



सत्यमेव जयते

ग्रामीण विकास मंत्रालय
भारत सरकार



MENSTRUAL HYGIENE AND RELATED BEHAVIOURS

Flipbook for SHG Meetings



Deendayal Antyodaya Yojana – National Rural Livelihoods Mission (DAY-NRLM)

Ministry of Rural Development, Government of India

INSTRUCTIONS FOR THE FACILITATOR



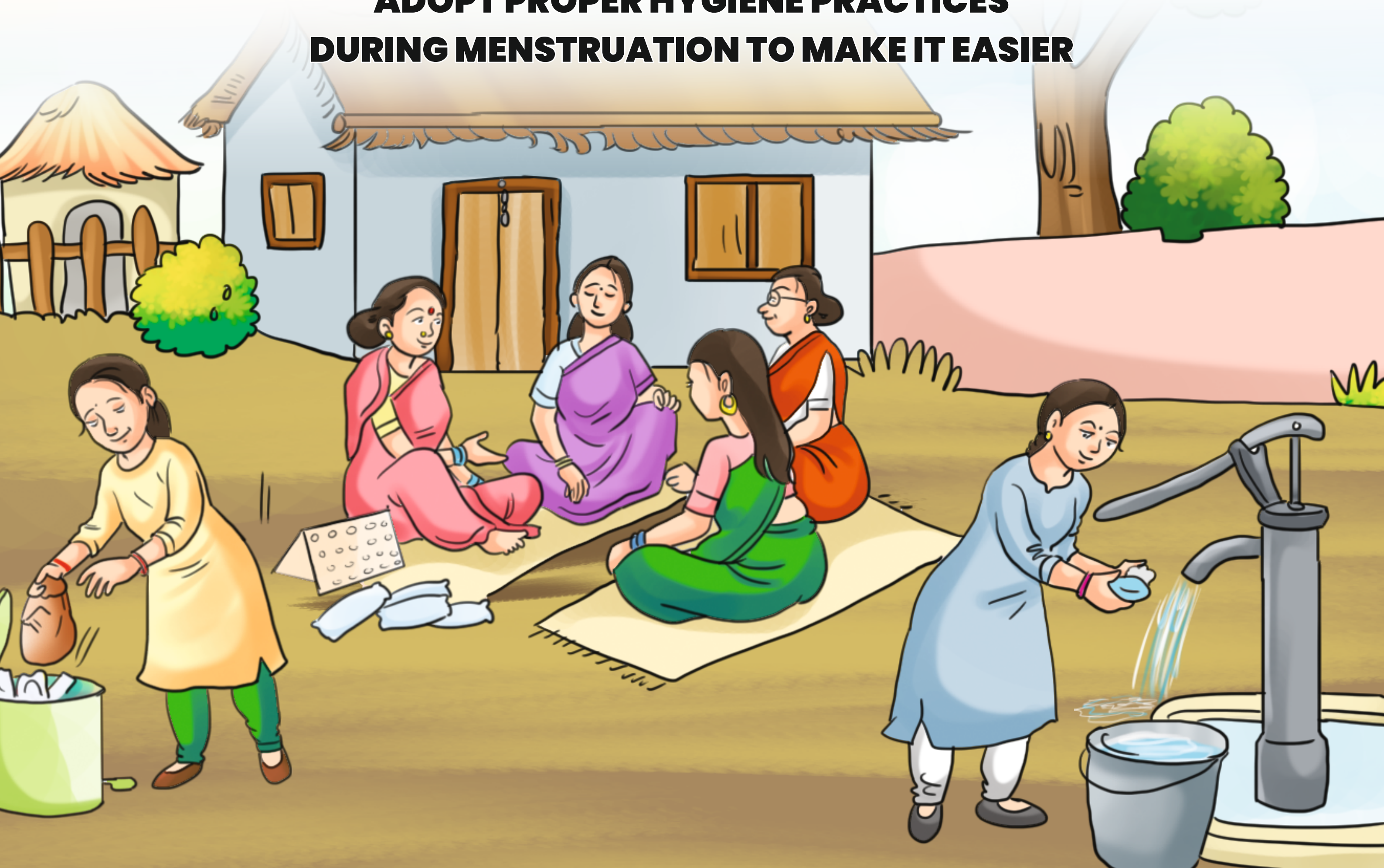
- Each Flipbook has a facilitator guide attached, please read the guide thoroughly to familiarize yourself with the contents of the session.
- The facilitator guide provides additional information on the topic so that the facilitator is equipped to address any questions, doubts raised by participants while the session is rolled out.

