



WOMEN HYGIENE DRIVE

WHAC/16 /2019-20

**Tughlakabad slum,
July 23rd, 2019**

A sensitization-cum-training workshop on the topic of menstrual health and hygiene was organized on Tuesday July 23, for women and Girls of Tughlakabad slum.

The workshop, marking the Menstrual Health Awareness aimed to equip this "neglected group of the society with proper education on menstrual health and hygiene as they have the least access to health care services and education.

At Opening of the workshop CSR team said "today we are here to impart to you proper knowledge on menstrual Hygiene so that, you can effectively take care of your personal and menstrual hygiene.

"I am confident that the knowledge you gain here on menstruation will help you overcome taboos related to menstruation," said Seema khurana CSR Lead & Activist at Oxigen.

Apart from education on menstruation, the team also informed women and girls about the importance of nutritional diet in their daily life.



Dr. Nandita who was their during the session for consultation said that it is important for men to take part in such discussions.

"Men should also participate in such discussions so that they are able to understand and help other women to have sufficient knowledge about periods. Menstruation is a natural process and menstruating

girls and women are not impure,"

After the initial hesitation and awkwardness, almost all women open up and begin sharing freely. We always get their attention because the issue is so intimately connected with our bodies. Even the economics of using Sanitary napkin was discussed which was attractive.

The event came to an end with a dance-cum-skit performance by few girls from center, who encouraged the audience members to take a pledge in joining the movement to end taboos around menstruation.

Seema Khurana
CSR Lead & Activist

