

WOMEN HYGIENE DRIVE

WHAC/27/2020-2021

Hiran Kudana, Nangloi

January 19th, 2021



In a far-reaching initiative, Sahyog foundation is very actively organizing series of workshops and MHM awareness sessions to root out prevailing superstitions among women on menses and also educate them against the stigma, social and cultural taboos related to menstruation through workshops for ushering in a mindset change.

During one such hygiene session at a remote village Shahravat Chupal Hiran Kudana team found that menstrual woes expressed by Women & Participants were both serious and trivial. While most of the underprivileged girls lacked basic requirements like

undergarments and proper clothing, they were also severely malnourished. When asked why they don't attend school during menses, "one girl told us that their mothers tell them not to go out during this period as it attracts evil spirits and they may get infested by them,".

Superstitions are not class-specific and they are prevalent among urban families too.

The program is conducted uniquely for girls of different age groups (from Menarche to Menopause). The components of program were

- 1) Educating women about what is menstruation and how the menstruation cycle works (Female reproductive system and how it functions)
- 2) Importance of good menstrual hygiene habits and how to maintain it.
- 3) Overview about menstrual disorders.
- 4) Talk about the importance of diet.
- 5) How Periods and meditation can work wonders in giving women a good reproductive and overall health.
- 6) Creating a platform for an open dialogue

We tried to bring women together to talk about why it's important to talk about Menstruation. And how it can benefit the coming generation and everybody in general. And we wish to do that for men too so that Menstruation becomes an accepted topic to talk about. We also emphasized on the right choice and the need to address the issue holistically by reducing the waste which also affects our health and adopting an eco-friendly approach.



Sahyog Foundation team hope to encourage more Schools, NGOs and health educators to come forward and organize such workshops.

Seema Khurana
CSR Lead & Activist

