

WOMEN HYGIENE DRIVE

WHAC/29/2020-2021

New Gwal Phari

February 5th, 2021

New Gwal phari 5 February 2021- Across the spectrum of population affected by poor sanitation facilities, women and girls are often more adversely and disproportionately affected. They face a loss of personal dignity and are at a safety risk because of a lack of access to sanitation facilities. Absence of facilities often forces them to restrict their diet, which can have adverse nutritional and health impact.

Understanding the importance of MHM education and need of such awareness session at New Gwal phari after an assessment done by NGO pure India. Oxigen & Sahyog foundation along with NGO Pure India reached the village and met the ANM and Anganwadi worker and with their support organized

orientation session at Anganwadi center on February5,2021. Session aim to educate women about the need and importance of good menstrual hygiene management, the day was targeted to benefit and empower women and girls of the village .As the women started gathering for the session we found that despite the modernization and advancements, menstruation is still considered a taboo topic to discuss and women often found themselves uncomfortable at the prospect of discussing the subject. This is what that leads to women usually being deprived of access to safe menstruation practices, thereby compromising their overall health. It is



the basic right of women to manage menstruation hygienically and also in a dignified manner. So it becomes essential for women to have access to clean water and toilets and also safe hygiene practices, an area that faces a lot of neglect.

At the opening of the Session Anganwadi head Savita shared that women of this village hardly go out and meet people and with the aim of community awareness and breaking the silence on the taboo subjects of menstruation and hygiene we wanted this session that could break the silence, raise awareness and change negative social norms surrounding menstruation. The Session saw a participation of 75+ girls and women which was remarkable. We discussed the importance of sanitation and its overall impact on health, and the significance of maintaining menstruation hygienically. Along with importance of Periods in a female's life,



Do's and Don'ts required to be followed during this time were also discussed with the participants. The importance of toilet and its access even more important for women and girls became a point of discussion when one of the participant shared that without a safe, private space, with inadequate facilities for bathing and washing, women and girls face difficulties, and experience has shown that adolescent school-going girls are especially vulnerable to discontinue their studies. Many are reluctant to continue their schooling because toilet facilities are either not private, not usable, not safe or simply not available in many government schools.

Team also spoke about the day problems and challenges faced by girls during periods and the solutions too. Various myths associated with

menstruation were dispelled in this session. They were told about proper and safe disposal of sanitary pads as good menstrual hygiene is crucial for the health, education and dignity of girls and women. It was followed by a question answer session where the queries of girls were taken up. The session came to an end after 2 1/2 hours with the free distribution of Sanitary Napkin packets.

Sahyog Foundation is taking concrete measures towards creating a realm where every woman can manage her menstruation in a hygienic way and with dignity.



Seema Khurana
CSR Lead & Activist