

JUNE 1, 2024

# MENSTRUAL HYGIENE



One of the key aspects of menstrual hygiene is education. It's crucial that we provide accurate and comprehensive information about menstruation to both girls and boys from a young age. This education should include understanding the menstrual cycle, proper hygiene practices, and the use of menstrual products. Equally important is challenging and changing the harmful myths and stereotypes that surround menstruation.

The heart of the event was a powerful speech by Dr. Devidutta Das, Assistant professor in English, which set the tone for the day by addressing the critical issues of menstrual hygiene education, access to products, and the need for safe sanitation facilities. It was a reminder that menstruation is a shared human experience, deserving of respect and understanding.

"Menstrual hygiene is a necessity not a luxury!"



## Menstrual hygiene is crucial for several reasons:

**Health and Well-being:** Proper menstrual hygiene prevents infections such as urinary tract infections (UTIs), reproductive tract infections (RTIs), and yeast infections.

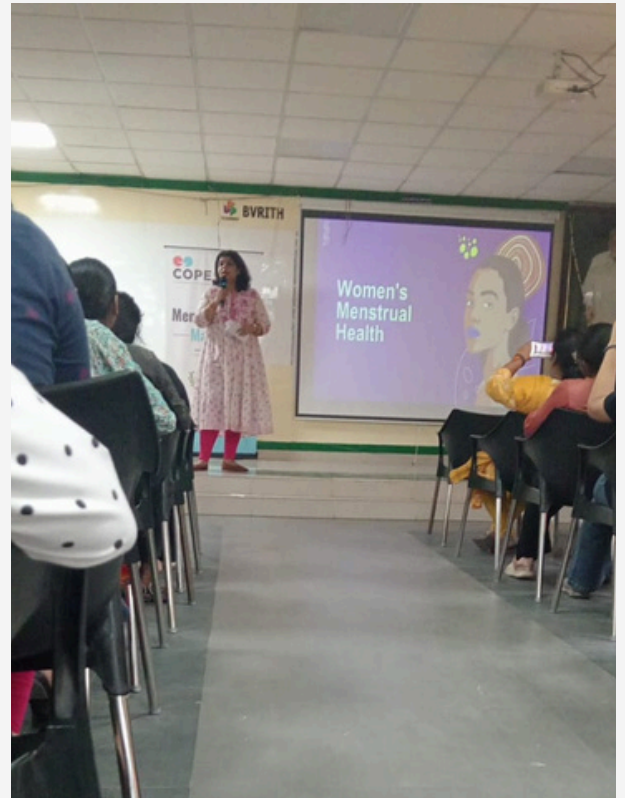
**Comfort and Confidence:** Maintaining good menstrual hygiene ensures physical comfort and boosts confidence, allowing individuals to participate in daily activities without discomfort or embarrassment.

**Educational Attendance:** Adequate menstrual hygiene management can reduce absenteeism in schools, particularly in regions where menstruation is stigmatized or facilities are inadequate.

**Mental Health:** Managing menstruation effectively can reduce stress and anxiety related to menstrual issues, contributing to better mental health.

**Dignity and Respect:** Access to menstrual hygiene products and facilities promotes dignity and respect for those who menstruate, fostering gender equality.

**Environmental Impact:** Choosing sustainable menstrual products can reduce environmental waste and promote eco-friendly practices.



Absolutely, it's important not to hide or feel ashamed about menstruation. Talking openly about menstruation can help dispel myths and misinformation, leading to better understanding and management of menstrual health. Open conversations can help normalize menstruation, reducing the stigma and shame that often surround it. When menstruation is openly discussed, it becomes easier to share and access information about proper menstrual hygiene practices.

Normalizing menstruation is a step towards gender equality, ensuring that menstruating individuals are not discriminated against or excluded from activities. When menstruation is openly discussed, it highlights the need for accessible menstrual products, leading to initiatives and policies that can provide support.

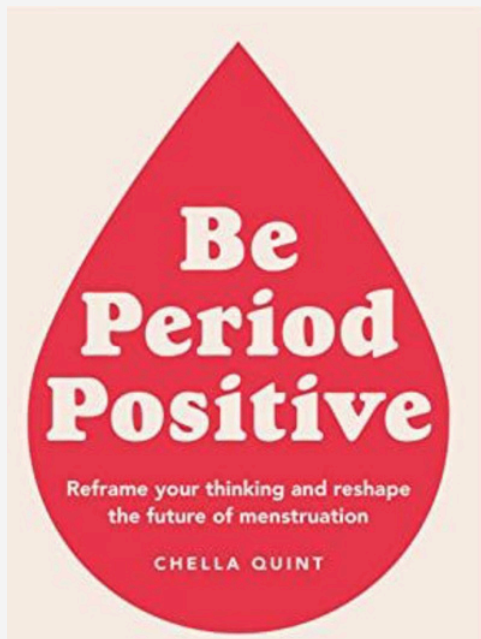
Menstrual hygiene is a multifaceted issue that touches on health, education, dignity, and the environment. It is imperative that we break the silence surrounding menstruation, provide accurate information, and ensure access to safe and sustainable menstrual hygiene products for all. By doing so, we can promote a healthier, more inclusive, and equitable society.

