

WOMEN HYGIENE DRIVE

WHAC/38/2020-2021

Govt School, Kadarpur Village, GGN

March 22, 2021

Menstrual Hygiene Education for adolescent girls in school.

Considering the topic of Menstrual Hygiene Management shrouded by a culture of silence in a traditional centered considering in a traditional Indian rural society, Sahyog Foundation Conducted MHM session Where in Pure India distributed Sanitary Napkin Packets to each of the Participant.

MHM is subjects not known to majority of rural girls who are keeping total silence and do not discuss the matter with anyone including the mothers and friends. "Scientific study has proved that absence of good MHM practices result in Adolescent girls getting a shock during the menarche followed by a drama. Mostly, it is from the senior students or relatives living in urban areas that they get the first information regarding MHM. The feeling and belief they have from others make them feel a sense of guilt, not knowing that the menstrual blood is the most hygienic blood through which they pass on to their next generation all these traits discussed by **Speaker in her introduction session at Govt Senior Secondary School, Kadarpur Village, Gurugram on March 22, 2021 .**



Around 90 girls from class 8-10 with enthusiasm sat in a row but as the topic was addressed suddenly, they all looked Shy. Expert handled the situation very calmly convinced them with the importance of Periods in a girl's life, highlighted the importance of safe sanitary practices commencing from washing the genital area with water after each use and also after urination. Soon we observed the participants started taking interest in the session and started listening carefully. Speaker shared the dos & don'ts during the period and emphasized on sanitary napkins usage such as need to be changed regularly after 5 to 6 hours to avoid any leakage, odor and infections. Measures for Menstrual Hygiene & Sanitation Key instructions towards menstrual management were also extended such as to always carry a set of spare napkins for change when visiting out. Cotton undergarments should be



preferred as they are better absorbent of moisture and heat and thus ensures no bacterial infections.

While interacting with the girls, the universal observations of menstrual myths, superstitions and practices were also discussed. The enablers addressed key issues that touching pickle or avoiding certain kinds of foods due to customary beliefs are mere myths which have been passed on to them through generations. Operational maintenance of toilet and how to dispose of used sanitary pads was also explained. School coordinator commented the unique initiative of and appreciated the way session was handled by the Speaker. After the awareness session we opened the house for Questions and found that the students who were not prepared to ask any questions due to shyness. However, a small group of students approach us and came out to discuss their problems and issues after the program.

Seema Khurana
CSR Lead & Activist