Start the session by greeting the participants and informing them about this session

- Each card has two sides. The front pictorial side is illustrated for the participants.
- The back with descriptive messages, is for the facilitator to read, understand and explain to the participants.
- The facilitator must display the pictorial side to the participants first and ask what they understand. The Flipbook should be passed around the group members, if the pictures are small and difficult to see from a distance.
- After that, the facilitator should explain the message related to the picture.
- In case a participant has any query, the facilitator must patiently try to listen, understand and address the query.
- After a detailed explanation of the flipbook content, the facilitator should check understanding among the participants by asking questions and re-iterating the key messages.



**ADOPT PROPER HYGIENE PRACTICES
DURING MENSTRUATION TO MAKE IT EASIER**



INITIATE DISCUSSION WITH THE GROUP ON THE FOLLOWING POINTS



Initiate discussion on –

- What is Menstruation?
- What points should be kept in mind for menstrual hygiene
- What can be done to deal with common problems faced during menstruation

People have many misconceptions about menstruation, especially in the minds of adolescent girls, due to which there is a sense of fear and shame in them. Therefore, it is important that we give menstruation related important information to the adolescent girls in our family after the age of 10–11 years and make them future ready.

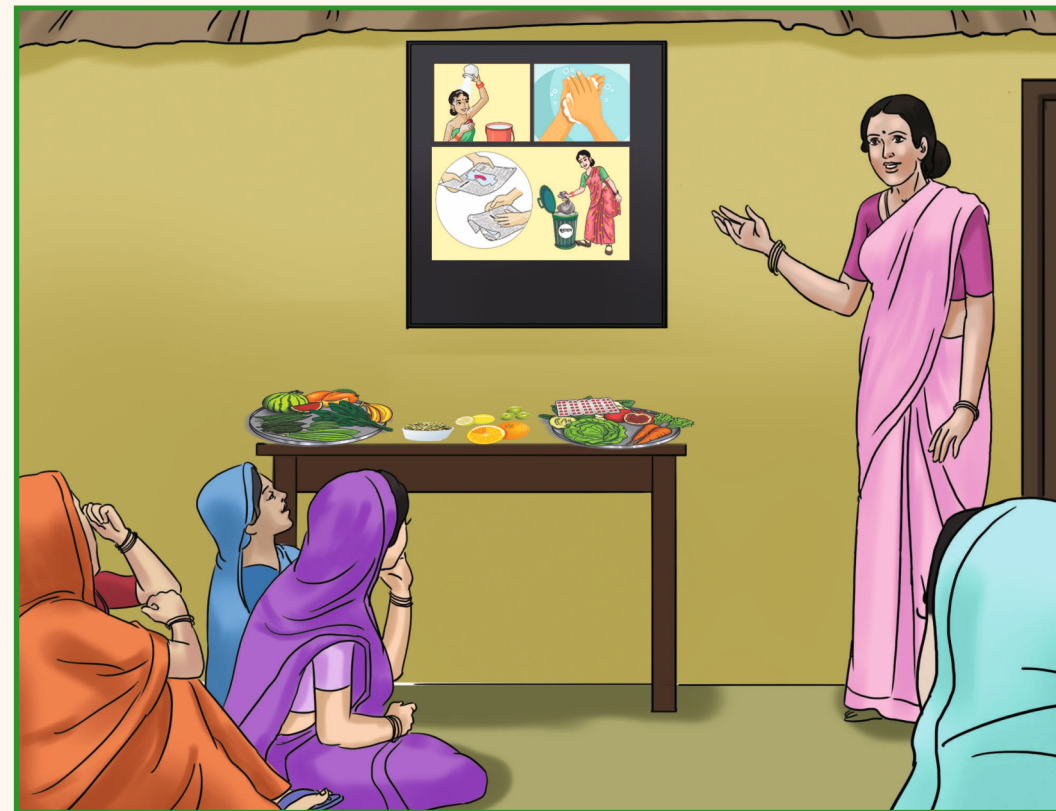
The information given in this session is important for both women and adolescent girls.



