



WOMEN HYGIENE DRIVE

WHAC/12 /2019-20
GGSSC, Badarpur, Delhi
July 25th , 2019

Talking about topics like menstruation and menstrual health is difficult in semi-urban locations of India. Recognizing this, CSR team of Oxygen & Sahyog Foundation decided to create a space where young girls from Badarpur adjoining villages and slum locations could discuss these topics without fear.

In Second week of July our team reached Badarpur and met the people residing here. We met with women, youth, and teenage girls, and acquired some information about the

culture, education, and history of the place. Our team realized that the level of education in the village is quite satisfactory. However, along with formal education, teenage girls should get health-related teachings as well, which they neither get at home from their mothers, nor at school from their teachers. Our team decided to talk to these young girls regarding menstrual health so as to create awareness around the topic.

With this in our heads, we went to the Govt school and talked to the Principal, MS Promilla



Gupta telling her about our intention to conduct a programme on girl's health. We are very grateful to the Principal and teachers for allowing us to conduct the session with girls from 9th to 12th standard in their auditorium on July 25,2019 .

This was the first time when a session like this, on a topic like menstruation, was conducted here. More than 550 girls seated in the





auditorium of GGSSS no-3, were told how they can talk about periods without any apprehension, with their mother, sister, or friends. We explained to them that periods are natural and there is nothing wrong about it, and it's us who can change the stigmas that surround it.

We also explained to them about

taking extra care of their diets during these days.

During the workshop, Priyanka Singh, a class 9 student, had no clue why her friends complain about mood swings and abdominal pain for a day or two every month. Whenever the girls declined to participate in sports activities, she would mock and even crack jokes at their expense as she did never face all these during her periods. But all of this changed after this session when She understood that it happens when the girls are either going through premenstrual syndrome (PMS) or are on their monthly period cycle. "While I knew what periods are, I was unaware about the difficulties women face when they are on their natural cycle. I used to laugh at my friends when they would complain about stomach ache and mood swings. Now, I understand that mood swings are because of the PMS and it's normal to have stomach pain while they are on their periods," she said. The change in mindset and the awareness was only possible because the school organised a workshop on 'menstrual awareness' "It was overwhelming to see the students, especially young girls asking menstruation-related queries with so much confidence. At the end of the workshop, girls distributed packets of sanitary napkins among others without any hesitation and pledged to make the campus period-friendly.

Ms Promilla Gupta principal of the school, who attended the session said "we are very happy that we could organise such session" She further informed us that school has a incinerator and requested us to share about the benefits of this with girls. She Further added that from Now on, the school is planning to organise a workshop for parents as well. "Most of these students come from families where such discussions are prohibited. We are planning to organise a workshop for parents to sensitize and encourage them to discuss these topics with their children," At the end of

the day Principal along with her staff members thanked Oxigen & Sahyog foundation management for this initiative and with a hug to CSR team we all disperse .

Seema Khurana
CSR Lead & Activist