

WOMEN HYGIENE DRIVE

WHAC/21/2020-2021

Shyam Vihar, Rohini

December 3rd, 2020

Menstrual Hygiene: We all understand very well the importance and relevance of Menstrual Hygiene: topic. It is about overall health of growing or even grown up girls. Statistics shows that with more and more awareness and practice of menstrual hygiene, incidents of cervical cancer has been coming down significantly in India. It is about prevention of disease among our future generations of females.

In our Endeavour to create awareness about Women's Wellness and Hygiene, Sahyog Foundation along with NGO Dhori at Shyam Vihar resettlement in Rohini sec 25 organized a awareness session on 'Menstrual Hygiene' for girls (Age group - 12 to 30 years) on December 3, 2020.

In this session , Speaker from Sahyog Foundation addressed the participants about the importance of Menstruation in a girl's life followed by MHM, Sanitary Napkins and environment friendly products like cloth pads and menstrual cups. Speaker also made these girls & their families aware of the importance of good menstrual hygiene and tried to build a habit of using disposable sanitary napkins. Session emphasized on "Menstruation is not a problem, poor menstrual hygiene is".Session was Well appreciated by the girls and NGO team. While answering their queries and doubts we requested the group to please talk about Menstruation and about Sanitary Pad, make it reach to as much you can mostly in villages and semi urban slums so that each and every Women use it and understand it's benefits .

We aspire to continue this project and reach out to as many females with different groups of women to spread the awareness wider.



Seema Khurana
CSR Lead & Activist

