

LIVING THE SUSTAINABLE DEVELOPMENT GOALS



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Details

Theme

Date/Period

An awareness seminar for girl students on Menstrual Hygiene management

08th March 2024 (International Women Day)

Funding Courtesy

ICEF

Region/Place Covered

Beneficiaries

Number of Beneficiaries

Akola, Maharashtra INDIA

Students of 6th and 7th Std

400+ Students

Menstrual Hygiene Management awareness session organized by ICEF

Program Brief

To bring awareness on Menstrual Hygiene Management among girl students of 6th and 7th Std girls. On the 8th March 2024 on the occasion of International Women Day school girl students of Adarsh Vidyalaya Akola attended the awareness program on Menstrual Hygiene and Management. Dr. Sangeeta Joshi and Ms. Mrunal Kale have provided the expert guidance to the girls.

Program Description

Dr. Sangeeta Joshi and Ms. Mrunal Kale are actively involved in bringing awareness in Maharashtra and Gujrat about the issues faced by female and alternate measure to resolve the issues keeping in mind not harming environment.

Menstrual Hygiene Management (MHM): • Dr. Sangeeta Joshi provided insights into the practices, challenges resources related to menstruation and menstrual hygiene with a focus on ensuring access to safe, hygienic and dignified practices for individuals menstruate.

She emphasized the importance of managing menstruation in a clean, safe and private manner. The primary goal is to ensure that individuals, especially in marginalized or rural communities have access to proper menstrual hygiene solutions, information and sanitation facilities.

Global and Regional Statistics

- **Prevalence of Menstrual Stigma:** Dr. Joshi showed the statistics about cultural taboos, myths, and stigma around menstruation affect individuals' ability to manage it hygienically with world record data relating to cancer and India is leading in it.
- **Access to Sanitary Products:** Dr. Joshi spoke about the products available in the market, affordability and accessibility of menstrual products such as sanitary pads, tampons, menstrual cups etc
- **Education and Awareness:** Ms. Kale spoke about menstrual health, hygiene practices and available products and the issues they face in their lifespan. Being the expert in Art and Culture, she has used the dramatic representation on maintaining the hygiene which is much appreciated by the students.

Key Challenges

- **Lack of Awareness:** In many regions, there is limited understanding of menstrual health and hygiene management.
- **Cultural Barriers:** Many communities still face cultural taboos or stigma related to menstruation which prevents open discussions and the provision of adequate support.
- **Product Accessibility:** Barriers like high costs, insufficient supply chains, or lack of local availability of menstrual hygiene products.
- **Inadequate Sanitation Facilities:** In schools, workplaces or rural areas, lack of private, clean and safe spaces to change or dispose of menstrual products.
- **Environmental Concerns:** Challenges related to the environmental impact of disposable menstrual products and the lack of eco-friendly alternatives in some areas.

Recommendations and Solutions

- **Awareness Campaigns:** Dr. Sangeeta Joshi and Ms. Mrunal Kale insisted on advising the students and conducting educational programs to increase awareness about menstruation, hygiene practices and dispelling myths.
- **Access to Menstrual Products:** Recommendations to ensure that sanitary products are safe, biodegradable, affordable and available especially in underserved areas. She insisted on identifying the root cause of using different sanitary napkins and how they are manufactured and harmful effects of the products.
- **Improved Sanitation:** Better infrastructure for menstrual hygiene, including clean, private toilets and disposal facilities in public spaces and schools.
- **Sustainable Alternatives:** She also explained about how use of sanitary pads is helping girls to have balanced hormones and safe to the environment. As most of them are made up of Aloe vera and vegetable oil, surgical mask and using cotton.



The advantages of using pads in many ways such as

- Improves the hygiene
- Avoids cancer (cervical cancer, ovarian cancer – related to female)
- Increase in fertility rate (WHO have identified the chemicals used in manufacturing the products causing this issue)
- Keeping the hormones in balance and making the menstrual time as good one instead of feeling anxiety and stressed.

They also insisted on how government and NGO organization can help for menstrual hygiene management resources and support for brands to supply and manufacture in India to help women during their menstruation.

Successful Initiatives: They Highlighted successful menstrual hygiene programs they have conducted across Maharashtra, Gujrat and Karnataka in various schools, colleges and Universities that have improved access to products and facilities

Community-based Approaches: They are actively involved in educating and supporting others in their menstrual hygiene management through providing an awareness among hospitals and schools and colleges.

The event is concluded with felicitation by School Principal and thanked the guests for their presence and bringing awareness among the students

Details of the MHM awareness sessions.

Details of other programs conducted across Maharashtra and Madhya Pradesh. Details shall be provided on request.

| Sr. No. | Topic | Venue | Date |
|---------|--|--|--------------|
| 1 | Menstrual Hygiene Management – DOs and DONTs | Abhinav School Narhe Ambegaon Pune | Jul 9, 2024 |
| 2 | MHM – How to manage | Rosary International School Warje Pune | Jul 22, 2024 |

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| 3 | Hygiene management during Menstruation | SPM Group of Schools - Yavatmal | Aug 11, 2024 |
| 4 | Menstrual Hygiene Management – DOs and DONTs | Nutan Marathi Highschool, Butibori Dist Nagpur | Aug 24, 2024 |
| 5 | Menstrual Hygiene Management – DOs and DONTs | South Point English School Nagpur | Aug 24, 2024 |
| 6 | MHM – How to manage | Ira International School Nagpur | Sep 9, 2024 |
| 7 | Overcoming the taboo of Menstruation | Gram Panchayat – Rajni Karanja Dist Wardha | Sep 10, 2024 |
| 8 | Overcoming the taboo of Menstruation | APS – Dighi Dist Pune | Sep 12, 2024 |
| 9 | MHM – How to manage | YSPM CBSE School Satara | Sep 11, 2024 |
| 10 | MHM – How to manage | Zilla Parishad Highschool, Ramtek Dist Nagpur | Dec 2, 2024 |
| 11 | Overcoming the taboo of Menstruation | Gram Panchayat – Dharni Dist Amravati | Dec 6, 2024 |
| 12 | Menstrual Hygiene Management – DOs and DONTs | Zilla Parishad High School , Taroda Dist Amravati | Jan 2, 2025 |
| 13 | MHM – How to manage | Gram Panchayat – Dongargaon Dist Nagpur | Jan 12, 2025 |
| 14 | Overcoming the taboo of Menstruation | S R Jog English Medium School Pune | Feb 8, 2025 |

ABOUT THE INDUS CORE EDUCATION FOUNDATION

Indus core education foundation is a Pune Maharashtra India based not for profit organization focusing on two major United Nations Sustainability Goals (SDG 2030). Our focus is on SDG 3.7 and 6.2 . Indus Core Education is working from last 5 years to spread the awareness on the Menstrual Hygiene among the students of Schools, Colleges and Universities in addition to the parents of Rural, Semi urban and Urban areas of India.

The various awareness programs are focusing on creating awareness so that the optimum solution can be worked out with the help of experts.

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