

WOMEN HYGIENE DRIVE

WHAC/37/2020-2021

Bhatti mines, Delhi

March 8th, 2021

“International Women's Day 2021. The theme for this year's International Women's Day is #ChooseToChallenge. It indicates that a "challenged world is an alert world, and from challenge comes change”.

Women’s health is not a niche issue — it impacts everyone in some or the other way, that is why a collective effort to improve Women health, awareness and understanding of menstrual hygiene was the key for the day March 8th 2021 .**A session organized at Sanjay Colony, Bhatti Mines,** which wasn’t just on the topic of menstruation. Our idea was to make it something one could openly discuss, without feeling humiliated or embarrassed.



More than 80 women from the area and around enthusiastically attended the program.

Why should one be ashamed to talk about something that is a biological process? The event was graced by the presence Anganwadi workers.

During the session spoke person reiterated about the importance of women empowerment. She said, “Women are the real architects of

society. We can make a far better world by mobilizing the untapped women force of the world. Women’s Day celebration will be successful only when women are given proper respect and the guarantee for exercising their rights and making their choices.

It's no surprise that most of the girls were oblivious to the importance of menstrual health and hygiene. We educate them about the

seriousness of this issue and how to protect oneself with the various menstrual illness. The session focused on creating environment and spreading awareness amongst participants around hygienic menstrual practices. The safe and responsible use of menstrual products and maintenance of menstrual hygiene to improve their overall health. It aimed at encouraging girls to not miss school during their menstruating days. And it was certainly be a great boost for their self-esteem.



We also introduced them to different types of sanitary products available in the market and explained them in detail explained about the right way of using and disposing of sanitary pads.

Girls can move forward in the world only when menstruation is free from the shackles of myths and taboos. Every woman & girl should be able to embrace the natural functions of the human body with dignity and respect. This can be achieved only when there are similar efforts at a greater scale. We are thankful to Pure India for their support in organizing such sessions and hope to continue with many more similar initiatives /campaigns as this in near future.

Happy Women's Day!!!

Seema Khurana
CSR Lead& Activist

