

## WOMEN HYGIENE DRIVE

**WHAC/5/2020-2021**

**Basti Vikas Kendra, Meera Bagh  
September 15<sup>th</sup>, 2020**

Sahyog Foundation in association with NGO Dhuri Humai with a aim to build awareness about the importance of menstrual hygiene, healthcare & nutrition care among adolescent girls and community women organized an interactive sessions on 23<sup>rd</sup> September 2020 at their center. Around 58 Women & girls from the Community attended the Session while maintaining social distancing and following COVID 19 norms issued by Govt. of India where discussion went far beyond menstrual Hygiene. Post session, sanitary napkins were distributed to the women and adolescent girls.



Commenting on the program CSR Head from Oxygen & Sahyog Foundation said that “this is an impactful collaboration that will influence women and girls who are powerful agents of change. They can transform not just themselves, but also their families and their communities. This program will act as an enabler to provide them an environment to understand and manage their health, nutrition, and sanitation confidently, in a private, safe, and dignified manner. Sahyog Foundation takes pride in empowering the girls and women and helps them break stigma, taboos, and ignorance to make the right health choices.”

**Spokes person from Sahyog during the session** added “It is unfortunate that that conversing about menstruation is still considered a taboo in many places in our places especially the rural and Semi urban locations and Sahyog Foundation effort’s are truly commendable not only they educate the masses about the importance of menstrual hygiene but also to bring about a behavioral change - A change where discussing such an integral aspect of women’s health is normal regardless of gender in society. There is absolutely nothing to be ashamed about and this attitude and confidence will further transform many lives as a chain reaction and break the barrier in the path of menstrual hygiene management.”

Session highlighted that Menstruating women need to pay particular attention to personal hygiene. During this time, a woman’s vulnerability towards potentially life-threatening ailments increases. Poor menstrual hygiene can lead to many issues, such as fungal or bacterial infections of the reproductive tract and the urinary tract.

It was Wonderful to see Women discussing various aspects of Womanhood openly and reinforce our Vision. The awareness session was interactive and educates the participants about menstrual hygiene and importance of balanced nutrition through group assignments, role-play activities, real-time community projects, etc. to ensure the participants derive holistic value from the curriculum.

Ensuring hygiene during one's period is not a tough task. With a little effort it's easy to maintain good cleanliness, so familiarize yourself with the simple tips.

**After all, you're the one who stands to benefit!**

**Seema Khurana**

**CSR Lead& Activist**

