

WOMEN HYGIENE DRIVE

WHAC/35/2019-2020

**Pandav Nagar Slum,
December 20th, 2019**



A **UNICEF study** shows 1 in 3 girls in India have no knowledge of menstruation before their first period, and 48% of girls in Iran think that menstruation is a disease! At Oxigen & Sahyog Foundation we work closely with adolescent girls and Women living in slum & rural areas helping them to educate about MHM. Almost a decade back, when we began working within urban slums & rural areas, understanding the hardships faced by the innocent girls during their periods was crucial to ensure their regular attendance in school. It is the fundamental

human right of every adolescent girl and Women to have access to products that ensure proper menstrual hygiene irrespective of the social structure she comes from. With this time we reached Pandav Nagar Slum on 19th December 2019 .Points that we openly discussed at workshops on women Hygiene awareness are listed below. Some of them also form discussion pointers during question- answer session

- Address knowledge gaps on MHM – including myths/misconceptions
- Hygienic management of menstruation and disposal
- Access to menstrual materials and the available choice of menstrual absorbents
- Provision of appropriate WASH amenities with privacy
- Minimizing menstrual discomfort and pain
- Menopause and its care

The Workshop last for more than one hour thirty minutes. Many women came forward to clear their doubts and shared their stories related to periods. Summarizing the Session we recalled that MHM is Menstrual Hygiene Management, which basically, is the way a woman should manage her menstrual hygiene. This process is not limited to girls alone. The process involves all of us, and we need to be a part of it in one way or the other. Menstrual Hygiene



Management involves taking care of the frequency of changing the products that you are using, better washing facilities and curbing of menstrual pain if it arises. Poor menstrual hygiene makes girls more prone to diseases, and the odour of the menstrual flow is quite often known to get women stigmatized in classrooms and community gatherings. The best way to have proper management in place for menstrual hygiene is to provide better facilities for washing, easy accessibility of menstrual products and availability as well as affordability of sanitary napkins and last but not least is nutritional food, Exercise and water intake.

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