## **BREAK THE SILENCE**

The more we talk about PERIODS, the more we normalize hearing about them.



Our menstrual hygiene event was filled with valuable insights on maintaining menstrual health, debunking common myths, and understanding the variety of products available to us.



Together, let's continue to advocate for menstrual health and hygiene in our communities. Each of us can play a part in breaking the stigma and ensuring everyone has access to the resources they need.

## "Empowering Menstrual Health: Knowledge and Hygiene Program" Counselling and Outreach for Peer Empowerment (COPE)



### Agenda:

Empowering individuals with essential knowledge and practical tips on menstrual health and hygiene to underscore its importance and promote well-being.

### Speaker:

Dr. Devidutta Das



### Walkthrough:

- 1) What is menstruation
- 2) Tips to have a healthy menstruation cycle
- 3) How to balance a healthy diet and use of medicines
- 4) Myths about menstruation
- 5) Types of resources to use depending on the purpose
- 6) Tips to remember during menstruation period
- 7) photos
- 8) Conclusion

## **Brief:**

### **What is menstruation ?**

Menstruation is a natural process in which the lining of the uterus sheds, resulting in bleeding from the vagina, typically occurring monthly in females who have reached puberty and not pregnant.

### **Tips to have a healthy menstruation cycle:**

To maintain a healthy menstruation cycle, it's important to focus on several key aspects. Start by ensuring you maintain a balanced diet rich in iron, calcium, and vitamins to support overall health during menstruation. Hydration is also crucial, so drink plenty of water to help ease bloating and keep your body hydrated. Regular exercise can be beneficial in reducing cramps, improving circulation, and alleviating stress, so try to incorporate moderate physical activity into your routine. Managing stress is essential for hormonal balance, so consider practicing relaxation techniques like yoga or meditation.

### **How to balance a healthy diet and use of medicines:**

Balancing a healthy diet with the use of medicines involves careful consideration of nutritional needs and potential interactions. When it comes to iron deficiency, which is common, especially among menstruating individuals, dietary adjustments can be key. Include iron-rich foods such as lean beans, tofu, spinach, and fortified cereals in your diet. Pairing these foods with sources of vitamin C, like citrus fruits or bell peppers, can enhance iron absorption. If prescribed iron supplements, take them as directed by your healthcare provider and consider any potential interactions with other medications.

### **Myths about menstruation:**

- **Myth:** Menstrual blood is dirty or impure. **Fact:** Menstrual blood is a natural bodily fluid and not inherently dirty or impure. It's a normal part of the menstrual cycle.
- **Myth:** Women shouldn't exercise during menstruation. **Fact:** Exercise can actually help alleviate menstrual symptoms like cramps and improve mood.

## **Types of resources to use depending on the purpose:**

1. **Menstrual Pads** : These are absorbent pads worn to absorb menstrual blood. They come in various sizes, thicknesses, and absorbencies to accommodate different flow levels.
2. **Tampons**: These are cylindrical absorbent products inserted into the vagina to absorb menstrual blood.
3. **Menstrual Cups**: These are reusable silicone or rubber cups inserted into the vagina to collect menstrual blood. They can be worn for up to 12 hours and emptied, rinsed, and reinserted as needed throughout the menstrual cycle.
4. **Period Panties**: These are specially designed underwear with built-in absorbent layers to absorb menstrual blood. They offer a reusable and environmentally friendly option for managing menstruation.

Each type of sanitary product has its advantages and considerations, so individuals may choose the one that best fits their preferences, lifestyle, and comfort level.

## **Tips to remember during menstruation period:**

During menstruation, it's essential to prioritize self-care and manage any discomfort effectively. Ensure you drink plenty of water to stay hydrated, which helps reduce bloating and discomfort. Follow a balanced diet rich in iron, calcium, and vitamins to support overall health and replenish essential nutrients lost during your period. Additionally, practice good hygiene by regularly changing sanitary products, washing your hands before and after, and maintaining proper genital hygiene to prevent infections. Applying organic coconut oil during rashes help you reduce the inflammation within hours and provide you relief.

## **Photos:**





In conclusion, understanding and managing menstruation is crucial for overall health and well-being. By educating oneself about the menstrual cycle, utilizing appropriate sanitary products, and maintaining a balanced diet, individuals can navigate this natural process with greater ease. Addressing iron deficiency through dietary choices, balancing medications, and seeking reliable resources are essential steps in managing menstrual health. Dispelling myths about menstruation and following practical tips during periods can further enhance comfort and confidence. Embracing common advice for overall health, safety, and personal well-being, from regular health check-ups to self-care practices, empowers females to lead healthy, fulfilling lives. Through knowledge, self-care, and support, individuals can approach menstruation and related health aspects with confidence and resilience.

**Event details:**

Conducted on 01|05|2024 in Seminar hall, Diamond block from 2 - 3pm.

**CO ORDINATORS :**

- 1.Dr.C.Sunil Kumar
2. Dr.K.Kavita