

## WOMEN HYGIENE DRIVE

WHAC/28/2020-2021

Amichand Khand, Giri Nagar

January 19th, 2021

Statistics indicate that India has over 355 million menstruating women and girls, many of them face uncomfortable and undignified experience with menstrual hygiene management. Despite national and international level push to address this issue through various social media platforms, campaigns, availability of eco-friendly or biodegradable menstrual products, etc., there is still ambiguity around the issue especially in the rural areas. Understanding that there is a need to raise awareness on these aspects among rural and Semi Urban (Slum) school-going girls organized a session at Learning Center at Giri nagar resettlement on January 28,2021.

In Introduction session important aspect of women's reproductive and sexual health were discussed along with the important of menstrual hygiene wherein they have access to information about the products available, their advantages and how to use and dispose them, and the freedom to choose a product depending on their needs, and the socio-economic contexts in which they live in.

Speaking about Sahyog Foundation endeavor CSR Head Mr. Rajpal Duggal said that "Despite progressive statistics, menstrual hygiene is an essential aspect of female health which is grossly neglected in India. Although there are several government initiatives which have brought significant improvement in the number of women having access to sanitary pads, many in the rural areas continue using unhygienic alternatives. Awareness needs to be raised not only on maintaining hygiene, but also on the availability of sustainable alternatives such as biodegradable sanitary pads and menstrual cups. They are beneficial to both women's health and the environment."



Adding to her talk speaker marked that, "Period talk is an extremely important aspect of sexual education in young girls. It must be imparted at the right age and time leading up to menarche. There is a need to make them aware that inadequate attention to menstrual hygiene can lead to many infections and even cervical cancer over time. Awareness is needed not only among the girls but also their mothers and family on how important it is to offer support and understanding during this critical phase.'

Lack of menstrual hygiene after the birth of a baby can also impact the mother's health leading to issues such as urinary tract infection (UTI) and reproductive tract infections (RTIs). Awareness on the use of hygienic

methods and proper disposal of waste is a must. Along with the MHM education, strong need for creating awareness among women on hygienic practices during the menstrual, partum and postpartum periods were also discussed. Clearing Girls doubt speaker also discussed that Unclean practices can increase the risk of infections apart from using proper sanitary products, it is also imperative to ensure that they wash their intimate area well, change pads as and when required, among other things.

As a society, the stigma around periods or menstruation must be overcome. it is imperative to understand that there is nothing shameful or impure about and that women have the right to access to sanitation and good menstrual hygiene. Building knowledge and support are key as is dispelling myths and taboos surrounding menstruation by talking about it proactively without shame.



**Seema Khurana**  
**CSR Lead & Activist**