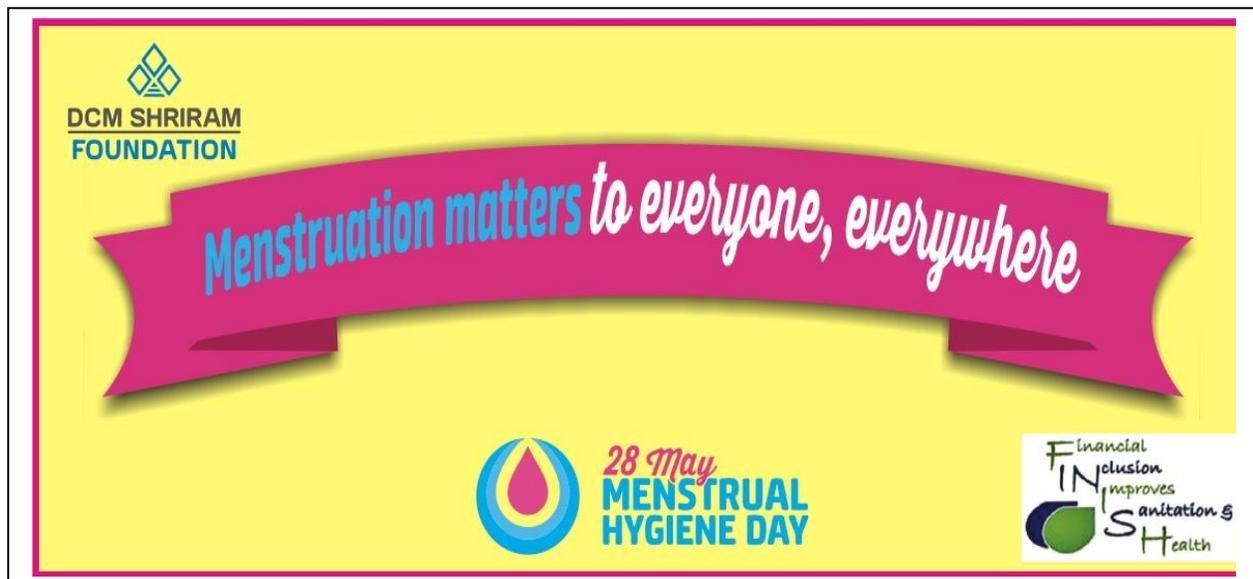




Report On  
Menstruation  
hygiene Day

May 28

2019



#letstalksperiod

## *Putting the 'Men' in Menstruation*

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“Men need to be well –educated about this biological cycle. It is important for all of us, as human beings, to understand the fundamentals of life and how we all began to exist. Without the support of men, females in today’s world will not have access to the proper care, facilities & primary rights that they are entitled to.”

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## *Background*

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Menstruation is a natural process in which blood which is created by the body to cushion an egg is flushed from the body if the owner of the said egg does not



become pregnant. It is a normal action which millions of women across the world experience, and this day seeks to remove any taboo associated with it.

Menstruation Hygiene Awareness day was created by the German-based organization NGO WASH United as recently as 2014. The day was created to normalize the action of menstruation and the importance

of access to hygiene during this time, with the support of over 270 global partners.

Interestingly, the reason that May 28<sup>th</sup> was chosen is that May is the 5<sup>th</sup> month of the year-most women average to having their period for 5 days, and their cycle tends to be at 28 days. So in a way, 28<sup>th</sup> of May is especially symbolic!

Today ensures that awareness is increased regarding the access to menstrual hygiene that women have across the world. It is a basic human right that women worldwide are given the right materials to collect blood during this time, and that this material is able to be changed in total privacy.

Menstruation is a biological fact, and this day aims to ensure that any kind of stigma suffered regarding it is stopped – and girls are taught that this is natural and nothing to be ashamed about.

