

A Report  
of  
**Sanitary Pads Distribution**  
**&**  
**Menstrual hygiene**



Venue: RD Memorial School, Vill.Prahalad Garhi, Vasundhra, Ghaziabad, UP

**10 September 2021**

*Sponsored by-*

**Pragath,**

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Feminine hygiene is something that make people feel uncomfortable. The subject of menstruation is still something that is considered taboo. In many parts of India especially in rural areas girls are not prepared and aware of menstruation, that's why they face many difficulties and challenges at home and schools. Young adolescent girls tend to be less prepared that's why they suffer from anxiety, apprehensions, fear and shame during their menses. A large number of girls drop out of school every year when they begin menstruating.

Large number of menstruating girls and women in rural areas use cloth, which is often reused, ashes, newspapers, dried leaves and husk sand during period. They are not aware that poor menstrual hygiene can pose a major risk also put them at risk of developing illness. So, we should educate and make them aware about the menstrual hygiene. This is the time we must understand it that menstruation is just a biological process. It is important to normalize it and destroy taboo around this natural process. We need to break the silence, raise awareness so that women and girls feel empowered to manage their period safely, hygienically with confidence and without embarrassment.

Pragrath initiated this process by distributing sanitary pads among adolescent school girls of Class VII and VIII at RD Memorial School, Vill. Prahalad Garhi, Vasundhara Ghaziabad on 10 september, 2021.



**Pic 1: Distribution of Sanitary pads among adolescent girls in RD Memorial School**

Pragrath also made them aware about the importance of menstrual hygiene and use of sanitary pads.



**Pic 2: Awareness session on Menstrual hygiene by Dr. Deepali Tyagi**

Key Messages delivered by Dr. Deepali Tyagi were:

- Menstruation is part of every woman's life and there should be no shame or embarrassment around this.
- There is no impurity or pollution associated with menstruation.
- Menstruation should not be seen as an obstacle to daily activities
- Practices such as seclusion or staying away from school must be discouraged.

Things to remember about menstrual hygiene were also discussed as follows:

- Once wet, the napkin should be changed immediately. If not, it can cause irritation on the inside of the thighs and can lead to infections.
- Sanitary napkins should be kept in a clean and dry place. It is essential to wash the body and private parts daily.
- During menstrua on, the outer genitals should be washed from me-to- me to remove any blood that is left. Girls should wash their hands every me they change the napkin.

- If the underwear is soiled, it must be changed. Otherwise, this makes bacteria to grow and cause infection.
- If sanitary napkins are not available, a clean cloth pad should be used.

At the end of the session, sanitary pads were also distributed among the females of cleanliness staff of the school.



**Pic 3: Distribution of Sanitary pads among the females of cleanliness staff of the school.**

Session ended with the note of thanks by the Director and Principal Madam to Pragrath.



**Pic 4: Director and Principal Mam with Pragrath Team**

Together we should live in a world where no woman or girl is limited by something.