

Detailed Report

Charity Activity- Sanitary Napkins & Cloth distribution

Scheme- Social Welfare

Organized by- Eshan Club

Pathetic living conditions casts a dark shadow over the lives of underprivileged specially people who live in slum areas, affecting many people nation-wide. While homelessness presents the ever-present struggle to find food, shelter, and basic resources, women are particularly affected. With every month comes a new menstrual cycle and the challenge to find expensive hygiene products, privacy to change those products, pain relief, and regular laundry and shower sources. Without the basic resources needed to feel clean, safe, and secure, periods can be devastating for thousands of women and young girls residing in poorly located unhygienic areas. Poor women, especially in slum areas, struggle to get a clean piece of cloth to manage their period every month. There is a lack of awareness about menstrual health and hygiene. Living in a culture of shame and silence, they end up using poor substitutes like rags and ash, or worse they use nothing. Thus, taking steps in the right direction, “**Charity Activity- Sanitary Napkins & Cloths distribution (in Asad Gali Taj Ganj Slum & Taj Khema Slum)**” was undertaken by Eshan Club to promote social welfare in the city.

Apart from distributing eco-friendly sanitary napkins, activity was conducted with an aim to talk about more and more about safe menstrual practice and issues in maintaining hygiene. 66 volunteers discussed on hygiene practices such as the use of sanitary napkins, washing and cleaning. Girls were given useful information on the correct way of disposing napkins followed by precautions to be taken during the period. It also included giving knowledge on dietary habits so as to enable them to lead a healthy reproductive life in future. We also gave an overview of menstruation disorders in body such as any kind of pelvic inflammatory infections due to lack of adequate hygiene.

It has now become critical that discussion about menstruation be mainstreamed as a normal biological process. It is a fundamental developmental milestone and a vital health sign. Girls and women also need to be enabled to manage their period with confidence and dignity and not feel shameful about it.



