

WOMEN HYGIENE DRIVE

WHAC/32/2020-2021

Bhaktavarpur village, G. Noida

February 26th, 2021

Promoting awareness on menstruation to raise the health index of remote area of Greater Noida region, Oxigen & Sahyog foundation team once again moved into a remote village Asgarpur on February afternoon and organized a health cum awareness session with the adolescent girls and ladies at Asgarpur village,

A team from shared valuable insights on how menstrual cycles work, how sanitary napkins are better than cotton padding and what are benefits of healthy food intake during menstruation. The objective of the session was to create a platform where the adolescent girls and village ladies speak freely about the much-tabooed topic and understand what their mindset is on menstruation.

Sharing her experience from the session, Priyanka who helped us spreading the message about the session from said, "In villages, we have no real knowledge about menstruation cycle". During this session, we came to know that eating healthy food is very important and that we should use hygienic sanitary napkins to avoid infections during periods. All of us learned so much. I thank the team from Sahyog who provided us with vital information."

During the session speaker also explained adverse effect of unhygienic menstrual practices. Insights on Reproductive Tract Infection (RTI) which is a common infection, that occurs if hygiene is not maintained during menstruation where also shared. Further speaker explained that white discharge, rashes, itching, urinal infection and pain while urinating during menstruation are symptoms of RTI. At total of 71 Girls and Women aged 14-21 years participated in the session along with village ladies. Sanitary napkin was distributed to each of the participant with the hope that they will use them and with the comfort experience will switch over from old cloth to save mode.



Seema Khurana
CSR Lead & Activist