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Press Release

A week long Awareness Program on Menstrual Hygiene

"The times are changing but we still are living in a world where Menstrual Hygiene is still a taboo. Why are girls in some parts of India still missing their school because of their menstrual cycles? Why girls and women don't reach their full potential because of period myths? Mindsets, customs and institutional biases prevent women from getting the menstrual health care they need. It's very important to talk about menstrual health and hygiene now, Let us make efforts to make it normal."

A week long Menstrual Hygiene awareness program was organised by Dr Anshu Gupta, Head Department of Environmental Sciences under the able guidance Dr Chander Shekar, Principal GDC Reasi. The program started on 28th of May 2020, International Day for Menstrual Hygiene. As due to this pandemic most of the activities are going online, this awareness program was also commenced online. The participants tried to spread awareness about the importance of Menstrual Hygiene through various social media platforms through poems, posters, slogans, paintings and various other ways in order to aware adolescent girls and women at large.

"*Ek Pran Mujh Sang har Naari ne lena hai*" is the poem written by Shikha Manyotra. She tried to share her views about the taboos and stigmas related to periods through this poem, that periods are a reality of female body not a thing of shame. Ashima Thakur spread the message that "Periods don't stop in Pandemics" & 70% of health care workers in our country are women. Sumriti through her poem "*Mujhe Garv hai Naari Hone ka*" says female menstruation is the symbol of creating new life but still it is seen as a matter of shame because of the myths related to menstruation. Priyanka Verma talked about various unhygienic practices that are traditionally followed during periods through her poem "*Jab Mahina aata hai*". She said that its time to let go off these myths as these are scientifically wrong as well as they affect a female psychologically also as many feel.

Sahaurti Sharma expressed her views through a Mandala art. She said periods are symbol of positivity as a female after dealing with so much of pain everyday during her periods starts her day with a smile. Sakshi stressed upon the fact that female menstruation is the reason of creating new life still women are not respected during periods. All the participants are of Sem VI, GDC Reasi. These participants used various social media platforms in this awareness program to talk to various females regarding the importance of maintaining menstrual hygiene and the taboos, myths and stigmas related to menstruation that exist in our society.

Dr. Anshu Gupta said that the goal of this awareness program is not to impose our views over others neither we want to hurt anyone's religious sentiments or beliefs. But the goal is to spread awareness about the importance of menstrual hygiene among women and adolescent girls, bring a positive behavioural change with respect to menstruation, and dispel stigmas, taboos and myths surrounding menstruation. No more jokes on periods as it is a process like any other process of human body. A female should "*Feel Pride not Shame*" in menstruation.

Principal, Dr Chander Shekhar appreciated the participants for their hardwork and enthusiasm in spreading awareness on such an important topic even sitting at home and also congratulated Dr. Anshu Gupta for the success of the program.

Principal
 GGZSM Degree College Reasi