

# Health, Hygiene & Mental Health Awareness Programs - Building knowledge, habits & healthier communities.

At Whispering Wishes Foundation, we recognise that healthcare access alone is not enough. Lasting health outcomes depend on awareness, informed choices, and everyday practices. Our Health & Hygiene Awareness Programs focus on strengthening knowledge at the community level — particularly among adolescents and frontline health workers — so that prevention, early care, and wellbeing become part of daily life.

These initiatives address critical gaps in understanding around nutrition, menstrual health, disease prevention, mental wellbeing, and the responsible use of digital healthcare services.



## A. Adolescent Health & Hygiene Awareness

We work closely with adolescent school-going girls from Classes 9 and 10, a formative age where timely health education can influence lifelong behaviour and confidence.

Through structured, age-appropriate sessions, the program covers:

- Menstruation and menstrual hygiene management, addressing myths and taboos
- Breast and cervical cancer awareness, including early signs and the importance of timely screening
- Personal health and hygiene practices essential for adolescence
- Mental health awareness, focusing on emotional wellbeing, stress, body image, and the importance of seeking support
- Safe, open discussions that encourage questions, dialogue, and clarity

By engaging adolescents early, the program helps young girls build health awareness, self-confidence, and informed decision-making, while reducing stigma around reproductive and mental health.

## B. Training of Frontline Health Workers

Frontline health workers play a critical role in shaping health behaviours at the household and community level. To strengthen their impact, Whispering Wishes Foundation conducts focused capacity-building programs for frontline health workers.

These training sessions are designed to be practical, relevant, and field-oriented, covering:

- Maternal and child malnutrition — identification, counselling, and preventive action
- Menstrual hygiene management at the community level
- Nutrition and dietary practices to improve maternal and child health outcomes
- Mental health awareness, including early signs of stress, anxiety, and emotional distress, and guidance on referral pathways
- Prevention of seasonal diseases and infections, such as dengue, malaria, tuberculosis, and leprosy
- Promoting positive health- and hygiene-seeking behaviours within communities
- Digital healthcare and telemedicine, including its evolution post-COVID, benefits, and practical use for consultations, referrals, and follow-ups

The objective is to equip frontline workers with clear knowledge, practical tools, and confidence, enabling them to act as trusted sources of health information, early identification, and timely referral within their communities.