Note: It is very important that the participants do not let any negative sentiments come in during the session and the traditional practices and taken into consideration. However, the associated myths should not be encouraged. More importantly, it is to be ensured that the participants understand the sensitivity of the subject and the importance of menstrual hygiene and related topics.



MENSTRUAL HYGIENE AND RELATED BEHAVIOURS



WHAT DO WE UNDERSTAND BY MENSTRUATION?

- Menstruation is the discharge of blood from the vagina every month in adolescent girls and women.
- This is a normal physiological process. Menstruation starts during adolescence for every girl and it is a process that prepares the body to conceive.
- Menstruation usually begins at the age of 9–15 years, which is called menarche and ends by the age of 45–55 years, which is called menopause.
- Menstruation usually lasts for around 5 days every month, at an interval of 28 days (minimum 3 days and maximum 7 days), hence colloquially it is also called Monthly or “महीना”.
- We should inform our daughters about menstruation and other related things at the age of 9–10 years.



WHAT DO WE UNDERSTAND BY MENSTRUATION?



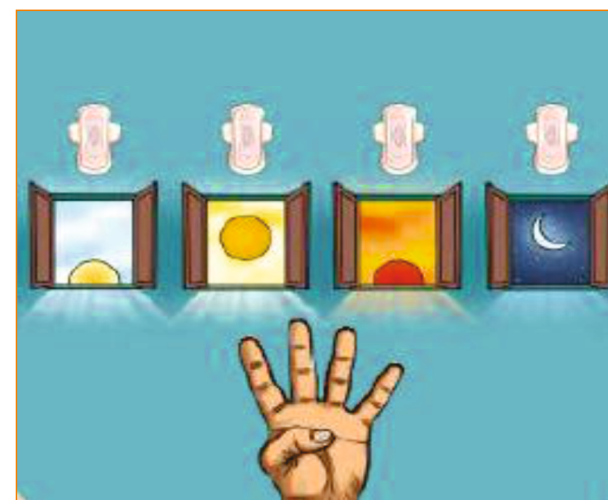
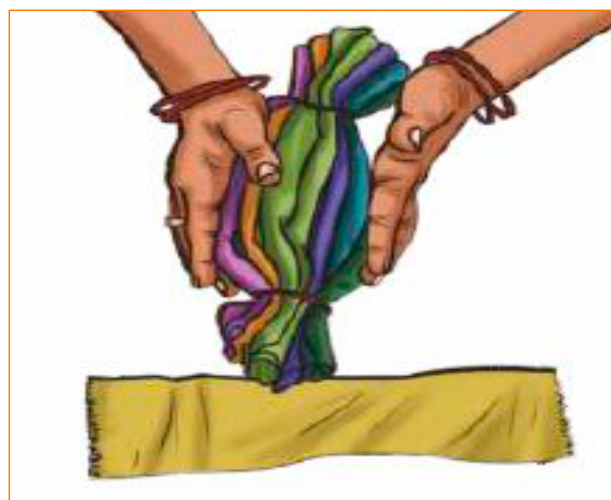
Menstruation is a normal physiological process and we should inform our daughters about menstruation and other related things at the right age



WHAT SHOULD BE USED DURING MENSTRUATION?

During Menstruation:

- Use sanitary pad or clean cotton cloth. *Refer to the facilitator guide to explain how to use a pad.*
- Use sanitary pads/clean cotton cloth only because they have more ability to absorb blood and it is not harmful to the skin
- It prevents problems like itching in the genitals, rashes between the thighs and infection in the uterus.
- Change the sanitary pad or cloth at least 3-4 times (ie 6-8 hours) during the day / 24 hours
- If using a cloth, re-use only after washing with soap thoroughly and dried in the sun
- Sanitary pads are available in any medicine store, makeup or grocery store
- Sanitary pads are also available with ASHA (at the cost of only Rs 1/pad under Pradhan Mantri Bhartiya Jan Aushadhi Kendra)



WHAT SHOULD BE USED DURING MENSTRUATION?



