



Date: 30th January 2025

Organized by: DFI at Vocational Training Centre, Doddaballapur

In Collaboration with: DD Office, Women and Child Department, Bangalore Rural District

The Women's Health Awareness Program was successfully held on January 30, 2025, at the Vocational Training Centre in Doddaballapur. This initiative, organized by DFI in collaboration with the DD Office, Bangalore Rural District, and the Women and Child Department, aimed to raise awareness among women about menstrual health, sanitation, and available government welfare programs. A total of 65 women actively participated in the event, which proved both informative and engaging.



Program Overview

The program was a collaborative effort supported by various community leaders and organizations, contributing to its success. The focus was on educating women about menstruation, menstrual hygiene, and their rights. The event not only delivered critical information but also provided practical solutions for menstrual care and highlighted how women can access government resources and legal support.

Guests and Speakers:

- Ms. Anita Lakshmi - District Program Coordinator, Women and Child Department :** Ms.Lakshmi presented key topics including the stages of menstruation, the importance of menstrual hygiene, and government initiatives available for women's health. She highlighted programs like Swadara Hostel (a shelter for women in distress) and Mahila Sahayavani (a helpline for women in need), as well as legal protections for women, such as the Protection of Women from Domestic Violence Act and the Sexual Harassment of Women at Workplace Act.
- Mrs. Bharathi - Gram Panchayat Member, Hoskote :** Mrs. Bharathi shared her experiences in addressing menstrual hygiene challenges, particularly in rural areas. She discussed initiatives for the manufacture and distribution of affordable sanitary pads in rural communities, emphasizing how such initiatives improve health outcomes and preserve the dignity of women.
- Mrs. Gayathri and Mrs. Manjula - Minto Foundation, Bangalore :** Representatives from the Minto Foundation, Mrs. Gayathri and Mrs. Manjula, provided valuable insights into alternative

menstrual products, such as menstrual cups and eco-friendly sanitary pads. They discussed the health benefits and environmental sustainability of these products, while also guiding participants on their proper use and maintenance.

4. **Mr. Lawrence-DFI Staff :** Mr. Lawrence highlighted the important role of NGOs and community-based organizations in raising women's health awareness and facilitating access to essential health products and services.
5. **Mr. Rajashekhar and Mrs. Renuka - DD Office Representatives :** Representatives from the DD Office emphasized the importance of media in spreading health awareness, especially in rural areas. They discussed how public channels can effectively communicate vital health information to a wider audience.

Key Topics Discussed:

a. Menstrual Health & Hygiene :

Ms. Anita Lakshmi provided a comprehensive explanation of the menstrual cycle and the importance of maintaining good hygiene during menstruation. She emphasized the role of nutrition and proper hygiene in maintaining reproductive health and preventing infections.



b. Government Schemes for Women : Ms. Lakshmi highlighted several government initiatives aimed at supporting women's health and safety, including:

- **Swadara Hostel:** A government initiative providing safe accommodation for women in need.
- **Mahila Sahayavani:** A helpline service for women facing violence or harassment.
- **Legal Rights of Women:** Ms. Lakshmi discussed laws protecting women's rights, such as the Protection of Women from Domestic Violence Act and the Sexual Harassment of Women at Workplace Act.

c. Sanitary Pads and Manufacturing :

Mrs. Bharathi provided a session on the production of sanitary pads, explaining the materials used and how they can be manufactured locally in rural areas. She shared success stories from Hoskote, where the distribution of locally made pads improved menstrual hygiene practices and provided employment opportunities in the region.



d. Alternatives to Sanitary Pads : Mrs. Gayathri and Mrs. Manjula introduced menstrual cups and reusable cloth pads as eco-friendly and sustainable alternatives to conventional sanitary pads. They explained that menstrual cups, made from medical-grade silicone, are reusable and can last for several years, significantly reducing waste compared to disposable pads. Reusable cloth pads, made from soft, breathable fabric, are another sustainable option that can be washed and reused, contributing to less environmental pollution.

They highlighted the key benefits of these products, such as their reduced environmental impact, as both menstrual cups and cloth pads generate less waste, making them better for the planet. Additionally, they pointed out the health benefits, including a lower risk of infections and irritations, which are often associated with traditional sanitary products due to the chemicals and fragrances used in their production. By switching to these alternatives, women can promote better health and hygiene while also contributing to a more sustainable environment.

Mrs. Gayathri and Mrs. Manjula also emphasized the importance of educating young women about these alternatives, stressing that awareness and proper education can help break the stigma around these products, encouraging more women to make informed choices for their health and the environment. They encouraged the participants to consider incorporating these sustainable options into their menstrual care routines, highlighting the long-term benefits both for personal health and for the planet.

Conclusion:

The event was held from 11:00 AM to 1:30 PM, featuring interactive discussions, Q&A sessions, and engaging presentations.

The Women's Health Awareness Program was an enlightening and impactful event for all attendees. The speakers shared valuable insights and practical solutions, empowering women to make informed decisions about their health and well-being. The program also underscored the



significance of community support and the role of both government and non-government organizations in ensuring access to essential health resources.

This initiative served as an important step in building a more health-conscious and informed community of women, and the lessons learned are expected to have a lasting impact on their health practices.