

**AWARENESS PROGRAMME  
ON  
MENSTRUAL PROBLEMS, HEALTH AND HYGIENE  
22<sup>ND</sup> SEPTEMBER, 2018**

An awareness session was conducted by women empowerment cell of KBN College on 22<sup>nd</sup> September, 2018 to all under graduate students. In which all associated topics related to menstruation were explained to girls, like what is menstruation, calculation of the period, physical problems faced by girls during their periods and ways to deal with it, maintaining personal hygiene during this period and importance of maintaining hygiene, avoiding the traditional methods of using dirty cloths and promoting use of sanitary napkins, etc. Traditional myths and misconceptions in rural areas related to menstruation were discussed. FAQs by the girls related to the topic were answered by the facilitator.

After the session and demonstration, girls were very happy to get new information about menstruation and also about the napkin dispenser and incinerator, which give them privacy to use the napkins as per their needs, and they don't have to ask anyone for assistance.



