

Report on
Awareness about the Importance of Menstrual
Hygiene Management
Conducted By



Since 2003

KARUPA FOUNDATION

Date: 29th May 2023

Theme: "Making menstruation a normal fact of life by 2030."

AWARENESS ABOUT THE IMPORTANCE OF MENSTRUAL HYGIENE

RESOURCE PERSON



Ms.S.Pavithra M.E
SDG Associate, Karupa foundation,
Mettupalayam, Coimbatore.

MAY
29
2023

Time: 2.00 p.m.
Venue: LBS Hall

Coordinators
Ms.S.Padmavathi & Ms.S.Gomathi
AP/S&H

WDC Coordinator
Dr. S. Deepa
ASP/ECE

Convenor
Dr. V. Kumar Chinnaiyan
Principal

Report On Menstrual Hygiene Management

Karupa Foundation and Karpagam College of Engineering organized the menstrual hygiene management day on 29.05.2023 at Coimbatore to raise awareness about the importance of menstrual hygiene. Menstrual Hygiene Day aims to educate people about the significance of maintaining proper menstrual hygiene, particularly in areas with few resources like sanitary napkins, running water, and restrooms. In addition, the day's goals are to end the taboo and shame associated with menstruation, raise awareness about the need for good menstrual hygiene, and promote more services and funding for this issue.

Menstrual Hygiene Day aims to eradicate the shame and stigma associated with menstruation via education and public discussion. In addition, this day recognizes the importance of menstrual hygiene education, management, and practices to the health, safety, and self-determination of those who menstruate.

Menstrual Hygiene Day aims to raise awareness of menstruation, dispel myths and misunderstandings, and push for greater access to period-appropriate hygiene products and safe drinking water. In addition, it's a meeting place for talks, projects, and campaigns to help women and girls learn to handle their periods in a healthy, dignified, and safe way.

The following sections are discussed in the program:

- Importance of Menstrual Hygiene Management for college students
- Foods should be taken during periods
- How to avoid stress during periods
- How to reduce periods pain
- Different product details
- Disposal Methods
- Conclusion

Mrs. S. Pavithra has done a wonderful speech about the preventive awareness program at Karpagam College of Engineering, Coimbatore. Every year on May 28th, people worldwide come together to raise awareness, advocate for change, and share information on the value of

good menstrual hygiene management during the annual Menstrual Hygiene (MH) Day. This day is dedicated to dispelling the misconceptions and misunderstandings surrounding menstruation and raising awareness about the issue among menstruating people and those who don't. Menstruation is seen as a blessing and celebrated to spread the message that it should be treated with respect and care. Organizations, individuals, and the media all work together on MHM Day to spread the word about the need for proper menstrual hygiene. World Menstrual Hygiene Day has been observed annually since 2014. The fact that the average woman's menstrual cycle lasts 28 days means that May 28 has been associated with the beginning of her menstruation.

The following were the primary goals of this holiday celebration.

- As a means of removing taboos around menstruation and drawing attention
- To important function that good menstrual hygiene plays in maintaining good health and wellness
- To promote a welcoming space for MHMs.

➤ **Importance of Menstrual Hygiene Management for college students**

Period Hygiene Day aims to break down stigmas and educate people about practicing good period hygiene. Some of the more important ones are listed below:



Breaking the stereotypes:

Misconceptions and cultural taboos about menstruation contribute to prejudice and humiliation. Menstrual Hygiene Day aims to eradicate the taboo and shame around menstruation by starting a conversation that benefits everyone involved.

Spreading knowledge:

Many individuals, particularly in low-income areas and developing nations, lack the knowledge and tools to handle menstruation cleanly and healthily. Menstrual Hygiene Day aims to educate the public about the significance of maintaining clean, healthy menstrual hygiene.

Raising Awareness:

The health and happiness of menstruating people depend on their ability to manage their menstrual hygiene safely and effectively. Menstrual Hygiene Day promotes access to safe and inexpensive products, clean water, sanitation facilities, and information on menstrual health to ensure people can handle their periods with dignity and without health concerns.

Promoting health and well-being:

In many cultures, menstruation prevents girls from attending school and women from fully participating in society. Menstrual Hygiene Day aims to give women and girls the agency they deserve by addressing the issues they confront because of menstruation, pushing for better facilities in schools and workplaces, and providing them with the information and tools they need to manage their periods confidently.

Advocating for policy change & Empowering Girls and Women:

Changes in legislation and more funding for menstrual hygiene management are among the issues that supporters of Menstrual Hygiene Day want to highlight. Its purpose is to bring attention to the need to include menstruation health and hygiene in broader health, education, and sanitation initiatives by governments, organizations, and communities.

The goal of Menstrual Hygiene Day is to ensure that all people can manage their periods in a safe, hygienic, and respectful way. This means ending the taboo surrounding periods and the shame that comes with them.

