

Area of distinctiveness: Menstrual health and hygiene management

Objectives:

1. To increase awareness among adolescent girls on Menstrual Hygiene
2. To increase access to and use of high quality sanitary napkins to adolescent girls.
3. To ensure safe disposal of Sanitary Napkins in an environmentally friendly manner.

The Context: Menstrual hygiene is a hygienic practice during menstruation which can prevent women from the infection in reproductive and urinary tract. Menstruation and menstrual practices are still clouded by taboos and socio – cultural restrictions resulting in adolescent girls lacking knowledge and remaining ignorant of the scientific facts and hygienic health practices, which sometimes results into adverse health outcomes.

Practice: Our Institution under Ladies Association is making constant efforts to sensitize girl students on all the above issues by organizing Menstrual health and hygiene management awareness programs regularly. Every year an experienced Gynecologist is invited to address the girl students.

Evidence of success: Students interact with the doctor and clarify their doubts. Many students have even taken cervical vaccination after doctor’s recommendation to prevent menstrual related diseases.

Problems encountered and resources required: The girl students from rural area feel discomfort and hesitate to interact. These girls don’t readily accept the change.