Sanitary Pad



Clean Cotton Cloth



**Wash the cloth with soap and dry
in the sun before every use**



**Change the pad /
cloth 3-4 times a day**



HABITS TO BE ADOPTED DURING MENSTRUATION

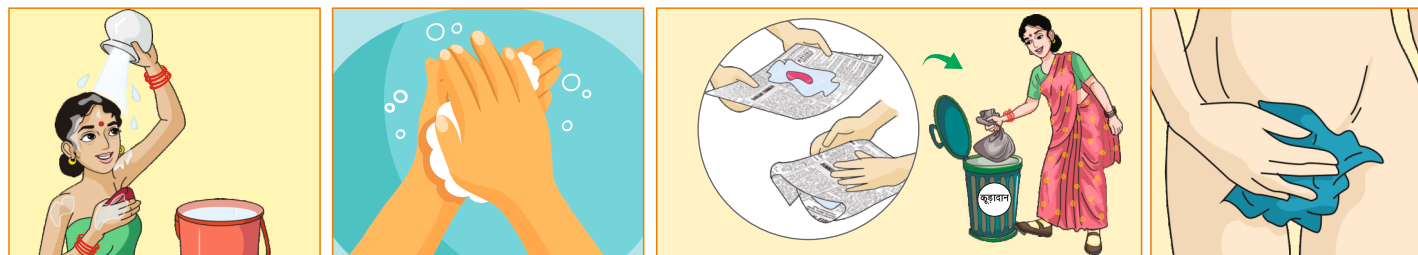
Menstrual Hygiene related

- Take bath daily during menstruation, clean your private parts and wear washed or clean clothes
- Wash your hands thoroughly with soap after every change of sanitary pad or cloth.
- Wash and clean the outer skin of your vagina with water and dry yourself with a clean cloth
- The used sanitary pad or cloth should be wrapped in paper and thrown in the dustbin or buried in the soil

Nutrition related

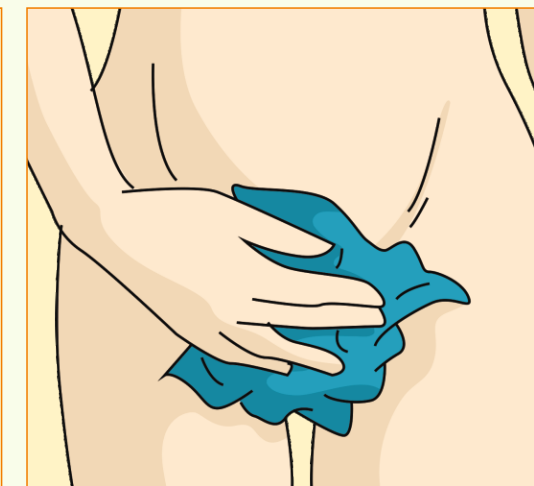
- Special attention to diet during menstruation is needed
- Eat iron-rich food like green leafy vegetables, Meat and fish, pulses and beans etc.
- Drink plenty of water during menstruation to prevent de-hydration
- If there is excessive bleeding, take iron tablets with the advice of a doctor

Do not use ash, sand, dirty and synthetic clothes



HABITS TO BE ADOPTED DURING MENSTRUATION

Menstrual Hygiene Related



Nutrition Related

LENTILS AND LEGUMES



VITAMIN C RICH DIET



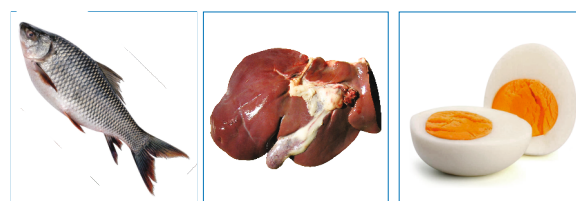
DRINK PLENTY OF WATER



GREEN LEAFY VEGETABLES



MEAT AND FISH



IFA / IRON TABLETS



COMMON DISCOMFORTS AND DANGER SYMPTOMS DURING MENSTRUATION

There may be some common experiences during menstruation, such as:

Irregular Menstruation

- In the beginning, menstruation cycle may be at a short (at 3 weeks) or long (at 6 weeks) interval.
- This cycle usually becomes regular in 2 to 3 years

Excessive menstruation (excessive bleeding)

