

WOMEN HYGIENE DRIVE

WHAC/18-19 /2020-2021

**Aseem Library ,
November 24th , 2020**

Proper management of menstrual hygiene is extremely important for every woman, not only due to their health concerns, but also when it is about giving birth to a healthy child. In most of the Rural and Semi urban areas in India menstruating women use old clothes & rags in an insanitary way and as a result, they suffer medical, reproductive and also social problems. Students regularly miss classes & exams during their period-week only due to improper management. Lack of awareness and affordability are two major reasons behind this unfortunate scenario.

Sahyog Foundation took this project in 2012 and since then is doing its best by reaching the remote areas and educating women & Adolescent girls through awareness sessions and Workshop . Two such sessions were organised and two different remote villages of Greater Noida

Yakub pur and Jatta village on November 24, 2020 . Both the locations were in the vicinity of around 5 Kms and benefited around 90 participants .

Greater noida being a part of NCR is thought to be a well developed area but as we move into the village we found that the situation is still very bad.

Women Session were planned believes that since Today several menstrual hygiene products like sanitary napkins, tampons, and menstrual cups are available so the participant must be using it but the fact is most of the Indian women mainly of villages they don't use the most basic form of menstrual protection. Instead they use old rags.

We say our nation is developing but still Taking about menstruation is a taboo in most societies, and this contributes to the ignorance and illiteracy on menstrual hygiene management was observed during the session. Few of the girls were aware about the facts but most of the Women were not ready to talk about it and this happen because of lack of awareness in our society. We tried to convince them to talk about Menstruation loudly rather whispering to hear .

We spread awareness to Use Sanitary pads and the benefits of using sanitary Pad as

- It reduce the Risk of Urinary Tract Infections
- Minimizing Risk of Cervical Cancer
- Reduced Incidents of Rashes in Genitals
- Ensuring Good Reproductive Health:

We closed the session by urging every Women participant to Gift- your Daughter; your sister; your friend; your Love; and your MOTHER Sanitary Napkin.

Seema Khurana
CSR Lead & Activist

