

TEAM - 186



SAN ACADEMY, PALLIKARANAI

PROBLEM CHOSEN

**“CLEAN MENSTRUATION (BASIC MENSTRUAL
HYGIENE)”**

STUDENTS NAMES

Shreya S

Uma Maheshwari P

Gayathri Devi S

Roshni K

ABSTRACT

Menstruation and menstrual practices still face many social, cultural, and religious restrictions which are a big barrier in the path of menstrual hygiene management. In many parts of the country especially in rural areas girls are not prepared and aware about menstruation so they face many difficulties and challenges at home, schools, and work places.

Girls and women have very less or no knowledge about reproductive tract infections caused due to ignorance of personal hygiene during menstruation time.

Health hazards due to commercial pads.

GOALS

The idea of our project is to implement modern techniques like incineration to reduce the waste. Also, creating awareness emphasizing the usage of reusable sanitary pads or sanitary pads made from natural materials like banana fibre, bamboo fibre, sea sponges, water hyacinth, and so on.

MAIN ACTIVITIES

The following activities were carried out at the schools to implement the awareness on reusable pads and organic pads:

Activity 1: Collected old clothes from peer group

Activity 2: Washed and dried old clothes using neem leaves and turmeric powder as they possess natural anti bacterial properties

Activity 3: Sewed reusable cloth pads by students

Activity 3: Health Experts were invited to address the students and create awareness on menstrual hygiene.

Activity 4: Students visited children's home to create awareness on menstrual hygiene through mime and explained about benefits of reusable cloth pads and organic pads.

Activity 5: During the school project expo, the students explained hazards of commercial pad and the benefits of reusable cloth pads through neat display



Cloth pads are made from clean, organically treated cotton cloth. They are light, breathable, soft and comfortable, giving you a fresher feel that no disposable pad can. It is reusable for minimum 3 month.

- Washable
- 100% organic cotton internal top layer
- Water proof external layer
- Made from unbleached, non dyed cotton.

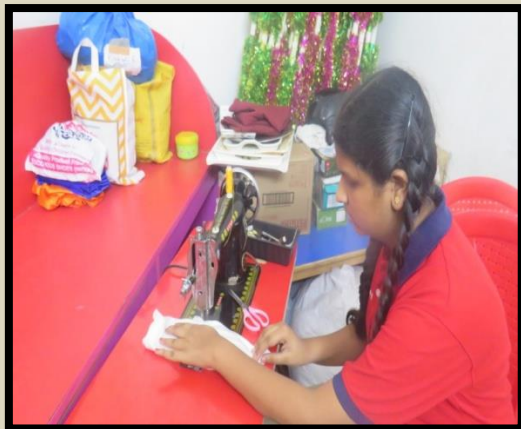




The reusable organic cloth pads made from the collected clothes were distributed at the children's home by the students.

The students explained :

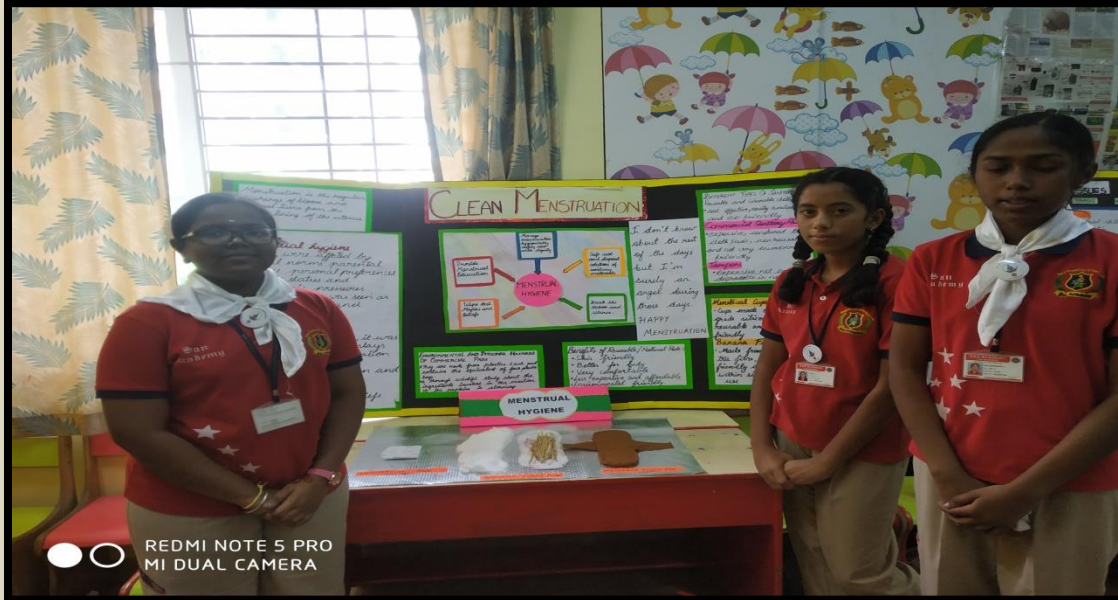
- **How to maintain these pads**
- **Benefits of reusable pads**
- **How to maintain menstrual hygiene**



