

WOMEN HYGIENE DRIVE

WHAC/16/2020-2021

Ranhula Village, Nangloi
November 10th, 2020

Menstrual hygiene, the first amazing opportunity to speak to teens about reproductive health and make them aware of the risks, limits, self-care, responsibility for their own health, body functioning, hormones. That is exactly what the Sahyog Foundation does under its Menstrual hygiene awareness sessions.

This year on occasions of Diwali we tried a new way of coupling celebration with learning.

During our workshop organized at Ranhula village, Nangloi on November 10, 2020 in association with JSS at their VTC we had a awareness session followed by a poetry recitation , where many of the girls recited the poem written by them self on period .Along with the Winner at the participants were facilitated with the gifts .

The session attended by 43 females in age group 15-35 Years is summarized as; we are modern women with a fearless take on making our period a non-tabooed topic. Being in tune with our bodies is what makes us feel comfortable, confident and fiercely ourselves. It's something we won't shy away from because we truly believe that menstruations are indefinable and unstoppable. No matter what their size, shape, sexuality or story, we want to inspire menstruations in our life by opening up the conversations others are too afraid to have. We're for menstruators who genuinely respect their bodies on the inside as much as the impact they're having on the outside.

Seema Khurana
CSR Lead & Activist



