



## WOMEN HYGIENE DRIVE

**WHAC/36/2019-2020**

**Nihal Vihar Resettlement Colony**

**December 24<sup>th</sup>, 2019**

In India menstruation is considered a taboo topic with no one willing to discuss it openly and people using codeword's to describe various aspects associated with periods. Women themselves would call them "difficult days", "tough days", "those days" instead of saying the word 'periods'. This has led to knowledge gaps among adolescent girls as well as boys. Young girls have a lack of knowledge about something that will be a part of their lives for almost another four decades. 'Why?' you ask. Because most women feel that it is embarrassing to talk about menstruation with their daughters. When there is a lack of knowledge among girls and shame among women themselves, how will boys be engaged in a conversation to learn about menstruation and MHM? How will we, at all, be able to raise gender-equitable children? This issue is not only about menstruation, it's about deep-seated patriarchal norms and denying of basic human rights to a young girl, who unfortunately, forms the most 'invisible' section of our world, today.

Oxygen & Sahyog Foundation on a mission to educate and create awareness about menstrual hygiene, is working to educate women & on the importance of sexual and reproductive health.

Having any idea about the problems faced by Women & girls during their periods residing, in Nihal Vihar slum through the local NGO 'NIPUN' working there. Oxygen & Sahyog Foundation plan to organise a workshop regarding Women Hygiene Awareness with the Support on NIPUN at their local Center on 24<sup>th</sup> December 2019 with around 90 participants .Before the session CSR team began talking to the women in the slum and they told us how there is a scarcity of drinking water and other basic amenities. Team curious to understand more about the reproductive issue faced by Women residing in the colony started the session with reproductive system and its working ."Initially participants made weird faces and found excuses to escape we then slowly- slowly inquired about female reproductive health, finally a female among the participants help us and explained to me in detail what could help women living in the slums".

While discussing MHM we observed that "It's a prevalent notion among both men and women to consider women impure while menstruating. This is aggravated in slums where there is an

acute shortage of water and women are isolated and are branded as impure. So further our awareness session worked on breaking such stereotypes and how women can keep themselves clean even in areas with scarce water,”.

“And no matter the religious biases or conservative perceptions, we make sure that women and girls attend our sessions and discuss their problems. And to be honest, the level of acceptance was is much higher than our expectation. They have the desire to know more, accept the flaws and change for good.

**Seema Khurana**

**CSR Lead & Activist**

