

## WOMEN HYGIENE DRIVE

**WHAC/20/2020-2021**

**Dwarka Mor**

**November 20<sup>th</sup>, 2020**

Sahyog Foundation organized an awareness session at "Society for promotion of women and child welfare" titled "Break the silence". The session was attended by 35 participants along with 5 staff members with a large number of middle aged women (25-40yrs). All these participants were from the nearby community (which is a JJ cluster) and were seemingly lacking proper knowledge about menstruation. The session was conducted outside the Mahila Panchayat Kendra as precautionary measure for Covid. Many women joined the on going session as it was in the open community. The session was aimed at dissemination of scientific information over the hocused information the participants had regarding the sensitive subject of "Menstrual Hygiene Management".

The session started with the speaker talking about menarche (occurrence of first menstrual period in the female adolescent) and how it is important to impart right information prior to menarche in young females. Speaker also emphasized on the fact that the poor awareness levels and the improper knowledge regarding the physiology of female body and menstruation leads to most commonly believed myths and misconceptions. One of the most prevalent myth women have about periods is that it is something bad and filthy happening to them and that they are contaminated, dirty, and impure. These myths adversely affect the psychological and physiological wellbeing of the individual and also the socio-economic participation of the women and girls in our society. Speaker added that due to illiteracy and lack of proper knowledge and information, lots of myths and misconception related to menstruation are deeply rooted in our society and the shyness to discuss or seek information on this subject is only adding fuel to the spread of misinformation.



This session focused on breaking these illusions and myths by sharing correct scientific information. The speaker also talked about how to maintain proper hygiene during the periods. Speaker shared the concept of 5P with the participants. First P stands for Product,



here the speaker talked about the importance of using the safe and comfortable product during the periods, highlighting the use of sanitary pads over the traditional method of using a cloth to prevent the risk of infections. The second P stands for Palms i.e washing our palms(hands) before and after the use of sanitary pads to maintain a healthy cycle avoiding all risks. The third P stands for Pain, in this the speaker explained the various methods in which the period pain and menstrual cramps can be lessened and handled. Some of these methods were doing yoga asana , list of benefiting food items and other home based remedies.

The fourth P stands for Paper, in this the speaker talked about the disposal of these used sanitary pads. Speaker explained them how it is equally important to dispose the sanitary pads for a healthy surrounding. The last P stands for Period between Period, in this the speaker talked about the importance of maintaining good and healthy diet and also to do some exercise or physical activities to remain healthy between and during the periods.



After talking about these topics speaker also talked about the re-usable sanitary pads and asked about their opinion on using re-usable sanitary pads. After winding up these topics speaker held an open questioning session with participants and cleared their doubts . At the end of the session GoFWT team distributed packets of sanitary napkins for these participants for which they expressed their gratitude.

### **Observations-**

The participants were very shy and were inactive in the session. They weren't responding much during the session but many of them came after the session and asked number of questions. Speaker talked about the re-usable sanitary pads to which most of the women responded negatively and expressed their discomfort in using them even if provided.



**Seema Khurana**

**CSR Lead& Activist**