

## WOMEN HYGIENE DRIVE

**WHAC/11/2020-2020**

**Anganwadi Center, Pandav Nagar**

**October 14<sup>th</sup>, 2020**

A half day workshop on the issue of menstrual hygiene and safe menstrual practice was held by Sahyog Foundation in Partnership with Jan Shiksha Sansthan for its community health educators and slum dwellers of Pandav Nagar, Shadipur Slum on October 14, 2020. Around 46 Women & Adolescent girls in the age group of 15- 42 years, from Pandav Nagar slum community participated in the workshop. While maintaining social distancing norms, the organizers made women at the camp aware about menstrual Hygiene.



Discussion veered on orienting the participants on good menstrual hygienic practices such as use of sanitary napkins; washing and cleaning; how to dispose sanitary napkins, followed by precautions to be taken during the period and dietary habits, so, as to enable them to lead a healthy reproductive life in future. Along with this team also discussed about COVID 19 , importance of health and hygiene and immunity boosters during this pandemic.



Attending the workshop, Shaloo- a participant from community , stated, "The workshop has sensitized me on various complications arising out of lack of menstrual hygiene, namely RTI and infertility. I will be more conscious about maintaining hygiene in future and will further spread the message among other women in my neighborhood.". At the end of the session sanitary napkin packets were distributed free to the participants which was followed by a oath ceremony by women as a promise to take care of their health and spread the message around .

**Seema Khurana**

**CSR Lead & Activist**

