
Vedanta organises Menstrual Hygiene Awareness Program in Chitradurga

Keeping the spirit alive for continuous attempts towards betterment of the society, Vedanta Sesa Goa Iron Ore- Karnataka Unit organised menstrual hygiene awareness program for adolescent girls and women at Govt. High School, Avanatti Village, Holalkere in association with District Administration and NGO MYRADA. The event was organised in the presence of Chief Guest, Dr. Nandini- IAS officer, Chitradurga; Ms. Malati Karki- Community Development Manager, Vedanta Sesa Goa Iron Ore- Karnataka and MYRADA NGO members.

It was noticed that the village has been encompassed with superstitious beliefs which forced menstruating women and girls to leave their homes and survive in the open environment for several days. This practice has in fact caused several uncalled situations for these females in terms of safety and hygiene. Taking the current situations into consideration, the programme was organised where young girls and women from Self Help Groups (SHG) were educated about how the blind beliefs can be dangerous for the society along with detailed talks on hygiene during menstruation and usage of sanitary napkins.

While addressing the gathering the chief guest, Dr Nandini said "It's extremely sad to see that in this generation too we are dealing with such social evil which is harmful to our women both in psychological and physical ways. But I am glad that this initiative was taken in order to eradicate the myth around menstruation in the minds of young girls and women. The message needs to be passed on to increase the possibility of curbing the situation at the earliest."

Vedanta official, Dr. Krishnamurthy explained everyone about all the measures that need to be taken during menstruation in order to maintain hygiene and avoid diseases. This was followed by a talk on process of menstruation cycle along with usage and disposal of sanitary napkins by MYRADA Community Management Resource Centre Manager, Ms. Ashwini.

Commenting on this initiative, Ms. Malati Karki quoted "a women has to struggle with various challenges but making her go through obnoxious conditions is certainly unacceptable. Vedanta's philosophy gives health the top priority and so we would continue with such sessions with more frequency in order to spread the word."

The event, which witnessed an overwhelming response, saw the presence of 200 school girls and 50 SHG members.

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