



## WOMEN HYGIENE DRIVE

**WHAC/26/2019-20**

**Nirvana Slum, GGN**

**September 17<sup>th</sup>, 2019**

“Nobody really talks about Menstruation. Many of them know the benefits of using sanitary napkins but it’s just that they cannot afford it,”

With this in Mind Sahyog foundation Team reached at one of the awareness sessions in Nirvana Slum Sec 50 , Gurugram on 17th Sep 2019 afternoon. The session was organized with the support of Local NGO Akshara Foundation at Nirvana slum. Their team spread the word around and could fetch 50 women and 45 girls to attend the awareness session.



To mark the Day, Founder of Akshara foundation Ms Shalini was there to attend the menstrual



hygiene workshop. Sahyog Foundation Spoke person discussed about the day to day problems faced by girls during periods. Various myths associated with menstruation were dispelled in this session. They were told about proper and safe disposal of sanitary pads as good menstrual hygiene is crucial for the health, education and dignity of girls and women. It

was followed by a question answer session where the queries of girls were taken up.

After the awareness session, a demonstration and functioning of a sanitary napkin and disposal machine was explained to



keep environment clean by the Facilitator. Girls were very happy to get new information about menstruation and also about the napkin and its disposal which will give them privacy to use the napkins as per their needs, and they don't have to ask anyone for assistance.

Sahyog Foundation team is rigorously working to change the mindsets of many girls and women towards positivity of menstruation hygiene management (MHM) & the role of MHM for the well-being of the women. This all could be possible due to the continuous support from people and organizations around and we hope that they will support us like this in the future also .

**Seema Khurana**  
**CSR Lead & Activist**