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Menstrual Hygiene Awareness



Government High School

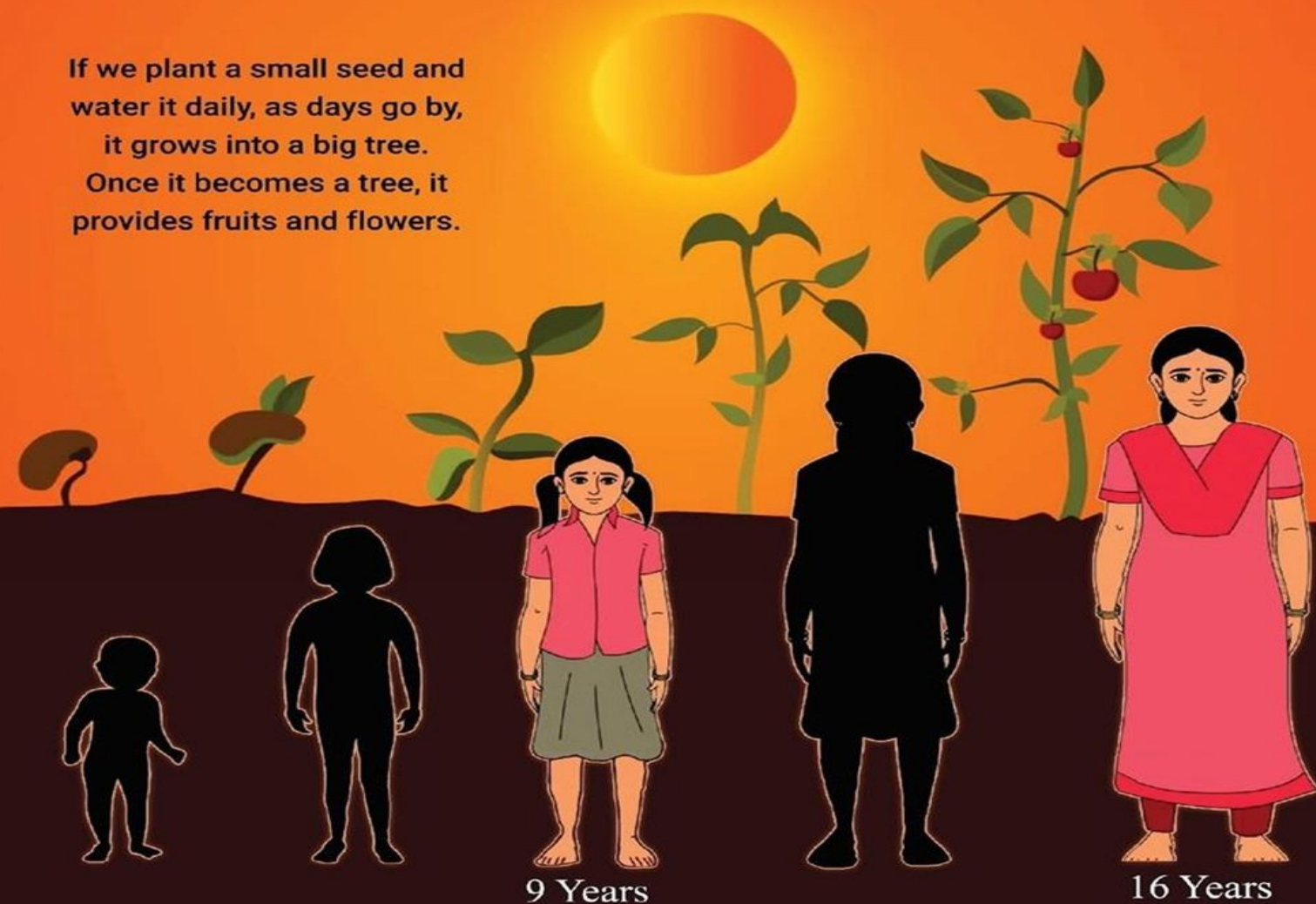
Govt. H.S.
Konanakunte, Bengaluru



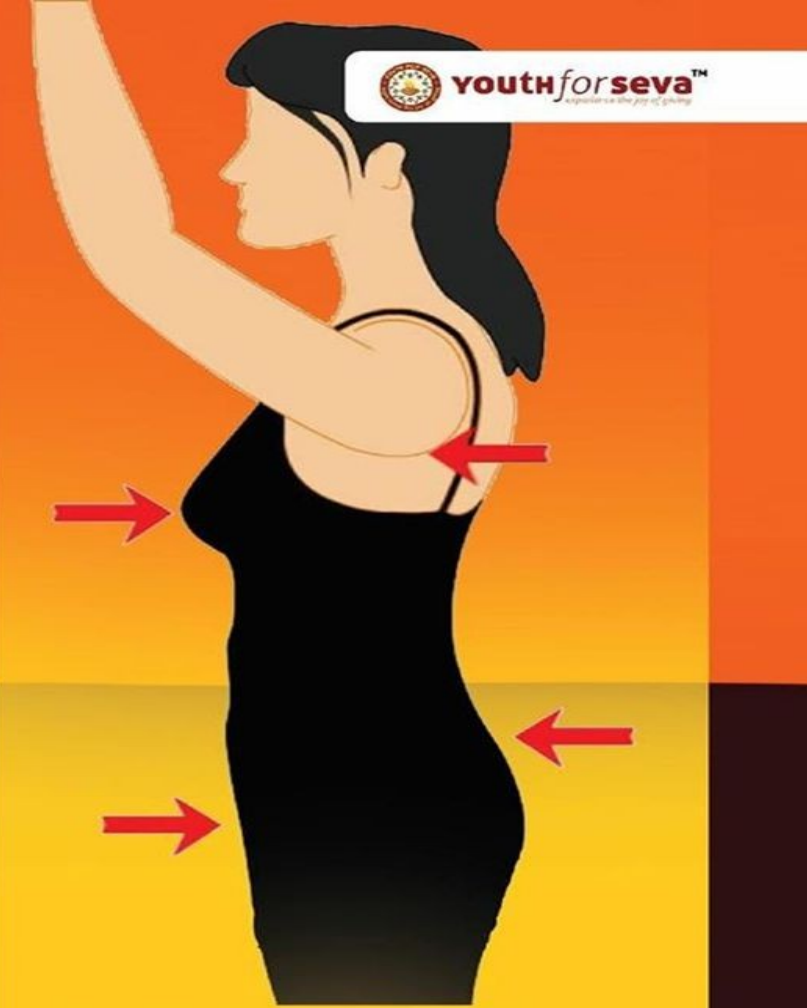
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MENSTRUAL HYGIENE AND GIRL'S SAFETY AWARENESS

If we plant a small seed and water it daily, as days go by, it grows into a big tree. Once it becomes a tree, it provides fruits and flowers.

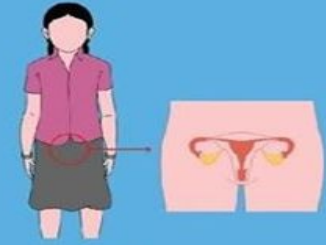


A girl child too grows up playing in a cradle, then goes to school, plays with friends, and eventually becomes a grown woman.

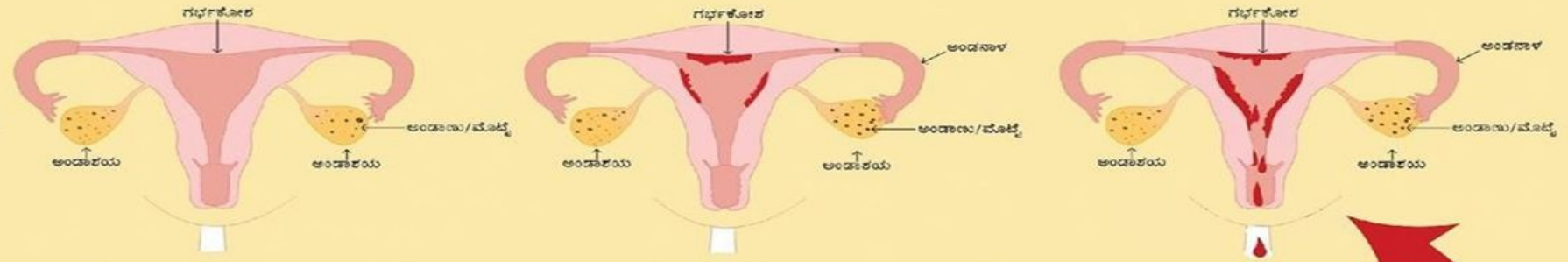


Just as a sapling grows into a tree, a young girl grows into a woman. During this time, several changes take place in her body. These changes begin when girls attain puberty. This is the rule of nature and way in which nature works. This is normal.

Shall we learn how and why **Menstruation** occurs?



Womens
Genital organs



Every month, or every 21 to 40 days, one egg is released from any one of the ovaries. This egg travels through the Fallopian tube and goes into the uterus.

Only after a woman has developed mentally and physically, i.e. after the age of 18 years, it is recommended to get her married.

Just as women have eggs, men have sperms. Once there is sexual contact between a man and a woman, the woman's egg and the men's sperm come together in the uterus, and fertilize to start the process of a child being born. The inner areas of the uterus are filled with nutrients to help the growing baby.



