

## A Community Awareness Session on Menstrual Hygiene

Newgen under its flagship CSR initiative, Newgen Digital Discovery Paathshala (NDDP), organised an awareness session on menstrual hygiene in the mid-September. The session is our first step towards community development initiatives.

Over 75 NDDP female students, mothers and other female peers attended the session. Acknowledging the challenges related to menstruation and maintaining personal hygiene during periods, the session covered topics such as the importance of hygiene during menstruation days, and how it plays a pivotal role in the health and well-being of females.

In the first half of the session, the facilitators used audio-visuals to explain how important it is for women to maintain personal hygiene and use sanitary napkins. During the second half, an interactive session was arranged, wherein the facilitators debunked the myths and misconceptions related to menstruation and menstrual hygiene, and educated the women to avoid using unhygienic cloths, hay or other traditional methods. They also recommended various economic and hygienic products available in the market.

Post the session, the facilitators asked the mothers of the NDDP students to come forward and share the agony they had to face during menstruation in their teens and adulthood.

One of the mothers, Roopvati quoted "My mother imposed many restrictions on me during my periods. She considered the usage of pads as an additional expense because of which I always had very low immunity and was susceptible to diseases. But after coming to this session, I pledge to use sanitary napkins instead of unhygienic methods. Being a mother of three girls, I will ensure that my girls never face the challenges that I had to confront due to lack of awareness".

Similar to Roopvati, other women also shared their personal stories. And, most of them agreed that due to ignorance about menstruation, they didn't pay attention to their menstrual issues. This sharing of experiences was the highlight of the session as the women were now confidently talking about menstruation and didn't treat it as a taboo subject.

The session was concluded with the distribution of sanitary napkins to encourage the use of hygienic methods and a brochure which covered general information regarding menstrual hygiene.



**Vaishali Shaarma**  
(Facilitator- CSR)

