

Menstrual Hygiene Management

On a bright winter morning of 2019, we were greeted by adolescent girls brimming with excitement and curiosity at the Government school of Makredi, a small village in Rajasthan.

The reason for their curiosity was that they were going to participate in a session on a topic that was considered a taboo in their community – Menstrual Health!

Never had they heard anyone talk about it, let alone seeing posters put up in school premises with visual depiction explaining the biological changes that a woman goes through.



About the Program

PraveenLata Sansthan's (PLS) Spotless Dame program is an initiative aimed at Menstrual Hygiene Management (MHM) and raising awareness on the sensitive topic of menstruation.

The program is aimed at adolescent girls (age group of 12 years and above) studying in Government schools and belonging to economically backward background.

The Session

Ms. Bharti Chauhan from PLS conducted a detailed session on MHM for 95 beneficiaries in one of the classrooms of the school. An AV clip was shared that covered sub-topics such as anatomy of female body, busting myths and normalizing discussion around MHM, do's and don'ts while menstruating, etc.

The beneficiaries listened with rapt attention to Ms. Chauhan as she explained that there is absolutely nothing abnormal with them or their bodies if they menstruate. The reassurance that menstruation is a natural process in a woman's body made them feel relieved.

The session concluded with a Q&A round where beneficiaries were encouraged to ask their queries. Some beneficiaries were shy to discuss their queries openly and their doubts were resolved one-on-one.



Young boys who were present at the school at the time of the session were also sensitized by the male members of PLS team on the topic of MHM and the need to respect women, her body and her choices.

The boys, initially uncomfortable at being part of such a topic of discussion, soon opened up and acknowledged their ignorance on the topic. They also assured of being more sensitive to the needs of the women around them, including their classmates.



Kit Distribution

At the end of the awareness session, MHM kits were distributed to the beneficiaries that comprised of Reusable Sanitary Napkins (to suffice 1 year's requirement), soap bars, a hand towel, and an instruction booklet with graphical representations summarizing everything that was taught during the session.

The kit distribution was done by representatives of our Corporate Partner Stone Shippers Ltd. who are supporting this program under their CSR.

The beneficiaries were delighted at receiving the kits and promised that they would share all that they had learnt about healthy MHM practices with their mothers and younger sisters.



Key Observations during the visit

- There was lot of enthusiasm and curiosity among the girls to learn about MHM
- Enhanced confidence to ask questions that they otherwise would not ask
- Beneficiaries were open to adopting new MHM practices and speak up against the harmful/hazardous practices that they were forced to follow so far
- Lack of female teachers at schools made it difficult for girls to get their concerns addressed

