



**CELEBRATING WORLD MENSTRUAL HYGIENE DAY 2020, AT SAHYOG FOUNDATION.**

The current pandemic although requires greater attention and resources, period poverty and management of menstrual health are concerns that will be addressed over and over again and in times of crisis, they need to be addressed with greater attention.

This world menstrual hygiene day, let's pledge to destigmatize periods and negative social norms around it, to build a world where everyone is empowered to manage menstruation freely, safely and with dignity.

This time Sahyog foundation organized Two Zoom Menstrual hygiene awareness Training Sessions the participant were the Teachers and volunteers from The NGO's who after the session walked into communities and duly maintaining the Social distancing talked about the MHM and distributed Sanitary napkin packets . Team also displayed and prepared the menstruation bracelet as a symbol of their support towards the bracelet campaign.

Thank you so much to everyone who participated! This year's Zoom talk was the power of our movement. No more words, share it with every female and help in our commitment to end period poverty and period stigma by 2030!

#MHDay2020  
#ItsTimeForAction  
#PeriodsInPandemics  
#EndPeriodStigma  
#NoMoreLimits  
#LetsTalkPeriod  
#OxigenSahyogFoundation .

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