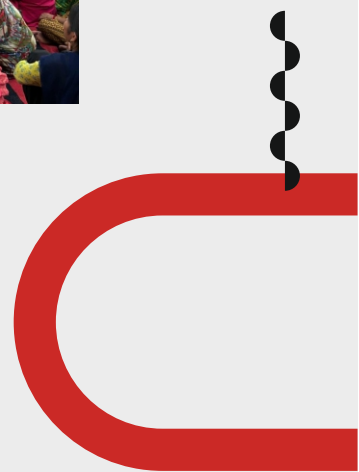


PRAKRITI - Awareness & Sessions on Menstrual Health & Hygiene

Duration of Event : 25th September 2024 - 9th October 2024

Location : LAL BAGH COMMUNITY, DELHI





SHINING SOULS Project Review

"PRAKRITI" - AWARENESS & SESSIONS ON MENSTRUAL HEALTH & HYGIENE

Project Title

PROJECT PRAKRITI

Organized by: SHINING SOULS (Trust)

In Collaboration with: Salaam Balak Trust

Overview

The "PRAKRITI" project was successfully conducted at the Lal Bagh Community, Delhi, with a focus on raising awareness and providing education on Menstrual Health & Hygiene for women and girls. The program ran from 25th September to 9th October 2024, covering multiple sessions designed to empower participants with knowledge about menstruation, breaking societal taboos, and promoting healthy menstrual practices. The initiative also included the free distribution of sanitary napkins to ensure access to safe menstrual products.

Key Activities

1. Educational Sessions

- A series of interactive sessions were conducted by trained facilitators, including menstrual health trainers and health professionals. These sessions covered:
 - ▶ Basic biology and understanding of the menstrual cycle.
 - ▶ Importance of menstrual hygiene management.
 - ▶ Addressing myths and misconceptions surrounding menstruation.
 - ▶ Usage and disposal of sanitary products.

2. Workshops and Group Discussions

- Workshops were organized where participants shared their experiences, challenges, and concerns about menstruation. This encouraged open dialogue and helped break the stigma associated with menstruation in the community.
- Group discussions focused on how menstruation affects women physically and emotionally and how family and society can support them better during menstruation.





3. Sanitary Napkin Distribution

- Free sanitary napkins were distributed to all participants at the end of each session. The distribution aimed to ensure access to proper menstrual products for those who may not afford them, reducing the risk of infections caused by improper practices.

4. Demonstrations and Awareness Campaigns

- Demonstrations were held on the correct usage and disposal of sanitary napkins to promote environmentally responsible menstrual hygiene management.
- Awareness campaigns included posters, pamphlets, and visual aids to make information easily accessible and understandable for all age groups.

Participant Engagement

The project witnessed active participation from girls, women, and even men who were encouraged to attend to better understand the subject and support the women in their families. The sessions were well-received, with participants asking questions, seeking clarifications, and showing a genuine interest in adopting better menstrual health practices.

Outcomes

- **Increased Awareness:** The sessions significantly increased awareness among participants about menstruation and the importance of hygiene. Myths were dispelled, and participants left with a better understanding of how to manage their menstrual health effectively.
- **Empowerment of Women:** Women in the community felt more empowered to talk about menstruation openly without shame or hesitation.
- **Improved Access to Hygiene Products:** The free sanitary napkin distribution ensured that women and girls had access to safe menstrual products, especially those from economically weaker sections.
- **Community Impact:** The project contributed to reducing menstrual stigma in the Lal Bagh Community, encouraging more open conversations about menstrual health and hygiene.

Feedback and Future Recommendations

- **Positive Feedback:** The participants expressed gratitude for the knowledge they gained and the sanitary products they received. Many expressed their interest in attending similar sessions in the future.
- **Need for Continued Engagement:** It was observed that continuous engagement is necessary to sustain the impact, especially through follow-up sessions and long-term education efforts.



- **Scalability:** The success of this initiative suggests that similar sessions can be held in other communities across Delhi and beyond, ensuring that more women and girls benefit from menstrual health education.

Conclusion

Project "PRAKRITI" made a meaningful impact on the Lal Bagh Community by creating awareness around a crucial yet often neglected topic—menstrual health. By providing education, dispelling myths, and ensuring access to hygiene products, SHINING SOULS successfully fostered a supportive environment for women and girls to embrace menstruation as a natural, healthy part of life.

