

WOMEN HYGIENE DRIVE

WHAC/35/2020-2021

Chhatarpur

March 6th, 2021

To Celebrate Women's day Sahyog foundation choose to celebrate the day by educating Women to live with dignity. Sahyog team reached out to many communities during the Week and tried to organize session wherein adolescent girls and women were engaged in awareness, advocacy and knowledge-sharing around the importance of menstrual hygiene management. There are many taboos/myths related to menstruation, and this particular day aims to break all taboos and raise awareness among individual, organization and everyone who menstruate and the one who don't. It is celebrated so that people could understand menstruation is not a curse, rather it is a gift and proper hygiene is important. **The main objectives of organizing the session was** • To break the silence on menstruation • To raise awareness on importance of menstrual hygiene management • To advocate the MHM friendly environment.



During the session at Chhatarpur on March 6th, 2021 afternoon team conducted following activities with 75 participants to celebrate the day. Understanding the urgency of pushing the stigma of Mensuration away, Sahyog team celebrated the Day as Happy Periods Day, with blend of enthusiasm, joy and creating awareness. Talking about periods openly still makes girls uncomfortable and to break this silence, active dialoguing and pictorial presentation through Greeting cards, posters was shown to them on laptop .. The pictures presented on the concept of "Happy periods" were expressed in various forms, by different participants. The colorful greeting cards reflected the thought process of each of the adolescent girls participated. Following that there was active interaction with the group of 16 adolescents and each of them shared their experiences during their menstrual time. A small talk on Gender sensitization and understanding the recognition and perspective of Transgender was also added. The session added to the meagre understanding they all had on the Transgender issues. It was followed by an interactive session on all their concerns and doubts. Thus the observation of the day ended with celebrations by collective participation, active dialoguing, joy and pride of otherwise, "difficult days" in a woman's life.



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