers associated with menstruation by providing the right knowledge & information on MHM & reproductive rights.

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