

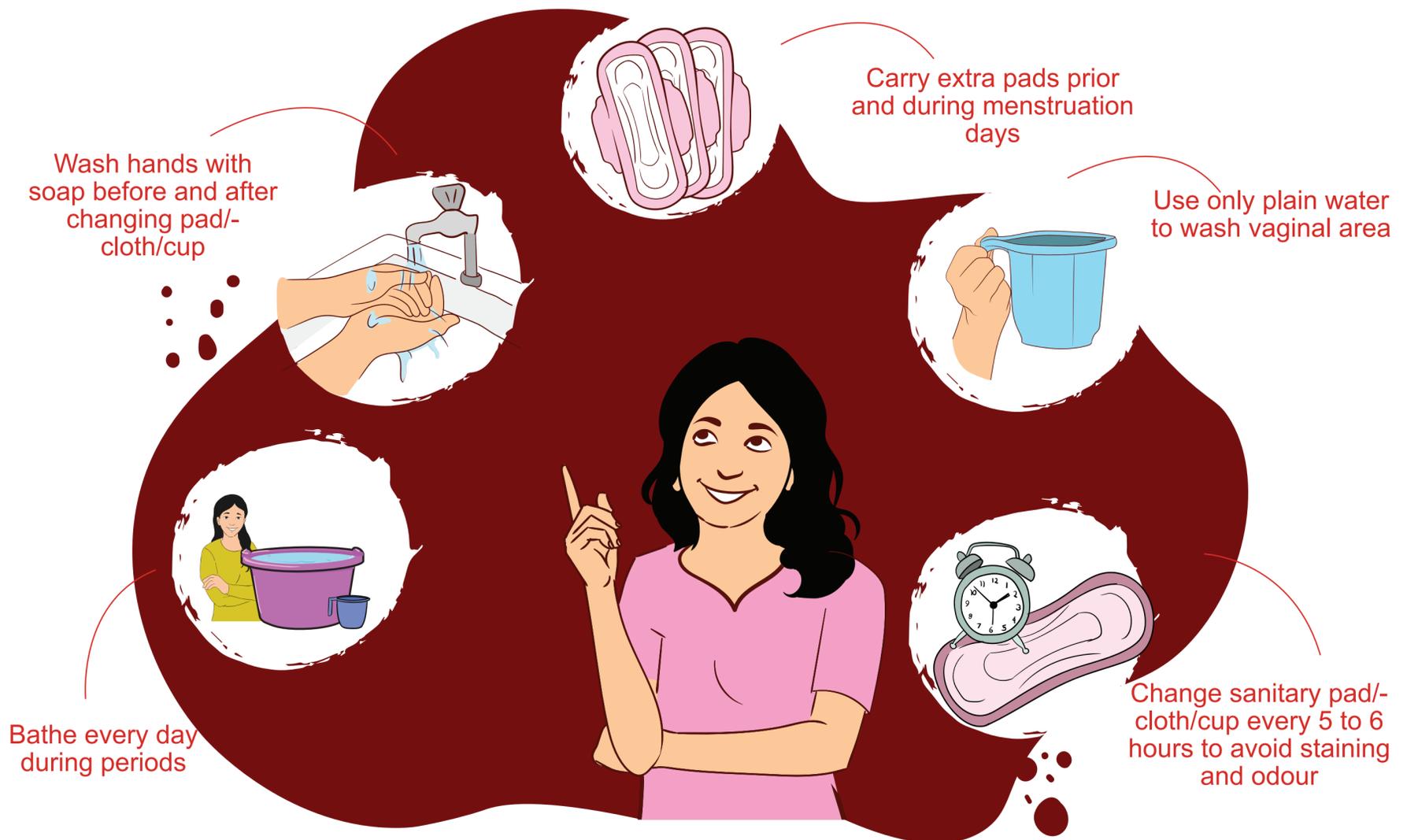


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जल शक्ति मंत्रालय
भारत सरकार
DEPARTMENT OF DRINKING WATER AND SANITATION
MINISTRY OF JAL SHAKTI
GOVERNMENT OF INDIA
सत्यमेव जयते

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MENSTRUAL HYGIENE – FOR HEALTH AND DIGNITY



Remember!

Maintaining good hygiene is your responsibility.
Take it seriously!



Menstruation is essential for human existence. Let's make it easy, hygienic and dignified!

