



WHI
Women Empowerment and
Human Resources
Development Centre of India



As a part of the Water and Pads project of IAW, in association with WHI and Sandepani school, a seminar was conducted 'Menstrual Hygiene' on 27/7/2023.

The talk was organized to create awareness and keep with the theme of 'Making menstruation a normal fact of the line by 2030. We have been holding classroom discussions every week about the process, and reproductive system. Then an hour session was held to clear queries and fears still in the mind of students. The emphasis was given to menstrual hygiene and food to be eaten during their periods. The various myths regarding menstruation were also discussed. The methodology used was a PowerPoint presentation along with an interactive session followed by a quiz

Menstrual Hygiene Education and Awareness": This topic focuses on the importance of providing comprehensive menstrual hygiene education to girls and women. It covers the physiological aspects of menstruation, dispels myths and taboos, and emphasizes the significance of maintaining hygiene during menstruation. **Sustainable Menstrual Products and Access to Clean Water":** This topic addresses the challenges related to accessing affordable and eco-friendly menstrual products, as well as clean water for washing and hygiene. It explores the benefits of reusable pads and menstrual cups, and the importance of safe water sources.

Community Engagement and Empowerment": This topic emphasizes the role of community engagement and empowerment in the success of a water and pad project. It discusses strategies for involving local communities, schools, parents, and healthcare providers in supporting menstrual hygiene initiatives.

Introduction: The report provides an overview of the Water and Pad Project, highlighting its aim to address menstrual hygiene challenges among girls and . It outlines the significance of menstrual hygiene for overall health, education, and dignity.

1. Menstrual Hygiene Education and Awareness: This section delves into the importance of comprehensive menstrual hygiene education. It discusses the physiological aspects of menstruation, myths and taboos surrounding it, and the potential consequences of inadequate hygiene. It highlights the need for education to empower girls with accurate information and instill a sense of normalcy around menstruation.

2. Sustainable Menstrual Products and Access to Clean Water: This part focuses on the challenges related to accessing affordable and sustainable menstrual products. It discusses

the benefits of reusable options like cloth pads and menstrual cups, highlighting their long-term cost-effectiveness and reduced environmental impact. The section also emphasizes the need for access to clean water and sanitation facilities to maintain proper hygiene during menstruation.

3. Community Engagement and Empowerment: In this section, the report explores the role of community engagement in the success of the Water and Pad Project. It discusses strategies for involving local communities, schools, parents, and healthcare providers. It emphasizes the importance of creating an environment where girls and women feel supported, informed, and empowered to manage their menstrual hygiene effectively.

Conclusion: The report concludes by summarizing the key takeaways from the Water and Pad Project for menstrual hygiene. It underscores the significance of education, sustainable products, and community involvement in ensuring that girls and women can manage their menstruation hygienically and confidently.

Recommendations: The report includes recommendations for further enhancing the project's impact, such as integrating menstrual hygiene education into school curricula, establishing partnerships with local healthcare providers, and advocating for improved water and sanitation facilities.

Call to Action: The report concludes with a call to action, encouraging stakeholders, policymakers, NGOs, and communities to collaborate in implementing similar projects that prioritize menstrual hygiene education, sustainable products, and access to clean water for all girls and women.

Report by DR. VIJAYALEKSHMY KG
CHAIRPERSON of WHI (Women Empowerment and Human Resources Development Centre of India),
DIRECTOR, SANDEPANI SCHOOL Thiruvananthapuram Taluk, Kerala, India