

MENSTRUAL CHALLENGES - Do they exist worldwide? Yes, They Do!

An Article by Sarika Gupta, Founder "Safe-N-Happy Periods"

Recently I visited the african city ACCRA, the capital of Ghana. My intention was to explore the menstrual ecosystem, their challenges and an approach towards sustainable solutions.



I was surprised seeing that the challenges around Menstruation were not very different from what I have experienced while working on "Menstrual Awareness & Solutions" through Safe-N-Happy Periods in different States in India. The need for menstrual awareness seems equally high in Ghana as in India. I did not cover much of Ghana's geographie, but interacting with individuals and organisations that have been working in that field was an eye- opening experience for me.

The most interesting fact which I carried back is a sharing from Philip (Co-Founder - Alliance for African Women Initiative (AFAWI)). They included the school boys along with adolescent girls while addressing schools on menstrual awareness. And found out that the results were very encouraging, as most of the times the young school boys end up making fun of menstruating girls. This approach made them more sensitive and respectful to Periods and menstruating girls.



Our interaction gave us a mutual insight into the various approaches that may be tried while working with schools and municipal authorities. The visit gave me a chance to experience African culture, the most beautiful aspect of which was their fun loving attitude towards life. I saw affluence and poverty struck people, so many of them, but they were just dancing on streets, celebrating life, whichever way it's treating them. Wish we can learn a bit of it too!



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