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2022-2023

Enactus Hansraj

MENSTRUAL HYGIENE DRIVE

Date: 12th April, 2023

Community: Underprivileged women



Introduction:

In a groundbreaking initiative, five dedicated members of Enactus Hansraj spearheaded a powerful social drive at Vidya NGO in Gurugram, with a mission to create awareness about menstrual hygiene while dismantling prevalent myths and taboos surrounding this crucial issue.

Session Highlights:

1. Workshops and Interactive Sessions:

Enactus Hansraj organized a series of workshops and interactive sessions at Vidya NGO, targeting women and girls from various age groups. These sessions provided crucial information about menstrual hygiene, including proper hygiene practices and the correct usage of sanitary

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products.

2. Myth-Busting Campaign:

To tackle prevalent myths and taboos surrounding menstruation, the team launched a myth-busting campaign. They used informative posters, videos, and real-life stories to challenge misconceptions and encourage informed conversations.

Results and Impact:

1. Increased Awareness:

Enactus Hansraj's campaign significantly raised awareness about menstrual hygiene among the community members. Many participants reported gaining valuable knowledge about proper hygiene practices.

2. Myth Dispel:

The myth-busting campaign successfully debunked several myths and taboos associated with menstruation. Participants expressed a willingness to break free from outdated beliefs.

3. Empowered Women and Girls:

Through education and open discussions, the campaign empowered women and girls to speak openly about their menstrual health, promoting a sense of confidence and well-being.

4. Sustainable Change:

The distribution of menstrual hygiene kits contributed to sustainable change, as women and girls now had access to affordable, hygienic products. This will have a long-term positive impact on their health and well-being.

Conclusion:

Enactus Hansraj's social drive at Vidya NGO in Gurugram exemplifies the power of youth-driven initiatives in addressing critical societal issues. Their campaign successfully increased awareness about menstrual hygiene while dismantling myths and taboos, ultimately empowering women and girls. This impactful project serves as an inspiring example of how dedicated individuals can bring about positive change in their communities.