



Date: 15<sup>th</sup> October, 2019

### **Write Up on ‘Menstrual Health and Hygiene’**

Menstrual hygiene is still a taboo subject to discuss and talk about in Indian society. This can be removed by spreading awareness about its significance for human life survival. NSS of Uka Tarsadia University in Joint collaboration with Desai Foundation of America, Organized awareness session on ‘Menstrual Health and Hygiene’ on 15<sup>th</sup> October 2019 at JD Hall.

The Target audience was first year girl’s student of MBA, B. Com and MSC.IT. The main objective was to make them educate about the topic so that they can pass on this message to their neighborhood and adopted villages teenage girls and females.

Desai Foundation has been actively working in this area through different initiatives linked with women-empowerment and awareness about their rights. It is in this context that a project for manufacturing sanitary napkins and creating awareness was conducted. The session emphasized on the importance of following personal hygiene practices especially during the menstrual periods. More than 100 girls’ students participated in the session. Ms. Yati Desai, project-in-charge of sanitary napkin project along with Ms. Kiran conducted the session. Ms. Yati said that, “unhygienic practices in personal hygiene especially during menstrual periods can result into severe health problems ranging from internal allergies and infections to infertility and cervical cancer in extreme cases”.

There were talks on how and why the females menstruate. They were told about the importance of using undergarments made of cotton fabric, drying them in sunlight and changing sanitary napkins regularly during periods. Some of the myths like not eating rice, milk etc. during the periods were also discussed. Some of the girls complained of severe back and stomach pain. At times, the pain is so severe that they abstain from attending classes. They were advised not to self-medicate themselves in such cases as medicines like Aspirin might be very harmful as they accelerate blood loss. They should also maintain their regular physical routine as unnecessary resting is generally not helpful in pain management.

Most of the participants found the session very informative and useful. The girls were introduced to ‘Aasani Sanitary Napkins. Everyone was informed how these napkins are being manufactured without using any chemical and are one of the best that are available in the market.



**Uka Tarsadia University**  
**NSS – Commerce & Management Unit**

