

WOMEN HYGIENE DRIVE

WHAC/34/2020-2021
Bans Village, Delhi
March 5th, 2021



Menstruation is associated with the onset of puberty in girls and many times, it brings with it rules, restrictions, isolation, and changed expectations from the girls by society. This changed attitude towards girls such as restrictions on their self-expression, schooling, mobility and freedom has far-reaching consequences on the mind-set of women.

At Women Hygiene awareness session at Bans village in Delhi ,65 teenager and young women benefited from a camp organized by Sahyog Foundation in association with Pure India on March 5, 2021. The women, ranging from 15 to 55 years of age, were educated about the various myths associated with menstruation at the camp. The aim of the awareness camp was to ensure underprivileged women live with dignity.



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.



After the initial hesitation and awkwardness, almost all women open and begin sharing freely. We always get their attention because the issue is so intimately connected with our bodies. Even the economics of using Sanitary napkin was discussed which was attractive up and begin sharing freely. We always get their attention because the issue is so intimately connected with our bodies. Even the economics of using Sanitary napkin was discussed which was attractive

Sapna 17years, will use sanitary napkins for the first time. “My mother taught me about menstrual cycles, but she never knew much about sanitary pads. So, I also followed the old method of using cloth. Although I would see the advertisements on television, I am too shy to go and buy a packet for myself. However, after madam giving us confidence to come out and speak, I will surely use napkins from now.” One of the girls said you should also organize awareness workshops for men, so that they understand the issues women face.



It was a joy to see that women wanted to learn more about menstruation hygiene. “It is very important that women speak about the various health issues related to menstruation without a second thought,”

Seema Khurana

CSR Lead& Activist