

WOMEN HYGIENE DRIVE

WHAC/33/2020-2021

Baliawas Village,
March 5th, 2021

In India menstruation is generally considered as unclean. Women and girls in Rural and Semi urban locations are vulnerable group in our society. The unflinching support and a constant check of women & girls during menstruation are usually absent. **With the objective to enhance the knowledge and practices regarding menstrual hygiene among adolescent girls and women residing at Baliawas Village in Gurugram, an Awareness session was conducted which was attended by around 80 girls and Women.**

Session empowered the participants to learnt how to manage their menstruation, feel confident & secure during these days along with usage of sanitary napkins & safe disposal and they were also provided with **Sanitary Napkin Packet by Pure India Trust.**

Apart from **education on menstruation**, the team also informed women and girls about the importance of **nutritional diet** in their daily life. Taking this forward we discussed a lot of women feel psychologically down during their periods. For some it happens right before it starts. They feel everything bad is going to happen to her. There seems to be no hope, but the mood is back, and spirits are high once the periods are done, so women are always on a roller-coaster ride. How many women even talk about this?”, Speaker discussed, “



Happy to share that it was a Interactive session and at the end of the session many girls and Women came forward with their problems about irregular periods after menarche and pre-menstrual cramps which were well addressed.

Sanitary Napkin packets were given to all attending the session.

We hope that this project will not only make a positive difference to the lives of women & girls living in underprivileged but will also help in breaking the taboo around periods.

Seema Khurana

CSR Lead& Activist