➤ **Foods should be taken during periods**

Maintaining a well-balanced diet with vital nutrients is important throughout periods. There are no generally recommended meals during menstruation and some basic dietary guidelines might help ease discomfort and improve well-being. Menstruating women lose iron owing to blood loss. Iron-rich meals restore iron reserves. Iron-rich foods include leafy greens, lentils, lean red meat, chicken, fish, fortified cereals, and nuts. Bone density may alter during menstruation calcium-rich diets are necessary. Calcium-rich diets including dairy products, leafy green vegetables, tofu, and fortified plant-based milk replacements are good. Magnesium-rich foods

lessen menstruation cramps and calm. Whole grains, nuts, seeds, legumes, leafy greens, and dark chocolate contain magnesium. Vitamin B6 meals may reduce premenstrual mood swings and bloating. Poultry, fish, bananas, potatoes, almonds, and whole grains are vitamin B6-rich. Omega-3 fatty acids decrease inflammation and menstrual discomfort. Omega-3 fatty acids are found in fatty fish, flaxseeds, chia seeds, and walnuts.

Maintain hydration and wellness by drinking enough water during menstruation. Ginger and chamomile drinks may soothe. Listen to body and consume a balanced diet of fruits, vegetables, whole grains, lean meats, and healthy fats. Reducing coffee, sugar, and processed meals may assist with bloating and mood swings.



➤ **How to reduce periods pain**

Dysmenorrhea, or menstrual discomfort, may be relieved with self-care and home remedies. Heat therapy: Heat helps relax muscles and relieve discomfort in the lower abdomen. Take a warm bath or shower, use a heating pad, or use a hot water bottle to soothe.

Nonsteroidal anti-inflammatory medicines (NSAIDs) like ibuprofen or naproxen sodium may alleviate menstruation discomfort. If you have concerns or medical issues, visit a healthcare expert and follow the dose.

Mild exercises like walking, stretching, or yoga may boost blood flow, release endorphins, and alleviate period discomfort. However, listen to your body and avoid intense activities if you're in pain.

Relaxation techniques: Meditation, guided visualization, and deep breathing exercises may relieve stress and menstruation discomfort. These methods assist in relieving pain and relaxation.

Dietary modifications may help menstruation pain. For example, increasing your omega-3 fatty acids (found in fatty fish, flaxseeds, and walnuts) and magnesium (found in leafy greens, almonds, and whole grains) may decrease inflammation and discomfort. Avoiding too much salt, coffee, and sugar may also reduce bloating.

Ginger, chamomile, and cinnamon are natural therapies for menstruation discomfort. However, it's vital to contact a healthcare expert or herbalist before taking any herbal treatments to be sure they're safe and won't interact with prescriptions or illnesses.

During your period, you must relax and take care of yourself. Get adequate sleep, practice excellent sleep hygiene, and prioritize self-care activities that help you relax and decrease stress.



➤ Different product details

Menstrual flow may be managed using many period products. These pads absorb menstruation blood and are worn in undergarments. They have adhesive strips to attach to underpants and come in different sizes and thicknesses. Tampons absorb menstrual blood when placed vaginally. They vary in size and absorbency and are usually composed of cotton or a mix. Some tampons contain applicators to make insertion simpler, while others are finger-inserted.

Medical-grade silicone, rubber, or latex bell-shaped menstrual cups are reusable. They are put into the vagina to collect menstrual blood and may be emptied, cleaned, and reused. Menstrual cups come in various sizes and may last for years with appropriate maintenance.

Period panties: Menstrual flow is collected by period panties' absorbent layers. They are absorbent and reusable. Period panties may be used alone or in combination with other period products.

➤ **Disposal Methods**

Pads for menstruation Wrap the used pad in an individual wrapper or a small plastic bag. Place it in a lidded garbage container. Pads may create plumbing troubles, so don't flush them.

Tampons may cause toilet obstructions, so don't flush them. Instead, wrap the old tampon in toilet paper or the wrapper from a fresh one and throw it away.

Empty them into the toilet or sink. Use water or toilet paper to clean the cup. Boiling or sanitizing the cup between cycles may be recommended by certain manufacturers. Follow the cup manufacturer's guidelines. Emptying and cleaning the cup should be done in private locations such as toilets where the contents may be properly disposed of.

Period panties: Rinse them in cold water to eliminate blood if they're significantly stained. Wash them by hand or machine according to the manufacturer's recommendations. Fabric softeners may impair pant absorbency, so avoid them. Throw away disposable underwear. Use a bag to dispose of them after usage. Local disposal rules should be checked.

Remove and flush menstrual discs. Some discs are single-use while others are reusable, depending on the manufacturer and instructions. The manufacturer supplies disposal instructions. Handling and discarding old-period products should be done hygienically. To preserve hygiene, wash your hands with soap and water after discarding any product. Be knowledgeable of local waste management legislation and procedures for disposing of various waste goods.

Conclusion

People, organizations, and communities worldwide strive to generate positive change, promote inclusion, and campaign for period health and hygiene policy improvements on period Hygiene Day. This day helps normalize menstruation by breaking the silence, educating, and supporting. Menstrual Hygiene Day reminds us to keep working for a more inclusive and supportive society for menstruators.