



# Menstrual Hygiene Awareness Workshop

14th of Oct, 2023, Duration of Event : One Day

Location : Smart Move Academy, Machwa, Panchdeori, Gopalganj, Bihar - 841437





# SHINING SOULS Project Review

MENSTRUAL HYGIENE AWARENESS WORKSHOP

## Project Title

MENSTRUAL HYGIENE AWARENESS WORKSHOP

**Organized by:** SHINING SOULS (Trust)

## Objective:

The Menstrual Hygiene Awareness Workshop, organized by Shining Souls (Trust), aimed to educate and empower women and girls regarding menstrual health and hygiene practices. The primary goal was to break the silence surrounding menstruation and equip participants with knowledge and resources for maintaining proper menstrual hygiene.

### • Activities:

- **Educational Sessions:** Engaging sessions were conducted to impart knowledge about menstrual health and hygiene practices and debunk common myths and misconceptions.
- **Practical Demonstrations:** Practical demonstrations showcased the correct usage of menstrual hygiene products such as sanitary pads, menstrual cups, and tampons.
- **Interactive Discussions:** Open discussions provided participants with a platform to share their experiences, concerns, and questions related to menstruation, fostering an environment of understanding and support.
- **Distribution of Hygiene Kits:** To encourage proper Hygiene practices, hygiene kits containing essential menstrual hygiene products and informational materials were distributed among participants.
- **Awareness Campaign:** A local awareness campaign was initiated to reach a wider audience and promote the importance of menstrual hygiene within the community.

### • Outcomes:

- **Increased Awareness:** Participants gained a deeper understanding of menstrual health and hygiene, leading to increased awareness and informed decision-making regarding menstrual care.





- **Empowerment:** The workshop empowered women and girls to openly discuss menstruation, challenge societal taboos, and advocate for their own health and rights.
- **Improved Hygiene Practices:** Practical demonstrations and distribution of hygiene kits facilitated the adoption of improved menstrual hygiene practices among participants.
- **Community Engagement:** The workshop fostered community engagement and support for menstrual health initiatives, encouraging dialogue and collaboration for sustainable change.

## ● Challenges Faced:

- **Cultural Taboos:** Overcoming cultural taboos and stigma associated with menstruation posed a challenge in engaging participants and promoting open discussion.
- **Resource Constraints:** Limited access to menstrual hygiene products and resources in rural areas presented challenges in implementing certain aspects of the workshop.

## ● Recommendations:

- **Continued Education:** Sustained efforts are needed to continue educating women and girls about menstrual health and hygiene through regular workshops and awareness campaigns.
- **Collaborative Partnerships:** Collaborating with local organizations, healthcare providers, and government agencies can help address resource constraints and reach a larger audience with menstrual health initiatives.
- **Tailored Approaches:** Customizing workshops and materials to suit the cultural and socio-economic context of the target audience can enhance the effectiveness and relevance of menstrual hygiene initiatives.

## Conclusion:

The Menstrual Hygiene Awareness Workshop organized by Shining Souls (Trust) at Smart Move Academy was a significant step towards promoting menstrual health and hygiene practices among women and girls in Machwa, Panchdeori, Gopalganj, Bihar. By fostering awareness, empowerment, and community engagement, the workshop contributed to breaking the silence surrounding menstruation and empowering individuals to embrace healthy menstrual practices. Continued efforts and collaborative partnerships are essential to sustain and scale up menstrual health initiatives for long-term impact.

