

## WOMEN HYGIENE DRIVE

**WHAC/10/2020-2021**

**Kasim Vihar**

**October 13<sup>th</sup>, 2020**

Menstruation is associated with the onset of puberty in girls and many times, it brings with it rules, restrictions, isolation, and changed expectations from the girls by society. This changed attitude towards girls such as restrictions on their self-expression, schooling, mobility and freedom has far-reaching consequences on the mind-set of women.

At MHM awareness session at Bharpuri Resettlement colony in Kasim Vihar, 55 teenager and young women were benefited from a camp organized by Oxygen & Sahyog foundation .

The women, ranging from the age of 16 to 35 years, were also educated about the various myths associated with menstruation at the camp. The aim of the awareness camp was to ensure underprivileged women live with dignity.

Batita, 24 years found the camp a learning experience. “I have been using sanitary napkins for four years since the birth of my child. But I liked the simple yoga techniques to overcome tiredness and cramps during periods that ma’am taught us. I will practice and teach my sister,” she said.

**Seema Khurana**

**CSR Lead & Activist**

