

# HEALTH & HYGIENE

## Personal hygiene for girls during menstruation

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**Abstract** - Health is a positive state of well being, where every part of the body and mind is in harmony & in a proper functioning balanced with other part. Health is the attribute to life that enables a person to live longer.

Hygiene is an essential component of healthy living .Adopting hygienic practices and promoting hygiene in the community, school, and workplace prevents innumerable infections & infectious diseases. In this article writer has been focused in the personal hygiene and care for girls during periods. Use of sanitary napkins, tampons and menstruation cup has been suggested, concluded with needs of care & awareness related to keeping genital area clean and precaution taken during menstruation as women are slightly more vulnerable to bacterial infection.

**Keywords**- *bacterial infection, genital areas, hygienic practice, menstruation, sanitary napkins, tampons*

### I. INTRODUCTION

If girls & women are to live healthy & productive lives, with dignity, menstrual hygiene is priority. Menstruation in our country is associated with various myths & restrictions leading to lack of awareness among adolescent girls. Inadequate knowledge about personal hygiene or we can say the hygiene practices are the cause of stress associated with menstruation & reproductive tract infection. There are many school going girls who use hay, mud toned rags and old cloths instead of safe and secure napkins.

The ministry of health and family welfare has been implemented this scheme for promotion of menstrual hygiene among adolescent girls in the age groups of 10-19 years as a part of Rashtrya Kisor Swasthya Karekram.

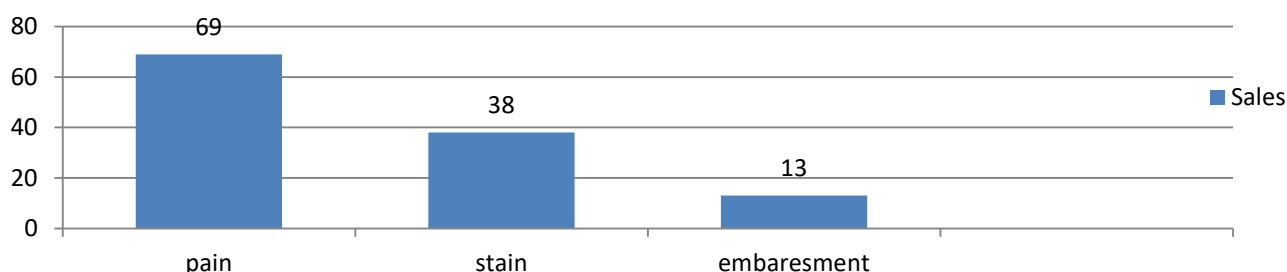
Government is trying a lot on the basis of its ability needs and resources, but as we all are the integral part of the base of building our society we should initiate a step towards the awareness related to the hygiene & care related to genital area which helps our students to understand to understand about its necessity & protect them from infectious disease.

### II. IMPACT ON DAILY LIFE

According to survey conducted by UNICEF Around-

- 69% of girls miss their school due to pain during periods
- About 18% girls does not go to school due to anxiety of strain
- Around 13% girls stay at home due to embarrassment.

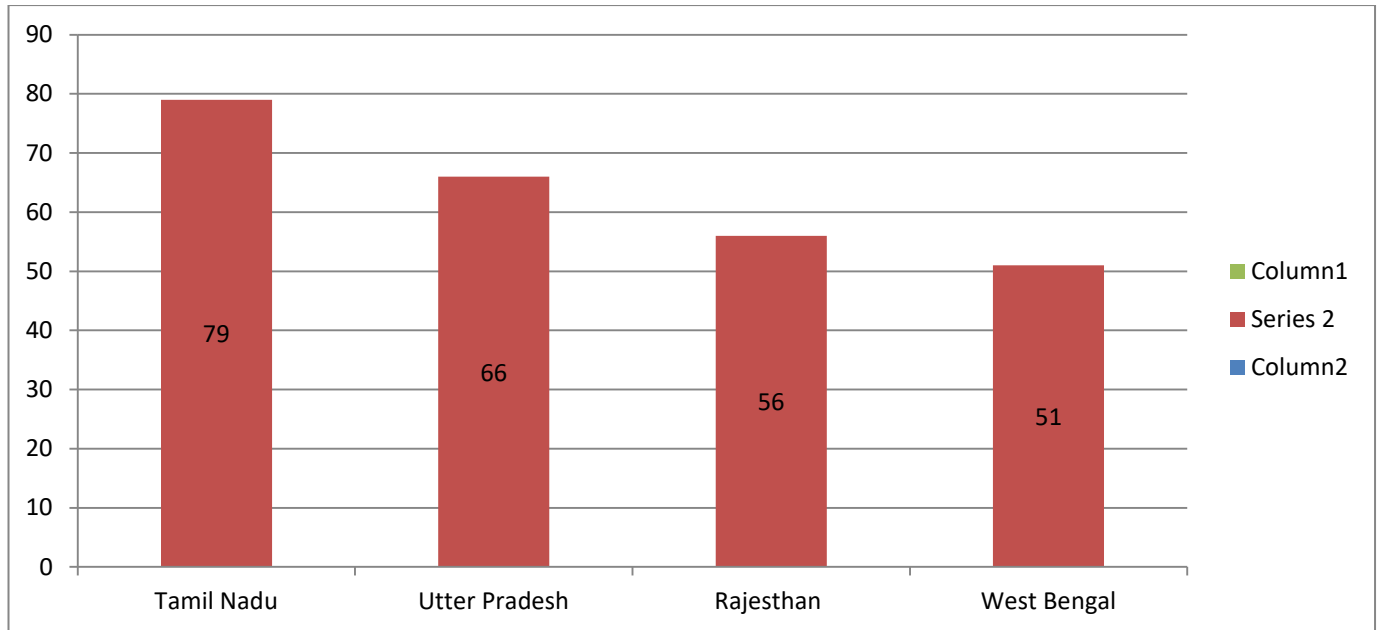
girls missed 1-2 days of school on an average of every month



### III. AWARENESS

1. Young girls generally grow up with least knowledge about periods and menstruation cycle as their mother and other women get hesitate to discuss about this.
2. It is a myth but believed strongly that period is a disease.
3. More than 50% of girls do not get any knowledge about periods in and out of school.
4. It's totally unfortunate but true that this is the one of the strong reason of dropout of school going girls.

5. About 10% of girls do not have any idea about periods, its needs & biological process.
6. About 3/4<sup>th</sup> of total women population in India use reusable cotton cloths.
7. Approx 40% of adolescent hide cloth in their room, 22% in the roof & 11% share with others.
8. High cost & unavailability of Sanitary Pads is the prime reason for women and girls in India not to use Sanitary Pads.
9. Only 16% of girls use Sanitary Pads.
10. Most of the girls miss school at least 3 days every month.



% of girls remaining unaware about hygiene in India's State

#### IV. PRECAUTION DURING PERIODS

- It's really very important to change the pads regularly during periods.
- Should wash genital area properly to avoid bacterial infection.
- Undergarments should get exposed to sun so that all germs get killed.
- Uses of antiseptic liquids are always recommendable during menstruation.
- Napkin should dispose properly after use.

#### V. CONCLUSION

By this article writer considered to conclude that the need of awareness of hygiene during periods are must and prime issue for all of us. And initial step should be taken by society, community & school. Overall aspect is that period should not be the reason of dropout.

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