

WOMEN HYGIENE DRIVE

WHAC/12/2020-2020

NAB Center, Hauz Khas

October 29th, 2020

Sahyog Foundation along with Group of Friends Welfare trust organized an Awareness session at NAB , Hauz Khas titled 'Break the Silence' on 29th October 2020. The session witnessed the participation of 30 young girls from NAB center; Most of them are Visually impaired. The session was organized to impart training and disseminate scientific information on “Menstrual Hygiene Management” - a subject wrapped in a culture of silence and shame in our society.



Speaking at the session Speaker said that women start their first period (menarche) between the ages of 10 to 13 years. Therefore, the young girls should be given scientific information related to periods prior to menarche. She also added that the poor awareness levels related to the physiology of menstruation and the myths and misconceptions including the notion that menstruating women are “contaminated,” “dirty,” and “impure” adversely affect the health, education, dignity, and socio-economic participation of women and girls in our society. All these factors directly affect three Sustainable Development Goals i.e. health and wellbeing, quality education, and gender equality. Talking about menstruation, Team from GoFWT and Sahyog foundation highlighted that periods are natural physiological process, but most of the women in our society hesitate to talk about it. It is still a taboo in our society. Describing her experience related to periods, She further added that due to illiteracy and lack of scientific information, lots of myths and misconceptions related to menstruation are deeply rooted in our society and the shyness to discuss or seek information about the various aspects of menstruation is only adding fuel to the spread of misinformation.

The session tried to break those illusions and myths by sharing scientific information. The participants were also taught to maintain hygiene and take nutritional food during periods. The participants were also provided a list of food items, yoga asana, and home based remedies to ease menstrual cramps. The facilitator used various methodologies such as case study analysis, Live demo and brainstorming etc. to make the session more interactive.



The session intended to equip the participants with the necessary information and communication along with Q& A strategies to enable them to break the silence; and to play a role of peer educators in the community. GoFWT handed over the supply of sanitary napkin for these girls for the 3-4 months to NAB for which the Institute expressed their heartfelt Thanks to the Organization.

Seema Khurana
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