- When menstruation lasts 8 days or more
- When the napkin gets completely wet within an hour and there are blood clots along with blood secretion

Painful Menstruation

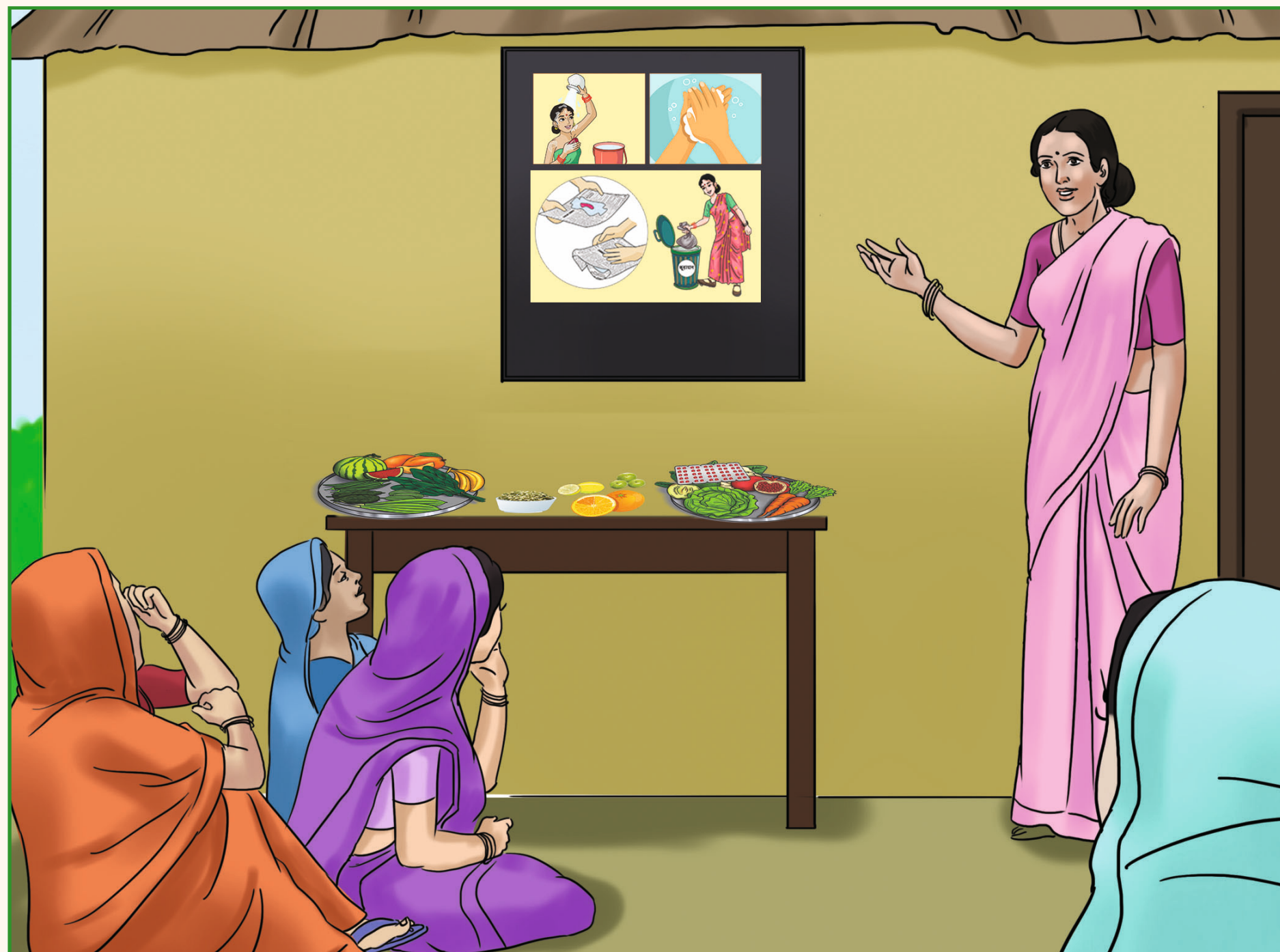
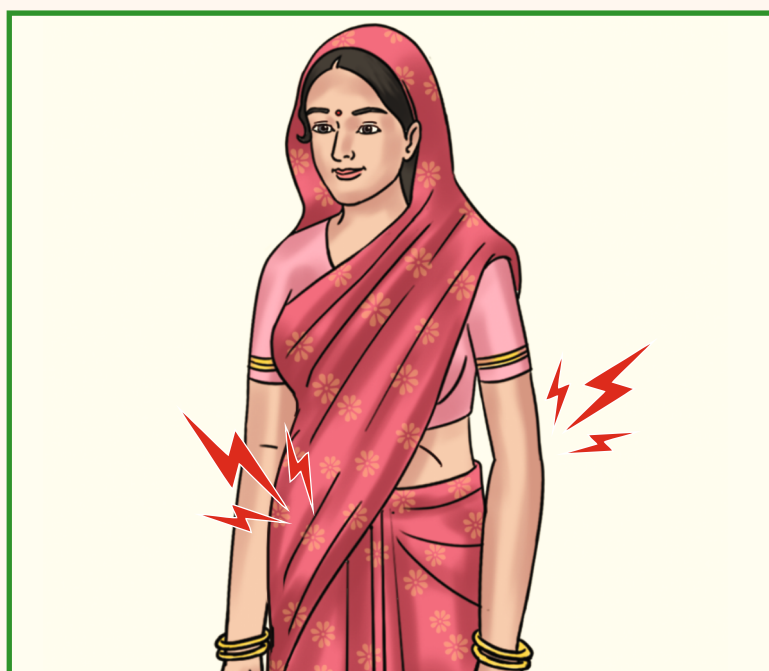
- It is natural to have some pain in the days of menstruation along with feeling of vomiting, headache, Back pain and Abdominal pain
- In addition, there may be other discomfort such as swelling, fatigue and irritability from a few days before menstruation,

