

## WOMEN HYGIENE DRIVE

**WHAC/14/2020-2021**

**Aseem Library ,  
November 9<sup>th</sup> , 2020**

Sahyog foundation organized an awareness session at Aseem Library; Tilak Vihar titled "Be Period Positive". The session was attended by 42 participants along with 7 staff members with a majority of adolescent females (12-18yrs). All these participants were from the nearby area of Tilak Vihar community (which is a resettlement colony) and were seemingly lacking proper knowledge about menstruation. 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 the speaker answered the quires of the participants regarding the session. At the end of the session team handed over the supply of sanitary napkins for these participants for which they expressed their gratitude.

**Seema Khurana**

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