

WOMEN HYGIENE DRIVE

WHAC/5/2020-2021

**Basti Vikas Kendra, Meera Bagh
September 15th, 2020**

In the run-up to Educate Women & Adolescent girls on Menstrual Health on September 15th, Sahyog Foundation, in collaboration with NGO NIPUN organized awareness meetings at NIPUN Center Basti Vikas Kendra in Meera Bagh Slum where more than 2000 Migrant families are residing with common Toilets. Around 40 ladies attended the session meant to educate them on the need to maintain menstrual hygiene.

During the Session speaker from Sahyog Foundation highlighted that women are known to neglect their health. "It is imperative to observe extreme hygienic conditions during menstruation," .She Further stressed the need to take excessive care while using and discarding sanitary pads.



In the awareness session, we sensitized the women attendees on keeping personal hygiene and also about eco-friendly sanitary products which are safe for users and for environment," she said. Women's issues such as breast and cervical cancer were also discussed in details and women were found very excited to learn about all of these .

Spoke person also talked about the importance of Personal hygiene and cleanliness.



Maintaining good personal hygiene is the first step to good health. As Personal hygiene is generally defined as cleanliness of the body and proper maintenance of personal appearance. Practicing good body hygiene also helps us to feel good about our self, which is also important for our mental health. Participants were also suggested to wear a fresh set of clothes as often as possible. Dirty clothes are a source of contamination and can cause very serious skin disorders if worn over

without washing them. Wash clothing and linens on a regular basis was recommended. Group was also made to understand that people with poor personal hygiene are prone to illnesses as their immune system is not as strong as that of the adults.

After the session free pad distribution followed by Question answer round session showed the women excitement to learn and know more about their reproductive cycle.



Session was ended with a note that Despite the irrational taboos associated with it, menstruation is a natural physiological process that every healthy woman undergoes. But although every woman experiences it on a regular basis, not everyone is well-informed about the need to ensure hygiene.

At the end of the day, it's for your own good

Seema Khurana

CSR Lead& Activist





