

WOMEN HYGIENE DRIVE

WHAC/26/2020-2021

Transit Camp, Anand Parvat

January 12th, 2021

Underprivileged women, especially in slum areas, struggle to get a clean piece of cloth and a toilet to manage their period every month. There is a lack of awareness about menstrual health and hygiene. Living in a culture of shame and silence, they end up using poor substitutes and Filthy Public toilets. This aggravates their day to day misery around this basic need. Sahyog Foundation through its “Women Hygiene awareness” has reached to women and girls in rural areas, slums and Schools and have organized awareness meetings among the most backward communities across the country and distributed sanitary Napkins.



Today's session at Transit camp Anand Parvat with around 70 Women & Girl participants along with 15 Anganwadi and ANM Workers was again one such camp where women still use cloth and girls use a combination of pad and cloth as per the availability during their menstrual phase.

During the session we once again got a feedback that Menstruation, though natural process, is still regarded as something unclean or dirty in Indian society and is linked with several misconceptions and practices which results in adverse health outcomes. So, for the session our

Objectives was to educate the participants about the menstrual hygiene practices and utilization of health care services by adolescent girls and Women residing in slum dwellings.

We tried to convince the group that Women and girls of reproductive age need access to clean and soft absorbent sanitary products and practice of cleaning of genital area during menstruation. Poor personal hygiene during menses, use of unclean napkins or cloth napkins results in harboring of micro-organisms causing reproductive and urinary tract infections.

Good hygienic practices such as the use of sanitary pads and adequate washing of the genital area are essential during menstruation. Women and girls of the reproductive



age need to access to clean and soft, absorbent sanitary products which can in the long run, protect their health.

The session was well addressed and received by the group with few questions and more of problems they are facing.

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