



Breaking Menstrual Taboos in Manesar

As part of the Honda project - '*Unnati... Aao Sanwaarein Apna Kal*', workshops were organised in four villages of Manesar – Shikohpur, Naurangpur, Nakhdaula and Pathreri on 15th and 17th May 2018. The workshops were on menstrual health and hygiene, conducted for adolescents and young girls up to the age of 21 years. The objective was to spread awareness and provide basic information on menstruation, and break the taboos around it. The participants' understanding of this was gauged through various activities. For instance, the girls were asked to draw and write the physiological, psychological and behavioural changes that girls and boys undergo during puberty. It was observed that most of them were not aware of what menstruation actually is. The next session discussed the implications of menstruation in terms of overall reproductive health. It slowly helped the girls to open up and pose questions to the trainers - on white discharge, abortion, ovulation, menopause, etc. The workshop concluded with awareness on sexual harassment, the need for saying "no" and the value of consent. A short nine-minute animation film on menstrual hygiene was screened in all four project villages. In a very comprehensive manner, it was able to communicate the basics of menstruation, the need for it being discussed among adolescent girls, and the intricacies of hygiene maintenance during menstruation. The workshop received a very positive feedback from the participants who asked questions unhesitatingly and expressed confidence in their understanding and attitude towards menstrual cycle.