

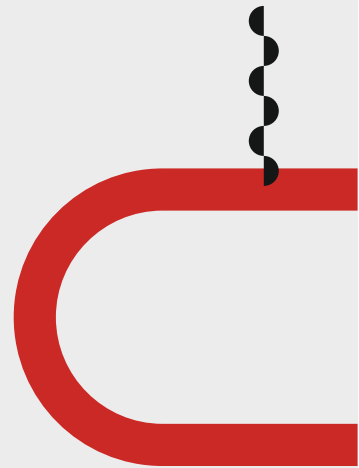


Awareness Programme on Cleanliness, Hygiene & Sanitation During Menstrual Period & Sanitary Napkin Distribution Programme

16th of December 2018

Duration of Event : One Day

Location : Panchdeori Block, Distt. Gopalganj, Bihar





1. Project Title

Awareness on Cleanliness, Hygiene & Sanitation in Machwa Village, Panchdeori Block,
Dist- Gopalganj, Bihar

2. Project Summary

This project aims to improve the overall health and well-being of the residents of Machwa and nearby Villages by promoting awareness and education on cleanliness, hygiene, and sanitation. By implementing educational workshops and providing essential resources, the project seeks to reduce the incidence of sanitation-related diseases and enhance the quality of life in the community.

3. Objectives

- = To educate the residents of Machwa and nearby Villages on the importance of cleanliness, hygiene, and sanitation.
- = To promote the adoption of proper sanitation practices and facilities in households and public areas.
- = To reduce the prevalence of sanitation-related diseases in the community.
- = To empower the community with the knowledge and resources to maintain a clean and healthy environment.

4. Target Audience

- Residents of Machwa and nearby Villages, including men, women, and children.
- Community leaders and influencers.

5. Project Duration

01 day (16th December 2018, Day - Sunday)

6. Project Activities

6.1. Awareness Campaigns

6.2. Nukkad Natak

6.3. Resource Distribution

- Sanitation Kits: Provide essential hygiene products such as soap, toothbrushes, and sanitary pads to families in need.





7. Expected Outcomes

- Increased awareness and knowledge about cleanliness, hygiene, and sanitation among the residents of Machwa and nearby Villages.
- Improved sanitation practices and facilities in households and public areas.
- Reduction in sanitation-related diseases and health issues.
- Enhanced quality of life and well-being for the community members.

FINAL CONCLUSION

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. We found that little, inaccurate or incomplete knowledge about menstruation is a great hindrance in the path of personal and menstrual hygiene management. Girls and women have very less or no knowledge about reproductive tract infections caused due to ignorance of personal hygiene during menstruation time. In rural areas, women do not have access to sanitary products or they know very little about the types and method of using them or are unable to afford such products due to high cost. So, they mostly rely on reusable cloth pads which they wash and use again. Needs and requirements of the adolescent girls and women are ignored despite the fact that there are major developments in the area of water and sanitation. Women manage menstruation differently when they are at home or outside; at homes, they dispose of menstrual products in domestic wastes and in public toilets and they flush them in the toilets without knowing the consequences of choking. So, there should be a need to educate and make them aware about the environmental pollution and health hazards associated with them.

SHINING SOULS in coordination of Smart Move Academy's, Biology Teacher (PGT) Mrs. Savya Jaiswal & Class 11th girls have conducted the awareness programme on Cleanliness, Hygiene & Sanitation during Menstrual Period on 16th December 2018 under the guidance of Mr. Rahul Sinha (Managing Trustee of SHINING SOULS) and Mrs. Siddhi Wala Sinha (Trustee).

The explanation for menstruation was given with Nukkad Natak by team and also the response of society which shows the incomplete information regarding menstruation.

Further question and answer session was also done to explain everything required by them and proper steps to be hygienic was explained followed by the foods and fruits to be taken in those days.

Special attention was given to make them aware about sanitary napkins, its use, benefits and its disposals and the programme ends by free distribution of sanitary napkins.