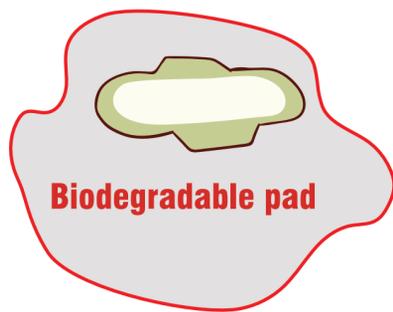
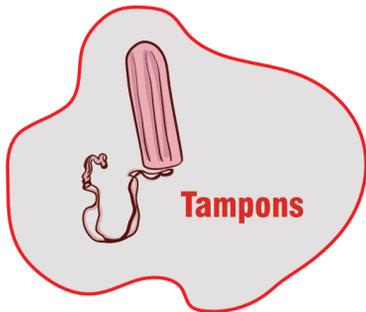


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SAFE ABSORBENTS – AIDS FOR HEALTHY MENSTRUATION



Ask your ASHA, Anganwadi Worker, ANM or doctor for information on free menstrual products

Remember!

Safe absorbents are essential for your menstrual hygiene!

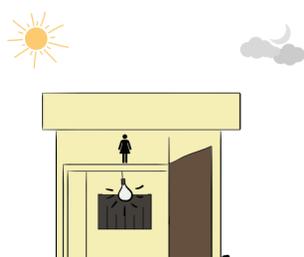


Menstruation is essential for human existence. Let's make it easy, hygienic and dignified!

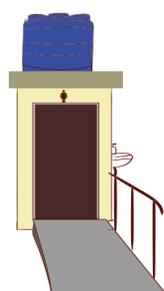


ACCESSIBLE INFRASTRUCTURE FOR SAFE MENSTRUATION

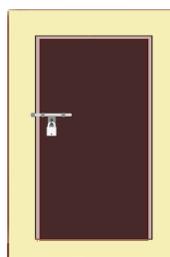
What are MHM friendly toilets for women/girls?



Accessible at
all times



Divyang-friendly



Toilets with privacy



Access to water and
soap



Covered bins for
menstrual waste
disposal

Why are period-friendly toilets for women and girls necessary?



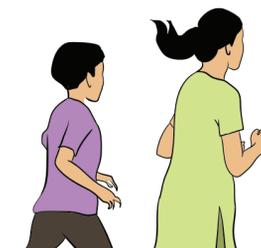
Improve health &
well-being



Reduce psychological
stress



Ensure safety
and dignity



Improve attendance at
school and work

Remember!

Practising good hygiene during menstruation helps in
making your body healthy!



**Menstruation is essential for human existence. Let's make
it easy, hygienic and dignified!**



SAFE DISPOSAL OF MENSTRUAL WASTE - FOR HYGIENIC AND SAFE ENVIRONMENT

Collect and dispose of menstrual waste (sanitary pads and cloths) separately from other solid wastes



Collection bins with lids accessible to girls and women



Paper-wrapped menstrual waste for easier segregation

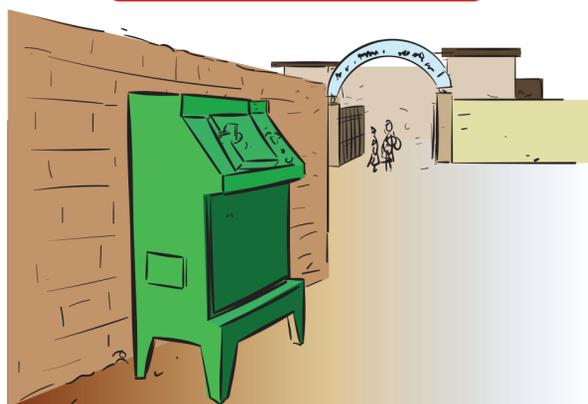


Bury, compost or incinerate as per the available resources



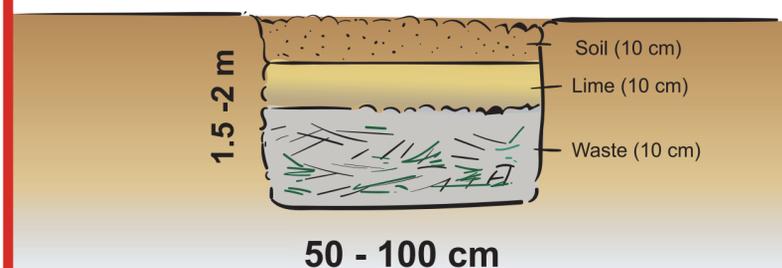
Safely dispose of waste and wash hands with soap

Disposal using incinerators



Use incinerators and ensure their regular monitoring and maintenance.

