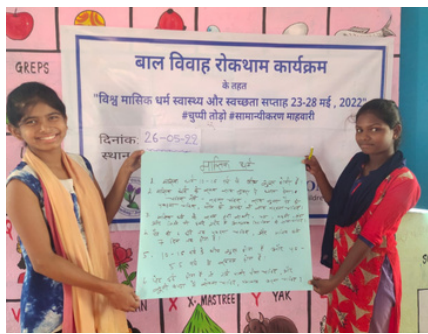


The Newsletter

Objectives of MH Week

- To create awareness about the importance of good menstrual hygiene management .
- To break the taboo of not discussing it with the male members.
- To make the process of Menstruation a normal phenomenon of any women life.



बाल विवाह रोकथाम कार्यक्रम

के तहत

"विश्व मासिक धर्म स्वास्थ्य और स्वच्छता सप्ताह 23-28 मई , 2022"
#चुप्पी तोड़ो #सामान्यीकरण माहवारी



आयोजक : सृजन फाउंडेशन

SRIJAN FOUNDATION

Creating a better world for women and children

Menstrual Health & Hygiene Week is an component to be discussed under the umbrella of "Sex Education". The MH week was celebrated in the districts of Hazaribagh and Gumla reaching upto a total of 431 AGYW groups. The discussion focused on hygiene during menstruation, through breaking the taboos and myths that they have been following since ages. Their myths and taboos were tackled with scientific and logical explanations by the team members. The open- discussion was followed by showing a video on "Menstrual Hygiene" which made the discussion more fruitful.



Both the AG and YW groups actively participated and contributed towards the discussion by:

- 1.Drawing Vagina, labeling them and understanding the process of menstruation.
- 2.Creating Nutrition Cycle with the help of eatables like (Pulses, Green Vegetables, Fruits etc..)
- 3.Sharing their personal hygiene practices, myths they undertake while menstruating.



The video presented was followed by sharing the informations like :

1. The onset of periods happen between the age of (10- 15)years in majority of the adolescent girls.
2. There was also discussion like our body every month creates a cozy shelter for the fertilized egg to grow, if the fertilization does not happen then it comes out in the form of blood every month.
3. We need to be very clean and hygienic during the period to avoid any type of infection by taking bath, washing hands before and after using pad.
4. We need to change our sanitary napkin or cloth every five to six hours.
5. If we are using cloths we need to wash it properly and dry it in sun directly to avoid any infections.
6. There were discussions related to food that women need to eat during her periods to get the proper nutrition.

End the Stigma 



In between the sessions, energizers were also organized to keep the group more active and joyful.



Bleed
with
Dignity

SF commits towards "Making menstruation a normal fact of life by 2030".

#WeAreCommitted

##ItsTimeForAction

We Bleed. 
Get Over it