

WOMEN HYGIENE DRIVE

WHAC/13/2020-2021

Meethapur Extension

November 2nd, 2020

Sahyog Foundation believes that sound menstrual hygiene management (MHM) entails ensuring that women and girls can manage their periods in a way that is not only healthy, but also enables their full participation in social, economic, and other productive activities.

In India, the inadequacy of sound MHM practice is a product of both access and awareness. In light of the lack of awareness about and access to MHM, Sahyog Foundation organized another interactive session on MHM awareness for approximately 50 girls and women at Resetting colony Sai nagar , meetha pur extension today (November 2,2020). At the introduction phase

we could find that menstruation continues to be a taboo topic in most households and Absence of conversations about sound MHM practice impedes awareness about this critical topic, The adverse health effects of poor MHM include urinary and reproductive tract infections, bacterial vaginosis, poor reproductive health, and in some cases, cervical cancer. The workshop began with our attempt to break the silence around menstrual hygiene. Using engaging and relatable examples – for instance asking the question that could break the ice and encourage the adolescent girls and their mothers to think deeply and talk openly about this subject.

This was followed by a fun activity, aimed at teaching the audience, methods of reducing physical pain during menstruation, including yoga poses and other exercises. The girls and women were informed about when they should visit a doctor, for instance, during an abnormally lengthy menstrual cycle. Through real-life examples, the workshop was able to disseminate awareness on methods to maintain cleanliness and hygiene.

Besides creating awareness, the workshop also attempted to offer practical solutions to the access issue. Sanitary Napkin pads were provided to the girls, and were also explained their benefits and appropriate use. The girls were overjoyed on receiving the sanitary pads.

Sahyog Foundation was truly moved and humbled to see the spirited response and positive feedback of all the participants, as several girls approached us with intelligent questions on MHM, anecdotes about their personal experiences, and a promise to practice healthy MHM. Their response has reinforced our commitment to addressing the issue of menstrual hygiene awareness and access.



At Sahyog Foundation we truly believe that each individual has the right and freedom to a healthy life and to realize their fullest potential. Women's full participation in economic and social life is a dream worth pursuing.

Seema Khurana
CSR Lead & Activist

