

WOMEN HYGIENE DRIVE

WHAC/25/2020-2021

**Bengali Colony . Meera Bagh
December 28,2020**

The latest National Family Health Survey(NFHS -4) reveals that only 58% of women aged 15 - 24 years use a hygienic method of menstrual protection. Based on that Sahyog team along with local NGO at Meera Bagh slum conducted a Menstrual Hygiene Management(MHM) awareness session for community girls and Women on December 28, 2020. The session tried to help break the silence and build awareness about the fundamental role that good menstrual hygiene plays in enabling women and girls to reach their full. During the session we found that Menstruation is still considered unclean or dirty in this society and so are the taboos associated with menstrual hygiene. Our Session along with educating the group regarding MHM strengthen Women thinking regarding MHM , Team demonstrated the proper use of sanitary pads. She also educated the girls about the proper disposal and the need to change the pads at regular intervals to keep themselves clean and hygienic. The girls were also given free sanitary pads so they can follow proper menstrual hygiene at their homes.

Session also gave us the insight of Women situation , there is a high prevalence of reproductive tract infections, resulting in infertility in most cases. This has brought to limelight the ignorance meted out to menstrual health. The CSR team has taken a step forward in ending the taboo surrounding menstruation by healthy discussion and question answer session which last for more than 2 Hours.

In the end the session was compiled with the words that “Girls can move forward in the world only when menstruation is free from the shackles of myths and taboos. Every girl should be able to embrace the natural functions of the human body with dignity and respect. This can be achieved only when there are similar efforts at a greater scale.”

Seema Khurana
CSR Lead & Activist

