

Best practice: Menstrual hygiene and distribution of free sanitary napkins.

Goals

To create awareness among girls on menstrual hygiene.

Objectives

To ensure safe disposal of sanitary napkins and decrease risk of infections during periods.

Context

All faculty enlightened students in their respective classes about menstrual hygiene during their stay in college from 10 to 5 as well as at home.

Practice

Each week a woman faculty visits washrooms to check proper disposal of napkins. Distribution of free napkins by Women Empowerment Cell (WEC) to students in college.

Evidence of success

Decrease in infections and proper disposal of napkins.

Problems encountered

Right now, dustbins are used for disposal of sanitary napkins. Incinerator is yet to be facilitated.



Awareness program on menstrual hygiene. Distribution of free sanitary napkins.