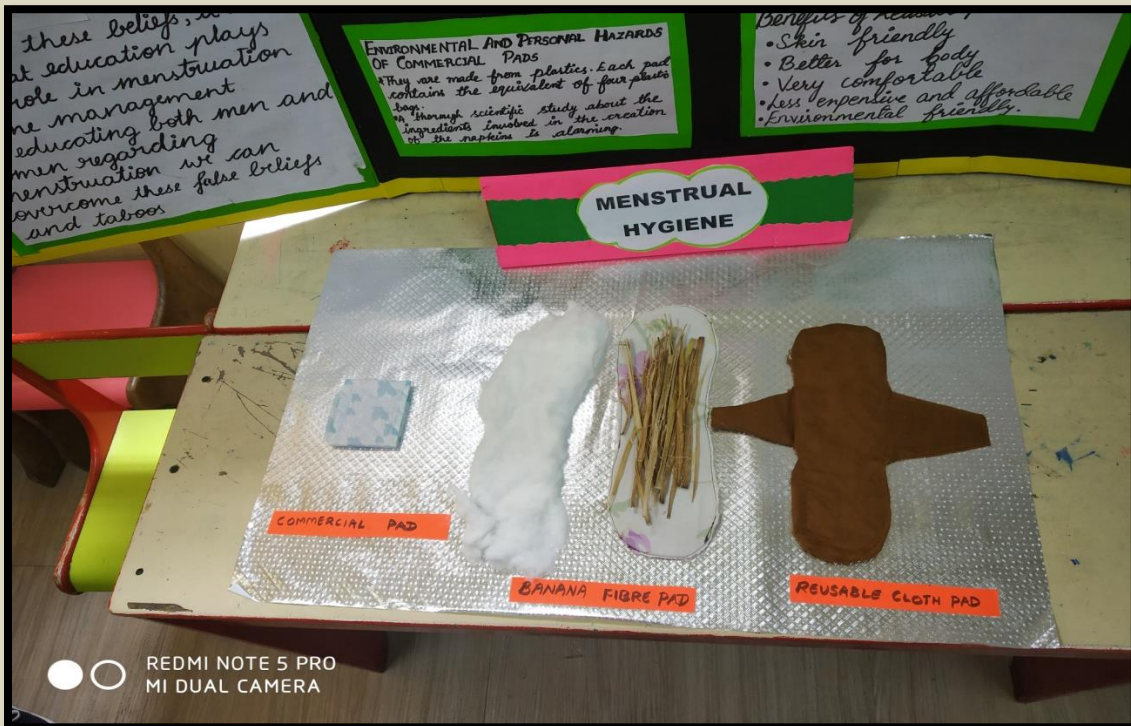
Students were given an opportunity to interact with experts to clarify their doubts on the topic



At the school expo students tried to create awareness about menstrual hygiene and break the taboo surrounding the subject



REDMI NOTE 5 PRO MI DUAL CAMERA



REDMI NOTE 5 PRO MI DUAL CAMERA