But, in case the egg and sperm do not meet, then fertilization does not take place, and the inner ingredients of the uterus along with the unused egg come out of the vagina as blood. This is the menstrual blood, and this entire process is called a Menstrual cycle.



In the first 2 to 3 years after a girl has attained puberty, menstruation could happen in an irregular manner, and this is normal. Very young girls sometimes have menstruation only 3 to 4 times in a year. It will normalize after few years.



MENSTRUAL CYCLE

22
Days



28
Days

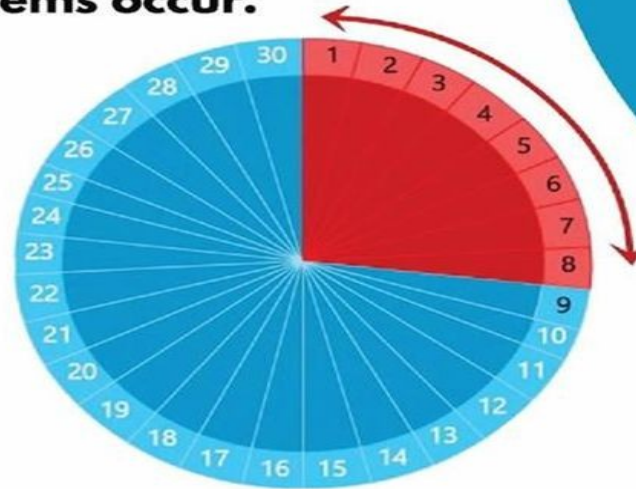


45
Days



One menstrual cycle is counted from the first day of one period to the first day of the very next period. For most women, a menstrual cycle lasts around 28 days, with a lesser cycle of 22 days to a longer cycle of 45 days, thus seeing a variation in many women.

During menstruation you should go to a Doctor when the following problems occur.



If one has to change more than 1 pad/cloth in 2-3 hours, or if it lasts for more than 8 days, and if your body feels fatigue and exhaustion, it is better to consult a gynaecologist.(doctor)

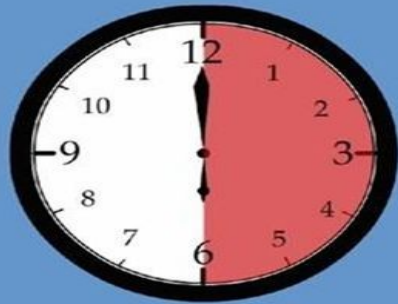


Every woman experiences white discharge a few days before menstruation begins, which is released from the vagina. This is normal. But, if this discharge has bad odour, is discoloured or is discharged in excess and is thick then it is best to consult a gynaecologist immediately.



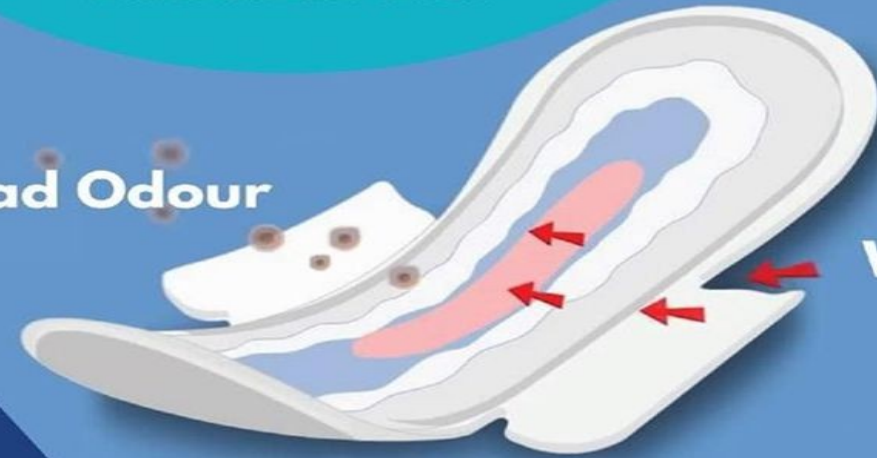
Personal Hygiene and Cleanliness

Hour : 06-08



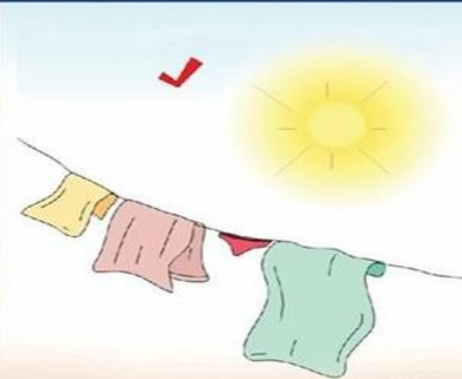
During menstruation, girls must wash their vagina and surrounding areas and keep them clean at all times, else it will result in infection. It could also cause rashes and bad odour.