DCM Shriram Foundation & FINISH Society has been celebrating the MH day. This year both organizations was celebrated with the slogan of **“Let’s talks period”**

## Objective

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The main objective of celebrating the Menstruation Hygiene Day was following:

1. To address the challenges and hardships many women and girls face during their menstruation.
2. To highlight the positive and innovative solutions being taken to address these challenges.
3. To catalyze a growing, global movement that recognizes and supports girls' and women's rights and build partnerships among those partners on national and local level.
4. To engage in policy dialogue and actively advocate for the integration of menstrual hygiene management (MHM) into global, national and local policies and programmes.
5. To advocate the MHM friendly environment.

## ***Putting the 'Men' in Menstruation***

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The following activities were carried out the while celebrating MH day at community level, adolescent girls, mother's group and community health workers level:



### **1. Resource person interaction with community, adolescent girls, community health workers:**

1. Resource persons Dr. Neetu Agarwal discussed about menstrual hygiene and Dr. Monika Bhargav discussed

about nutrition during menstruation with community, adolescent girls, mothers groups and community health workers. Both are share some basic detailed knowledge with participants about period when does comes period on first time but she was surprised and fear but don't talk with anybody. Dr. Agrawal said that we will have to break silence because this is natural not any dangerous disease. As growth in age the pain reduce and changes their body as increase your shape, Pubic hair growth on the body. The development of anxiety, and grief and there is a lot of change in your mind and body it means that the beginning of your menstruation.

Some women asked questions about their period problem which are not continue and faced lot of pain in their body extra.

### **2. Dialogue session on lets talks period:**

A dialogs session was carried out in MHD program and discussion were held on menstruation related taboos practiced within families as well as community. During discussion, they committed to minimize the malpractice and taboos related to menstruation that were being practices in their families. Some taboos that have been seen in the society since ancient time. As celebrated yet out casted, virgin should not use tampon, a menstrual women cannot enter kitchen

and temple, touch “Tulsi plants” etc. During the same total 43 mothers and 70 adolescent girls (Total 113 female groups) were present in session.

### 3. Display of some Menstrual Hygiene Day related banner:

As a part of celebration of menstrual hygiene day raising awareness on MHM, banners were display at the program place.



Display of some Menstrual Hygiene Day related banners surrounded on the wall at program place.

### 4. Open discussion on menstrual Hygiene:

Open discussion on menstrual Hygiene with women, adolescent girls based on some following points.

What should not be do?	What should be do?
<ol style="list-style-type: none"> <li>1. Don't use cloths.</li> <li>2. Unsafe physical relationship.</li> <li>3. It can be very dangerous to avoid food.</li> <li>4. Do not use used pads again.</li> <li>5. Don't throw openly after use sanitary pads.</li> </ol>	<ol style="list-style-type: none"> <li>1. To be save from physical work like hard work.</li> <li>2. Negligence of napkin</li> <li>3. Don't wear very tight cloths.</li> <li>4. Wash your genitals from front to back water every day,</li> <li>5. Use powder when sweating</li> <li>6. Two times change sanitary paid in the day</li> <li>7. Slowly lower the lower part of the stomach. This open big muscles</li> <li>8. Fill hot water in a bottle and wrap on the stomach.</li> <li>9. Drink ginger tea.</li> <li>10. Keep working day by day but don't raise heavy loads.</li> <li>11. Try to do some exercise and walk some feet.</li> <li>12. Properly cover with paper and burn it.</li> <li>13. Wear A Pad Or menstrual cup Tampon For More Than 4 Hours.</li> </ol>

## 5. IEC Publication & Distribution

Menstruation hygiene related IEC material were made in chart papers and exhibit among the females group and adolescent girls. After the session **“Sanitary Pads”** were distributed among the participants in the program.



## 6 . Memento to resource person:

The memento was given to the guests of honor Dr. Neetu Aggarwal, Dr. Monika Bhargav & ANM Madhu Bala.

Thus, Menstrual Hygiene Day celebration concluded with gratitude to the all women participants & Adolescent girls & Doctors & AWM

