



WOMEN HYGIENE DRIVE

WHAC/3/2020-2021

NGONIPUN, NIHAL VIHAR

August 25th, 2020

New Delhi: Even though the lockdown is lifted, many have lost their livelihood and are barely able to make ends meet. Women, thus, are finding it hard to purchase sanitary pads and maintain menstrual hygiene. But thanks to a workshop that some of them had attended, they were able to get Sanitary Napkin packets and even learn to make pads at home. “In this time of crisis, many of the women are using old cloth available at home. This session gets us save some money, and the need to for pads is also fulfilled,” says Drishti who lives in Nihal Vihar, a slum area in Delhi. And another Participant Reshma feels empowered, too. She says, “There isn’t any shop to buy pads here. When we produce them, we help other women and also earn something.”

On August 25th, 2020 Sahyog foundation conducted workshops at NGO Nipun to help women deal with period related problems. Along with MHM and homemade pads team also discussed personal hygiene, ways to use and dispose the napkins and other issues with Girls. 42 Girls attended the session maintaining social Distancing and organizers followed all the Govt COVID 19 guidelines of Temperature and Sanitization .Session last for 2 Hours .Girls came up with lots of Personnel questions & quires related to MHM.

Session also included distribution of menstrual hygiene materials and dissemination of information regarding menstrual hygiene through group awareness sessions. The social stigmas and taboos surrounding menstruation often prevent people who menstruate from attending work and school, and even when they do attend, the lack of access to menstrual hygiene products, sanitation infrastructure and menstrual hygiene education can prevent them from reaching their full potential.

Poor menstrual hygiene is a problem which we all need to deal with. We need to throw this thing out of our system that menstruation is a problem and it only concerns women. I have been organizing workshops in Slums & Rural areas and breaking taboos. I have been talking about menstruation. But, I’ll reiterate, we all have come from a womb and together we need to

address the issues surrounding menstruation and create more Slums & villages signed off menstrual Taboos.

Seema Khurana

CSR Lead & Activist

