

No Shame in Menstruation

Kadam Badhate Chalo Celebrates World Menstrual Hygiene Day

May 28, 2017

**#NoShame
In menstruation**

Debunk the myths

Women and girls across India are oppressed under various myths and taboos related to menstruation, which inhibits their freedom and mobility.

Let us change this by breaking the taboos about menstruation.

#MenstruationMatters #MHDAY

28 May MENSTRUAL HYGIENE DAY 35 years PRIA Martha Farrell FOUNDATION



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Kadam Badhate Chalo Celebrates World Menstrual Hygiene Day

Date – May 28, 2017

Venue – Sonipat, Panipat, Choolapur, Banda, Chitrakoot, Najafgarh, Siliguri, Jhansi

With the objective of breaking the silence surrounding menstruation and challenging the myths and taboos around it, Kadam Badhate Chalo (KBC) celebrated World Menstrual Hygiene Day in eight locations in India. KBC is a youth-led campaign which builds youth leadership to end violence against women and girls. During the past activities of KBC, the youth (including boys) have expressed how myths and taboos around menstruation inhibit the mobility of girls and impose various diktats on their bodies, sexuality and freedom. Also, due to a lack of resources and information, women and girls are unaware about safe, healthy and hygienic menstruation practices (which is further reinforced by the silence and the shame surrounding menstruation).

Therefore, to break this silence, the KBC youth celebrated World Menstrual Hygiene Day by increasing awareness about it in their immediate communities. From Sonipat in Haryana to Siliguri in West Bengal, the youth took charge of these activities to make their communities sensitive about the health and hygiene needs of menstruating women and girls. The activities also highlighted how the myths and the shame (related to menstruation) and lack of safe menstrual practices inhibit women and girls from going to work/school and deprive them from a life of dignity and well-being.

Sonipat, Haryana



#DebunktheMyths - The KBC youth leaders from Rajpura Village in Sonipat celebrated the day by organizing an awareness session on myths and taboos surrounding menstruation, with the boys and girls from their community

Panipat, Haryana



The KBC youth leaders from Namunda Village in Panipat also organized an awareness session with the women and girls from the community, while sensitizing the youth separately in another session

Cholapur, Uttar Pradesh



#NoShameinMenstruation – Cholapur KBC youth leaders did not hesitate in going public about the issue. They also organized awareness sessions with the youth and the women in the community. The celebrations happened in collaboration with Sahbhagi Shikshan Kendra (SSK).

Banda, Uttar Pradesh



The KBC youth leaders from Banda also did not hesitate in taking this issue to the streets and took out a rally with the women from their community. Also, during their awareness session with the women, they discussed about the various resources available within the community that can help women access menstrual health and hygiene. The celebrations happened in collaboration with Akhil Bhartiya Samaj Sewa Sansthan (ABSSS).

Chitrakoot, Uttar Pradesh



The KBC youth leaders from Chitrakoot also organized an awareness session with women and girls from their community. The sessions happened in collaboration with Akhil Bhartiya Samaj Sewa Sansthan (ABSSS).

Najafgarh, Delhi



#MenstruationMatters for women and girls and also boys and men. Keeping up with the spirit of World Menstrual Hygiene Day, the KBC youth from Najafgarh organized an awareness session with women, girls and boys from their community. The celebrations happened in collaboration with Samajik Badlav Trust (SBT).

Siliguri, West Bengal



The celebrations moved to the East in Siliguri where the youth leaders organized a sensitization session for women and girls on safe and healthy menstrual practices. The celebration happened in collaboration with Child in Need Institute (CINI).

Jhansi, Uttar Pradesh



Jhansi KBC youth leaders went a step ahead and included ASHA workers and Aaganwadi workers in their awareness session, along with women, girls and boys from the community. The celebrations happened in collaboration with Margshree Charitable Trust (MCT).