



दिल्ली सरकार

आप की सरकार

# Celebrate This Menstrual Health & Awareness Day 2021 As “Happy Periods Day” with DCPCR and Sachhi Saheli

Activities and Ideas For Celebration –

## #AbPataChalneDo





# HAPPY PERIODS DAY-2021

## VIRTUAL HAPPY PERIODS GREETING CARD/POSTER MAKING COMPETITION

**Dear Students,**

Periods in most parts of our country are often associated with shame guilt and secrecy as menstruators are often expected to hide them. So that this shame can be replaced with a sense of pride and joy and every menstruator can celebrate themselves, India will celebrate **Menstrual Health and Awareness Day 2021 as Happy Periods Day on 5th February 2021**”.

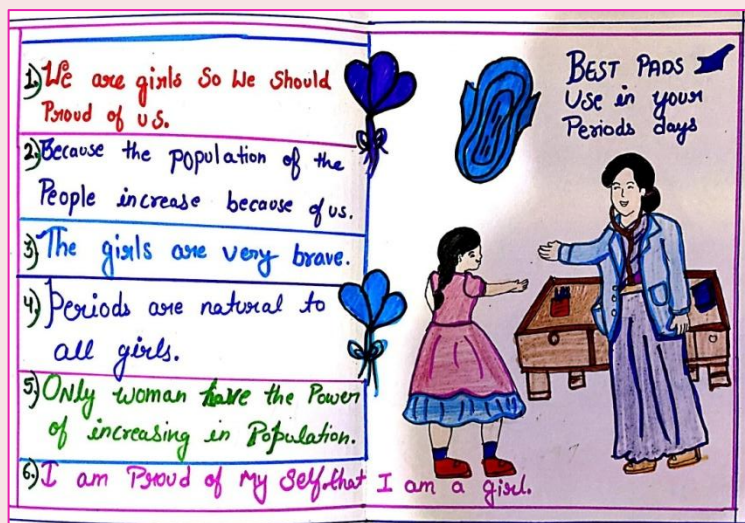
- A lot of us celebrate days such as Mother’s Day, Friendship day, Father’s day to celebrate the spirit of the day’s respective cause/person. We often do so by exchanging gifts and cards with each other.
- In the same way, to make periods joyous instead of shameful, **students** may greet their mothers, grandmothers & guardians **with beautiful handmade Greeting cards** that say- *#Happy Periods Day!*
- Also, to mark the day, this year **DCPCR** (Delhi Commission for Protection of Child Rights) in collaboration with **Sachhi Saheli** NGO is organising an online **HAPPY PERIODS DAY GREETING CARDS /POSTER MAKING COMPETITION.**





# How to Participate in Competition?

- To participate in “Happy Periods Card/Poster Making Competition”, Students Must register on below mentioned link.
- Click Link to register: <http://bit.ly/2My0zTw>
- Upload following 3 Pictures of your Happy Periods Day Greeting card Or 2 Pictures of the Poster-
  - Front Side view of Happy Periods Card/Poster
  - Inside view of card with Period tips
  - A photo of yourself with Red Spot & Happy Periods Day Card/Poster
- Selective Best cards/Posters will be given **Attractive prizes**.
- Selective Best cards will also be featured on Sachhi Saheli's social media, newsletter and make a space in the creative library on MHAD website.





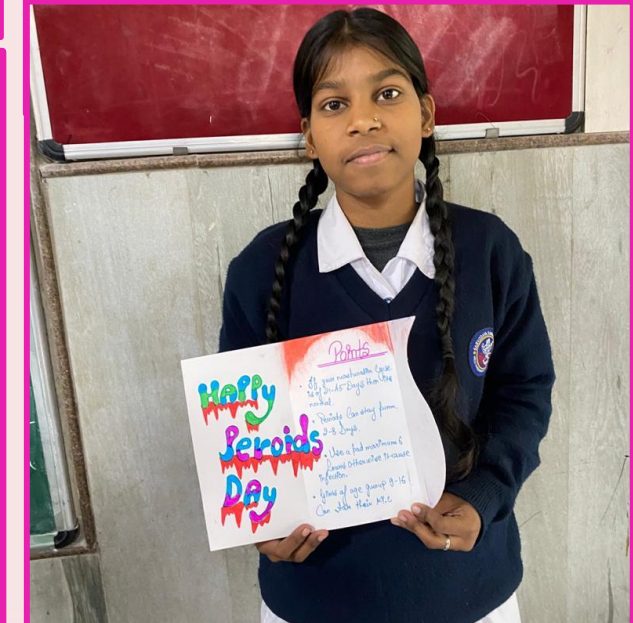


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- Make a HPD card & Click your photo during the exchange of cards.
- Periods can only be **'happy'** if you know that how to manage them in a hygienic manner, So these cards would also **have at least one tip to manage periods** effectively.
- Post the picture on your social media accounts(insta/fb/twitter/other), use hashtag #AbPataChalneDo
- Tags us **@dcpcr for twitter and facebook, @dcpcr\_delhi for Instagram and @sachhisaheli on Facebook/Linkedin/twitter/Instagram.**





# RED SPOT CAMPAIGN

- The Students can inspire other friends to join this cause by posting a **single/group picture with a Red Spot** (as shown in picture>>) on their Social Media.
- Upload your picture under hashtags **#AbPataChalneDo**
- **Nominate**, friends and followers to post their pictures/videos in the same way to become a part of the **Red Spot Campaign**.





# GIRL STUDENTS CAN GIFT/EXCHANGE SANITARY NAPKINS WITH A MESSAGE

- Write a sweet note/message on the back side of the sanitary napkin.
- Gift or exchange it with your close menstruating friends/family members.
- Post the picture on your social media accounts (insta/fb/twitter/other) with hashtag #abpatachalnedo
- Tags us on Twitter and Facebook- @dcpcr ; @sachhisaheli  
Instagram-@dcpcr\_delhi; @sachhisaheli

