



WOMEN HYGIENE DRIVE

WHAC/33/2019-2020

**Govt School, NIT Faridabad
December 6th, 2019**

Faridabad: Every girl deserves control over her future, the power to make her own choices about her health, family and career. Due to inability to effectively manage menstruation school girls skip school or drop out of school entirely due to a lack of menstrual products and poor sanitation. This critical unavailability of sanitary products in India is one of the major barriers to education for girls of school going age particularly in rural areas. Considering the importance of menstrual hygiene, Oxygen & Sahyog Foundation, organized a session called **“Women Hygiene Awareness on Personal Hygiene & Distribution of Sanitary Napkins”** in Govt. School at NIT-1 with 90 girls from class 9th & 10th on 6.12.2019.



An awareness session briefed students on all associated topics related to menstruation, like what is menstruation, calculation of the period, physical problems faced by girls during their periods and ways to deal with it, maintaining personal hygiene during this period and importance of maintaining hygiene, avoiding the traditional methods of using dirty cloths and promoting use of sanitary napkins, etc. Traditional myths and misconceptions in rural areas related to menstruation were discussed. FAQs by the girls related to the topic were answered by the facilitator.

Session also showed demonstration of the functioning of a sanitary napkin dispenser and incinerator on laptop. The facilitator explained the functions of both the machines and also explained the importance of incinerators in destroying the used napkins to keep the environment clean. During the session, sanitary pads were also distributed among 95 nos. school going girl students.

After the session and demonstration, girls were very happy to get new information about menstruation and also about the napkin dispenser and incinerator, which give them privacy to use the napkins as per their needs, and they don't have to ask anyone for assistance.

Girl actively participated in the Session and shared that “The session went a long way in creating conducive academic ambience, improving health of girl students”. We hope this will help in reducing school drop outs, improving health conditions & improving the learning level of students. In long run we will be able to create sane society.



Seema Khurana
CSR Lead & Activist