

WOMEN HYGIENE DRIVE

WHAC/23/2020-2021

**Nangli Vihar, Najafgard
December 10, 2020**

Sahyog Foundation and Jan Shiksha Sansthan organized an awareness session in the open community at Nangli Vihar with community women titled "Be Period Positive". The session was attended by 73 participants along with 2 staff members of Jan Shiksha Sansthan foundation with a mix group of middle aged females and late adolescents (18-45yrs). All these participants were from marginalized community like Schedule castes and tribes. The middle aged women seemingly lacked in health education. Today's session was aimed at dissemination of scientific information over the hocused information the participants had regarding the sensitive subject of "Menstrual Hygiene Management".



The session started with the speaker talking about menarche (occurrence of first menstrual period in the female adolescent) and how it is important to impart right information prior to menarche in young females. Speaker also emphasized on the fact that the poor awareness levels and the improper knowledge regarding the physiology of female body and menstruation leads to most commonly believed myths and misconceptions. One of the most prevalent myth women have about periods is that it is something bad and filthy happening to them and that they are contaminated, dirty, and impure. These myths adversely affect the psychological and physiological wellbeing of the individual and also the socio-economic participation of the women and girls in our society. Speaker added that due to illiteracy and lack of proper knowledge and information, lots of myths and misconception related to menstruation are deeply rooted in our society and the shyness to discuss or seek information on this subject is only adding fuel to the spread of misinformation.

This session focused on breaking these illusions and myths by sharing correct scientific information. The speaker also talked about how to maintain proper hygiene during the periods. Speaker shared the concept of 5P with the participants. First P stands for Product, here the speaker talked about the importance of using the safe and comfortable product during the periods, highlighting the use of sanitary pads over the traditional method of using a cloth to prevent the risk of infections. The second P stands for Palms i.e washing our palms(hands) before and after the use of sanitary pads to maintain a healthy cycle avoiding all risks. The third

P stands for Pain, in this the speaker explained the various methods in which the period pain and menstrual cramps can be lessened and handled. Some of these methods were doing yoga asana , list of benefiting food items and other home based remedies. The fourth P stands for Paper, in this the speaker talked about the disposal of these used sanitary pads. Speaker explained them how it is equally important to dispose the sanitary pads for a healthy surrounding. The last P stands for Period between Period, in this the speaker talked about the importance of maintaining good and healthy diet and also to do some exercise or physical activities to remain healthy between and during the periods.

After talking about these topics speaker held an open questioning session with participants and cleared their doubts.

Observations-

The participants were very hesitant at the beginning of the session and were giggling and covering their faces on various sub topics but slowly started to open up and also asked few questions.

Few participants were quite interactive and also revealed that they use sanitary pads over cloth.

The participants showed positive attitude throughout the session.

Young participants also shared that they get sanitary pads from their school for free even in this lockdown they prefer to use sanitary pads over cloth.



Methodologies Used by Trainee :

The speaker used the programme media techniques and group work methods to have a impactful and successful session for the participants and the organization.

Today's MHM awareness session at Nangli vihar , Nangloi Najafgard area was attended by 73 women and girl's from the community. Majority was the participants were SC/ST. Most of the girls are using sanitary pads as they usually get free from school but women use cloth only as it's available for free and easy to use. It was observed during the session that the knowledge regarding the MHM was very limit and they were shy to talk about it . As I introduce them to the objective of the session girls head down and were not ready to answer to any of my questions. After we brief them the importance of periods in a girl's life they slowly start interacting. Session was very fruitful and they very attentively and patiently attended a two hour long session which was followed by asking questions from them and providing solution to their problems. At the end of the session two girls from the JSS vocational center recited a poem on Be periods positive.



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