

WOMEN HYGIENE DRIVE

WHAC/43/2019-2020

Zeta-1, Construction site

February 12th, 2020

ZETA-1, Greater Noida – Awareness workshop organized with Construction site women at Zeta-1, Greater Noida, Gautam Budh Nagar on February 12th, 2020 Around 100 women from all ages participated in the menstrual health awareness session. All the women workers soon after the lunch break quickly collected in the court yard of their temporary laid shed houses near Construction site. Soon after a small introduction session on MHM they learnt Yoga Asana to deal with menstrual process related issues, how to make sterilized pads, myth and taboos related to menstrual hygiene and importance of menstrual hygiene in the overall development of Women. Many young Women shared issues and stigma they have encountered while menstruation. Women and girls who attended the session were also forthcoming about their personal experience. Another Yoga session for age group 35 to 45+ was organized for them to deal with irregular periods and menopause issues. Besides this they were also oriented about sterilized pad making and starting enterprise for the same. It is observed that accessibility of sanitary pads to all women is still an issue, their myth and taboos breached with the help of scientific facts. It is shared that Menstruating woman were not discriminated during Vedic time, therefore we should not believe superstitions and wrong practices. Biodegradable sanitary pads distributed after the program. Women were mobilized to shift from non-biodegradable sanitary pads to biodegradable one. They learnt the consequence of menstrual waste disposal and role of sanitary pads users in it.

Beliefs and superstitions regarding menstruation have led to a culture of silence which hinders any progressive discussion on menstrual health and hygiene or questioning of existing practices. Talking about menstruation is considered taboo and women of any social strata are uncomfortable to openly discuss what is



perceived as a private and unclean affair. Understand your importance as a Mother, a wife, daughter, and daughter in law, sister and the utmost important women grandmother and play your part keeping the health as a priority. With these words, requested them to clear their queries if they have any and the request was well addressed with a lot of many questions and personnel problems. Happy to share that they all went satisfied with the promise to follow what was taught and meet them again.

Seema Khurana
CSR Lead & Activist