Disposal using a deep burial pit



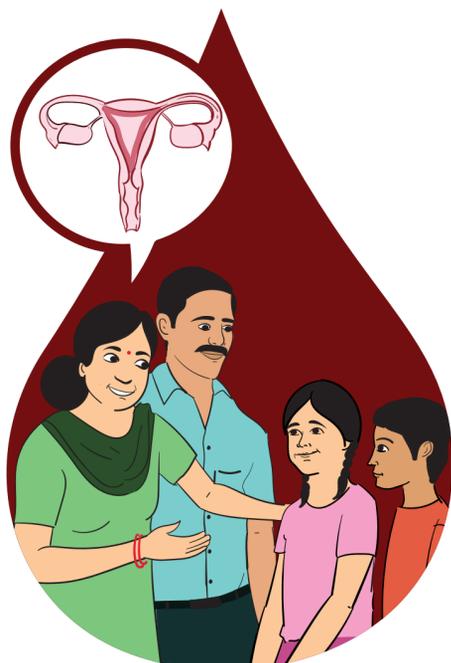
Dig pits seven meters away from water sources and line them with lime to prevent bacterial growth.

Remember!

Approximately 1 crore used pads are discarded per month in India. It takes 800 years for a single disposable sanitary pad/napkin to decompose.



Menstruation is essential for human existence. Let's make it easy, hygienic and dignified!



MENSTRUATION IS NOT A DISEASE – EDUCATE YOUR COMMUNITY

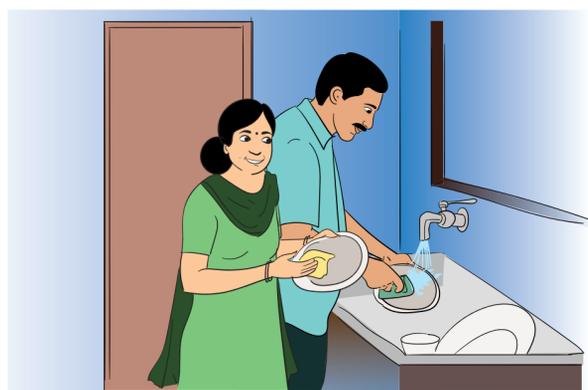
Start the conversation!



Discuss menstrual issues with
friends and family



Promote MHM conversations with
male family members and friends



Share domestic chores



Form peer groups to create
awareness

Remember!

Talking about menstrual issues will help to reduce taboos



Menstruation is essential for human existence. Let's make
it easy, hygienic and dignified!



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एक कदम स्वच्छता की ओर

PROMOTE HEALTHY BEHAVIOURS – FOR HYGIENIC MENSTRUATION

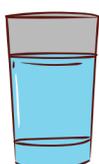


Menstruation related things to converse about

Nutritional needs



Iron-rich food for menstrual pain and replacing lost blood



Water intake to stop water retention and bloating

Healthy habits



Bathing



Exercising



Adequate rest

Removing taboos related to



Going to school/work



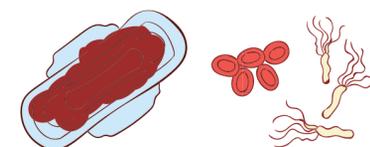
Entering the kitchen/ eating certain foods



Participating in religious/ social activities

Remember!

Menstruating girls and women should take medical advice in case of excessive bleeding and pain vaginal infection



Menstruation is essential for human existence. Let's make it easy, hygienic and dignified!



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MENSTRUAL HYGIENE MANAGEMENT – EMPOWERING GIRLS AND WOMEN

Improper menstrual hygiene:



Causes serious health problems



Increases dropping out of school

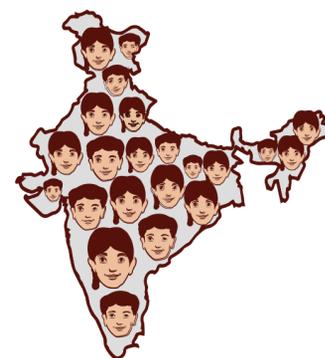
Proper menstrual hygiene:



Helps girls to stay in school



Empowers girls to be confident and independent



Builds a prosperous nation

Remember!

Change sanitary pad/cloth/cup every 5 to 6 hours to avoid staining and odour



Menstruation is essential for human existence. Let's make it easy, hygienic and dignified!