



## WOMEN HYGIENE DRIVE

**WHAC/4/2020-2021**

**Vocational Training Center**

**September 8<sup>th</sup>, 2020**

*The dreaded M-word. The proverbial 'period' to any conversation. The monthly phenomenon that comes wrapped in a black plastic bag and spoken about in hushed tones.*

As menstruation remains a stigmatized subject in our country, it renders a plethora of subjects taboo. Menstrual hygiene, women's psychological are some of these subjects that demand immediate attention.

On the occasion of **International Literacy Day (Sep 8<sup>th</sup>)**, **Sahyog Foundation Organized an Online awareness session on Menstrual Hygiene for adolescent girls**. The Session was organized considering the aim of this year "Literacy teaching and Learning in the COVID 19 crises & beyond. In the opening of the session Speaker said " let's talk about Period, sanitary products and every woman's right to bleed with dignity. Speaker from Sahyog Foundation also spoke about trying to end the taboo associated with periods and instead should talk about it. We need to understand that periods are a normal, natural phenomenon which occurs in females and that there's nothing that they should be embarrassed about. So we all should end the taboo associated with periods and instead should talk about it openly.

Session brought out a very important point that "Money is a restraint with which many women face". In rural and urban slums, there is always a struggle to arrange the next meal, let alone think about spending money on something which is considered unnatural and bad. "Even in the urban slums, women are not aware about pads or menstrual hygiene," says social worker

Parvati from VTC who was attending the session. So We concluded that “Stigmas, combined with financial restraints, further add to the neglected state of menstrual health. “In order to save money, these women do not change their pads for six-seven hours, leading to problems. Forget about bamboo-based organic pads, when these women can’t even afford regular pads.

“Instead of distributing pads, we taught the Participants to make cloth pads. We begin by giving them skill to make pads so that they have an understanding of it,”. These reusable cloth pads last up to 2-2.5 years and can be washed with soap and disinfectant. The best thing is they can be made at home.

"Periods are normal, natural, and nothing to feel embarrassed about. Over 2 million girls will get their first period this lockdown. Let's come together to make sure that they don't go through this alone. This Literacy Day, I choose to end the taboo and whispers associated with periods and talk openly about it. Because, after all, #ItsJustAPeriod,"

**Seema Khurana**

**CSR Lead& Activist**

