

WOMEN HYGIENE DRIVE

WHAC/31/2019-2020

**Govt School, Sec-9, GGN
November 21th, 2019**



A large number of adolescent girls from rural areas of India are still not aware about issues related to menstruation and maintaining personal hygiene during this period and dealing with associated physical problems. They usually don't get a proper platform to get information or discuss such issues.

Understanding this menstrual hygiene awareness event for school girls was held at Govt Middle School Sec-9, Gurugram ... on November 21, 2019 where 200 plus girls from Class 6th to 8th STD attended the session. Stressing that menstruation is normal for girls and words like 'vagina' and 'vulva' should not be stigmatized, CSR Activist from Oxygen & Sahyog

Foundation interacted with students to explain various aspects of menstruation and hygiene.

When we interacted with the girls of Class VI to VIII, most of them had not heard about menstruation at all. We need teachers and parents to take more responsibility by talking to them about menstruation at least when they reach class 6," said CSR Activist from Oxygen

Spoke person urged the children not to think that menstrual blood is 'unclean' breaking the myth of girls being treated as 'untouchables' during periods. "We gave sanitary napkins for free to all the students. But, open sessions like these help children clear doubts," said Mrs. Chopra School principal.

During the awareness programme team also talk about the 'Nutrition and Hygiene' for girls aiming at promoting good nutritional practices and menstrual hygiene among the young girls. Experts also spoke on the importance of eating right and regularly and maintaining a balanced diet. The programme also covered importance of consuming seasonal and locally available

The other interventions in the schools discussed during the session were

- 1) Identifying sanitation and hygiene as the need of the hour schools.
- 2) Improve sanitation facilities along with adequate hygiene services have great impact on improving girls' attendance.
- 3) Focus on the capacity building of adolescent girl students through Asha workers to demystify taboos surrounding menstruation, orienting them to manage the menstrual process, provide access to sanitary napkins and disposal of soiled napkins.
- 4) Team also informed girls about the use of sanitary pads, which are hygienic and comfortable.



With the words “By improving menstrual health and tackling period-shame we can improve girls’ attendance and performance at school; break down taboos and misconceptions around menstruation; raise girls’ self-esteem and enable girls to fully participate in all aspects of society”. We closed the session and handed over the Sanitary Napkin packets samples with the school coordinator.

Seema Khurana
CSR Lead & activist