

SANGINI SAHELI **NAVRATRI WEEK (VIDEOS)**

PARIVARTAN, The NSS unit of Mata Sundri College for Women have joined hands with Sangini Saheli' founded by Priyal Bhardwaj which is a women welfare initiative where we are actively working to empower, uplift and connect women and children by opening access, creating opportunities. Sangini Saheli organization believes that providing equal opportunity for overall growth and development to all children, women, disabled and less-privileged, is every individual's responsibility.

We celebrated NAVRATRI WEEK together by organizing a fun yet informative video making event. Volunteers were given 2 questions: -

Q. Do you think it is enough to worship Maa Durga and Kali during Navratri while disregarding the women physiology? Throw some light on the Discrimination against women during her period and otherwise according to you.

Q. What are some ways we can bring a change in the mentality? Discuss a few ways to start this conversation at home or in school to sensitize people around the whole phenomenon of menstruation.

Volunteers were asked to make videos expressing their thoughts while answering the above questions and making people aware about the topic of menstruation and the stigma around it. The event was on 1st of October, 2021. 22 Volunteers participated in this event. This NAVRATRI while you worship Maa Durga or Maa Kali, let's learn to respect women physiology and create a safer and healthier world for them.