Contact ANM or ASHA for problems like –

- Having a period for more than eight days.
- Menstruation/bleeding twice in a month.
- Severe pain in abdomen, back, waist or head during menstruation, which does not improve with home remedies
- Excessive bleeding (when it is time to change the pad within an hour / two hours)
- Continuous/excessive white discharge



COMMON DISCOMFORTS AND DANGER SYMPTOMS DURING MENSTRUATION



It is common to have headache, abdomen and back pain during menstruation

For problems related to menstruation, consult ASHA, ANM or a doctor

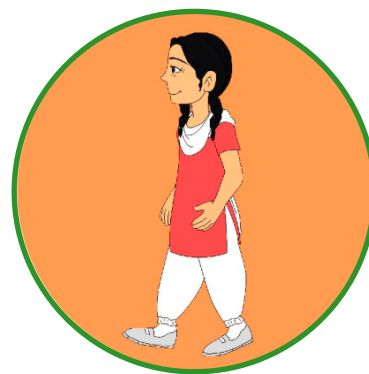


HOW TO DEAL WITH DISCOMFORTS DURING MENSTRUATION

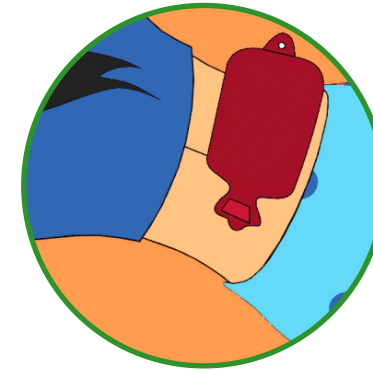
- Take a warm water bath if there is pain in the lower abdomen during menstruation. Use hot water bag or put a hot towel or water bottle with a thick cloth wrapped around it for hot massage.
- Take a warm bath
- You can gently massage your belly or back, can ask someone in the family to massage your back lightly
- Ginger tea or herbal tea sometimes also provide relief.
- If there is too much or too little bleeding during menstruation, irregular or extremely painful menstruation, contact the ASHA or ANM of your area immediately.