Bad Odour



Wind

If using cloth, change it frequently, wash it in hot water with soap or detergent, and dry it under sunlight to prevent bacteria build up. Also, dry it only in an open, airy space. Do not hide it under some other cloth to prevent others from seeing.

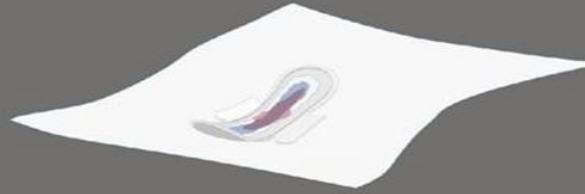


Wash your hands properly.



Ways to dispose the used pad

Used pads should be wrapped in old paper and thrown into a dustbin. These dustbins have to be emptied daily along with other garbage from the house. In villages, it is possible to bury the used Sanitary pads in pits and cover it with mud.



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TOILET



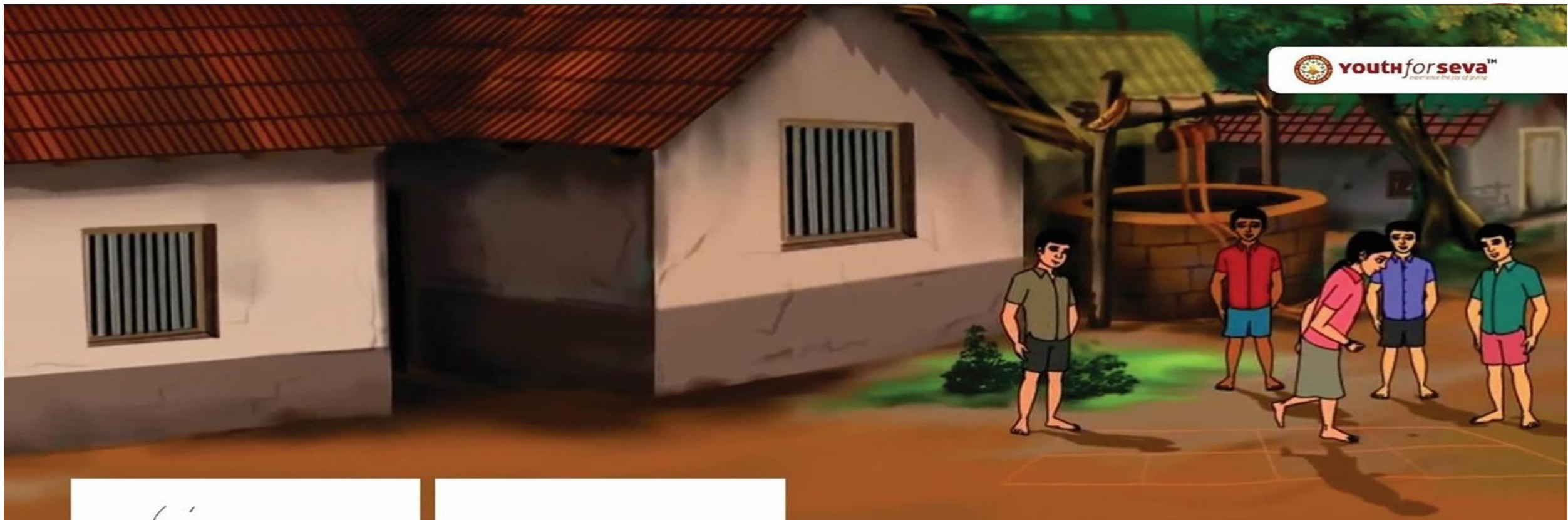
Newspaper



Dustbin



You must never throw Sanitary pads in water bodies, gutters, or in the toilet. The plastic in the pad will not dissolve in water, and the cotton will swell up and block the toilet pipes.



Eat well, exercise regularly. During menstruation, running, jumping or riding a bicycle need not be restricted. Regardless of whichever activities you undertake during this time, make sure that it does not harm your health and hygiene.

Nutrition required for an Adolescent Girl



During menstruation, girls must consume food rich in iron. Especially, those who are Anaemic should have food such as Drumstick leaf, Raagi, Green leafy Vegetables, Spinach, Fruits, etc.



Since these have less sugar and more fibre content, they should be consumed in larger quantities. Also, they must reduce the salt intake during a period. Every day they should drink 3-4 litres of water.



PERIOD

POWER



NORMALIZE PERIODS

THANK YOU



MENSTRUATION IS NOT A TABOO

PERIODS



are Cool



Thank You
Very Much



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experience the joy of giving

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