

WOMEN HYGIENE DRIVE

WHAC/24/2020-2021

**Om Colony, Nihal Vihar
December 23rd, 2020**

Sahyog Foundation , In continuation of our campaign, Women Hygiene awareness camps organized Menstrual Hygiene awareness Session at Ngo NIPUN Vocational Training center on December 23 ,2020, Wherein around 48 adolescent girls between 15-19 years along with staff members of NIPUN attended the session.

It's no surprise that most of the girls were oblivious to the importance of menstrual health and hygiene. We educate them about the seriousness of this issue and how to protect oneself with the various menstrual illnesses. The session focused on creating environment and spreading awareness amongst adolescent girls around hygienic menstrual practices. The safe and responsible use of menstrual products and maintenance of menstrual hygiene to improve their overall health. It will encourage girls to not miss school during their menstruating days. And it will certainly be a great boost for their self-esteem.

We also introduce different type of sanitary products available in market and in detail, we explained the girls the right way of using and disposing of sanitary pads. These young minds have so much to learn and explore and we feel a great responsibility towards them by helping them understand our world and all its wonders.

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. We are thankful to NIPUN for their support in organizing the session and hope other NGO's will also come forward and initiate similar campaigns as this in near future .

Seema Khurana

CSR Lead & Activist

