

SWACHHTA PAKHWADA:

LADY CARE

Menstruation is not a problem but poor menstrual hygiene is definitely a problem among the menstruating population in not only our country but for the people worldwide. Parivartan, the NSS unit of Mata Sundri College for Women organized 'Lady Care' on 4th of September, 2021. It was celebrated under Swachhta Pakhwada.

Volunteers distributed pads among underprivileged people and made them aware about its use. Today we are living in 21st Century but many women are still using clothes during their menstruation but they don't know the effects, allergies caused by the clothes to not only them but the environment too. So as to create awareness among them, volunteers had visited the houses of people who can't afford it and given them pads and explain about its usage and disposal, how it should be thrown in dustbin so that it doesn't harm environment.

The volunteers shot videos while explaining people how to use and dispose it so it can also be used to spread awareness about the topic through social media. They uploaded their videos through the provided google drive link. A total of 21 volunteers participated in this event. Volunteers enjoyed this activity a lot as it not only promotes hygiene but our volunteers contributed something to people and have taken one step more to encourage the youth.