take a warm bath



Walk and keep active



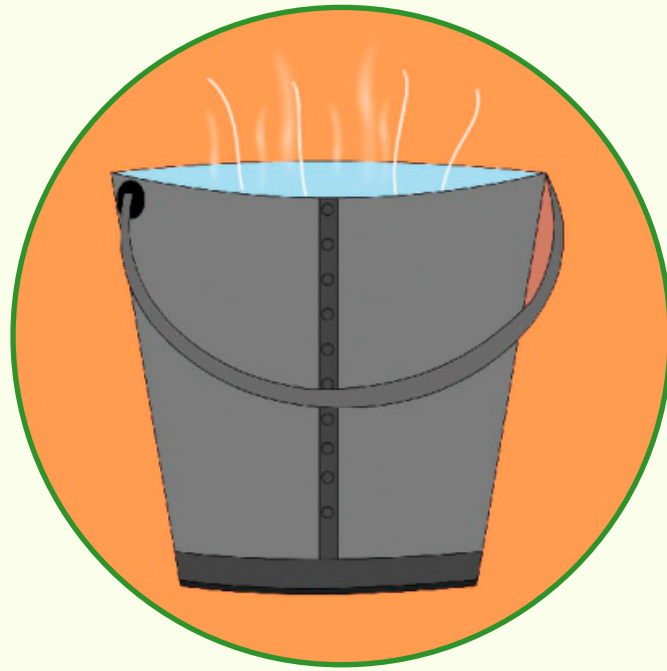
Use hot water bag



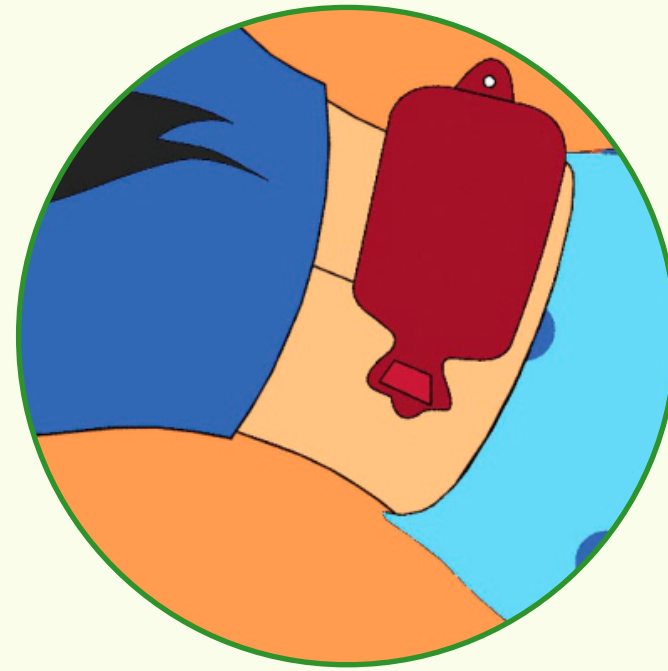
Do light exercise



HOW TO DEAL WITH DISCOMFORTS DURING MENSTRUATION



Take a warm bath



Use hot water bag



Walk and keep active



Do light exercise



WHAT DO WE UNDERSTAND BY MENOPAUSE?

What is Menopause?

- Menopause is a stage in life when your menstruation / periods stop. This is a normal sign of ageing and this process marks the end of your reproductive years. Menopause usually occurs at the age of 45 – 55 years.
- If you have not had periods for at least 12 months, then you may be going through the period of menopause.

Why does this happen?

- After a certain age women's ovaries stop the production of eggs and there is a lack of hormone "estrogen" in the body and we experience symptoms of menopause.

What are the symptoms/discomfort women feel due to menopause?

- Irregular periods
- Hot flushes
- Disturbance in sleep
- Weight gain
- Hair loss
- Vaginal dryness
- Mood swings
- Changes in the skin like dry, patchy skin



WHAT DO WE UNDERSTAND BY MENOPAUSE?



Menopause is a stage in a woman's life when her periods stop. This is a normal process of ageing and marks the end of her reproductive years. Menopause usually occurs at the age of 45 - 55 years.

Women can experience some discomfort or problems during menopause.

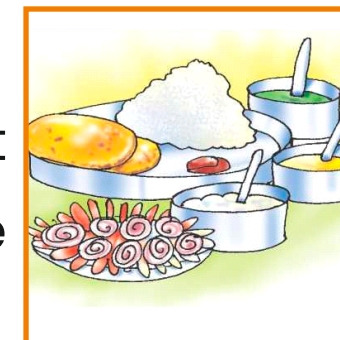


WHAT CAN BE DONE TO GET OVER THESE PROBLEMS?

There is usually no medicines prescribed for cure for these symptoms and problems. A few lifestyle changes can help the women feel better and most symptoms improve with time.

➤ **Balanced diet**

Maintaining a balance in your daily diet is very important during/after menopause. Include at least five food groups in the day's diet and eat more fiber-rich food. It is better to minimize processed and canned.



➤ **Calcium supplementation**

After menopause, your bones become weak due to a lack of estrogen, and the body needs more calcium, which in some cases one does not get enough calcium from regular diet. Calcium tablets can be taken with the advice of a doctor.



➤ **Regular exercise**

You may gain weight if you do not exercise during/after menopause. It is prescribed that one does light exercise or walks regularly for at least 30–40 minutes a day. This has beneficial effect on your bones, muscles and joints.



WHAT CAN BE DONE TO GET OVER THESE PROBLEMS?



Have a balanced diet



**Take calcium rich food
and tablets if advised**



Exercise regularly



KEY MESSAGES AND ROLE OF SELF HELP GROUPS

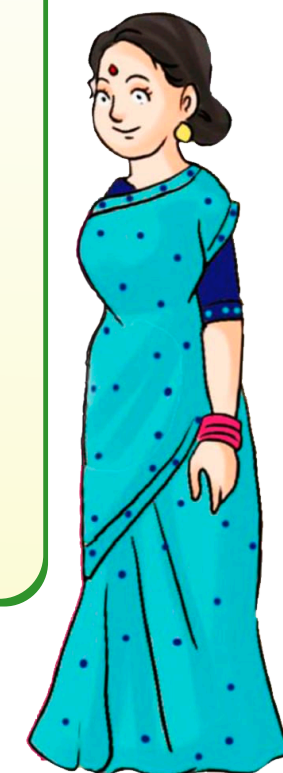
Key Messages

- Menstruation is a normal physiological process and nothing to panic or worry about.
- Use and use sanitary pads/clean cotton cloth during menstruation and properly dispose pad after use.
- Pay more attention to personal hygiene and nutrition during menstruation.

Role of Self Help Group

- The group should build awareness among older boys, men and others in the community to address prevalent taboos and myths around menstruation.
- The group should ensure that all women and adolescent girls in their families use sanitary pads during menstruation and there is proper disposal of the used pads/cloth after use.
- Members of the group should also be able to identify if there is a need to meet the ASHA, ANM or a doctor for issues related to menstruation.
- SHGs should take lead in ensuring that pits, incinerators are installed for proper disposal of sanitary pads.
- Production and distribution of sanitary pads can be taken up as an enterprise by SHGs / Vos.

The self help group should be ready to support those members who face problems or find it difficult to convey these messages and convince their families.



**Let us ensure that key messages of this session
are reflected in our daily behaviours**



The Food, Nutrition, Health and WASH (FNHW) Toolkit has been developed by the National Mission Management Unit (NMMU) with support from Technical Assistance agencies–TA– NRLM (PCI) and inputs from ROSHNI–Centre of Women Collectives led Social Action, National Institute of Rural Development (NIRD), State Institutes of Rural Development (SIRDs), National Resource Persons (NRPs), State Rural Livelihood Missions (SRLMs) of Bihar, Chhattisgarh, Jharkhand, Odisha, Uttar Pradesh, Andhra Pradesh, Telangana and Maharashtra, JEEViKA Technical Support Program–Project Concern International (JTSP–PCI) and UNICEF state teams from Odisha, Bihar and Chhattisgarh.

The standard materials of Ministry of Health and Family Welfare (MoHFW), Ministry of Women and Child Development (MoWCD), National Centre for Excellence & Advanced Research on Diets (NCEARD), Alive & Thrive, JTSP–PCI and UNICEF have been referred while finalizing the content.

Deendayal Antyodaya Yojana – National Rural Livelihoods Mission (DAY–NRLM)

Ministry of Rural Development, Government of India
7th Floor, NDCC Building-II, Jai Singh Road, New Delhi – 110001

website: www.aajeevika.gov.in



सत्यमेव जयते
ग्रामीण विकास मंत्रालय
भारत सरकार

