



Team Members:

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WOMEN HEALTHCARE AND HYGIENE



School:

SRI SHARADA PUBLIC SCHOOL.
ANNIGERI

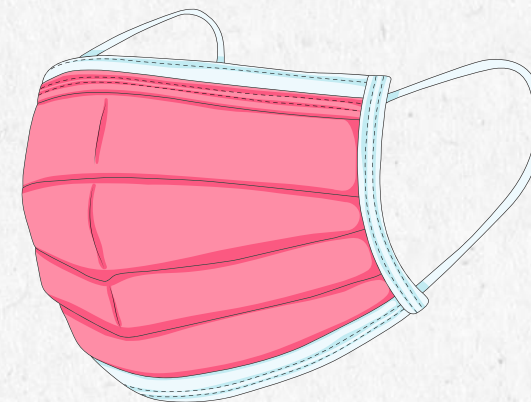
Facilitators:

Mr. Sunil C Shivashimpiger



AIKYAM Mentor Coaches:

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What Challenge does your project address?

While using school washroom, we observed that there wasn't correct hygiene maintained, we didn't have dustbins to dispose menstrual pads or sanitary pads, and there was no correct supply of water to clean after which could lead to spread of harmful diseases. Neighbors in our community told us that they do not use sanitary pads instead they usually use old cloth as pad which is unhygienic. With our knowledge we decided to tackle this topic to bring awareness to improve women hygiene and address the economic burden felt by women in our community to purchase safe hygienic products.



Limited Access to Hygiene Products such as sanitary pads, tampons, or menstrual cups.



There is often a lack of awareness and education about menstrual health, leading to stigma, misinformation, and poor hygiene practices.



[Menstrual Taboo: Breaking Down the Stigma](#)



POOR MENSTRUAL HYGIENE
LEADS TO LONG TERM PROBLEMS



Urinary Tract Infection



Yeast Infections



Reproductive Tract Infections



Hepatitis B Infection



Cervical Cancer



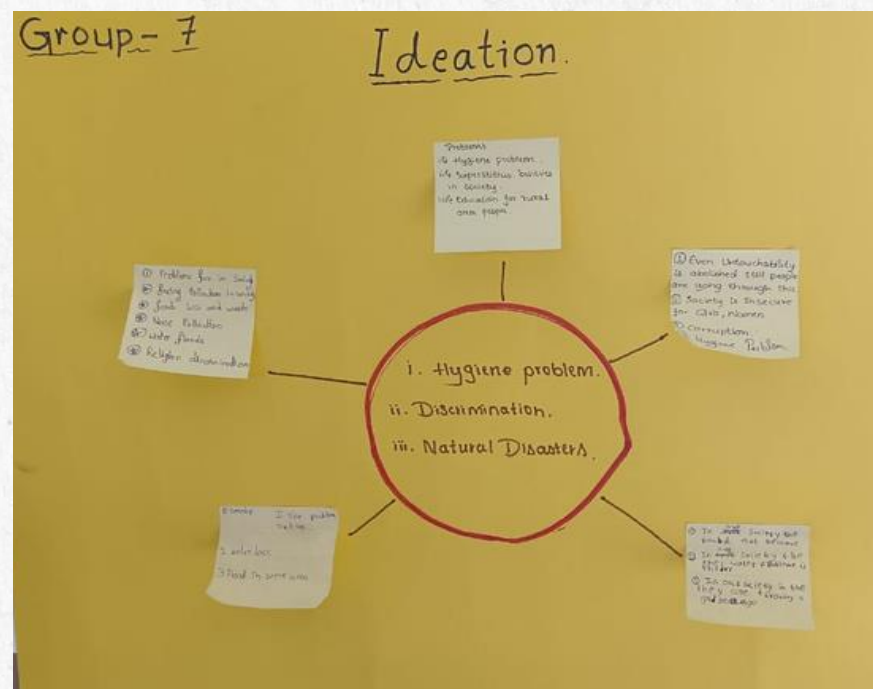
[period pride vs period poverty](#)

Why did your team select this topic or challenge?

During the ideation phase, brainstormed several problems observed in our local community. One of the member was passionate to share about what they noticed in our school washroom; they weren't equipped with ways to dispose menstrual products. Student hygiene in schools is critically important for several reasons, as schools are environments where children and staff interact in close proximity. Healthcare hygiene is needed in schools:

- High-Risk for Spread: Schools are high-traffic environments where students and staff often have close physical contact. This makes it easier for viruses, bacteria, and other pathogens to spread. Proper hygiene can reduce the transmission of infectious diseases like the flu, common colds, strep throat, and other contagious illnesses
- Stigma and Taboos: Menstruation is often considered a taboo, leading to shame and misinformation.
- Poor Sanitation Facilities: Inadequate toilets, clean water, and disposal facilities worsen hygiene conditions.

Understanding this topic led to making connection for high absence of female students due to poor hygiene during menstruation. Often, they are silent about it due to stigma. As a team we felt this is very important for us to address.



Team ideation board



Cycle of hygiene

How is it a real world problem or concern?

Healthcare hygiene is a major real-world problem because poor hygiene in medical settings can lead to infections, the spread of diseases, and even deaths.

1. The health of women and girls is of particular concern because, in many societies, they are disadvantaged by discrimination rooted in sociocultural factors.
2. Global Menstrual Poverty: Millions of women and girls around the world lack access to essential menstrual hygiene products. This is especially prevalent in low-income countries, rural areas, and marginalized communities, where sanitary products are either too expensive or simply unavailable.
3. Menstruation is a natural biological process, but inadequate access to menstrual products like sanitary pads or tampons can lead to poor hygiene, infections, and even missed school or work.

Just like these global women health problems, our community including schools is also facing similar problems.



Washroom in our school
Only sink; **no dustbins**

Describe Learning/Discovery from the use of interviews

We discussed the topic of female student hygiene with our school principal and discussed about it. Even our principal understood our concern and advised us to visit a local Government hospital to gain a deeper understanding. We visited the government hospital and learned:

- Many women lack proper knowledge of hygiene practices due to limited sex education or cultural taboos, especially regarding menstruation and vaginal health.
- Hygiene practices are often influenced by cultural norms, leading to the use of traditional methods over modern, hygienic products.
- Economic or geographic barriers limit access to essential hygiene products, forcing women to use unsanitary materials like old cloths or skip routines due to cost or availability.
- Limited access to healthcare professionals means women may lack guidance on maintaining hygiene, leading to potential health risks.
- Many women struggle with managing menstruation due to inadequate products, privacy concerns, or lack of education.



discussion with our school principal



Field trip to Primary Health center, Annigeri

Investigate - Which research data obtained helped to determine what can be done?

From class 8 NCERT Science textbook. Students came to know about secondary sexual characters and learnt about reproductive phase of life in humans.

7.5 Reproductive Phase of Life in Humans

Adolescents become capable of reproduction when their testes and ovaries begin to produce gametes. The capacity for maturation and production of gametes lasts for a much longer time in males than in females.

In females, the reproductive phase of life begins at puberty (10 to 12 years of age) and generally lasts till the age of approximately 45 to 50 years. The ova begin to mature with the onset of puberty. One ovum matures and is released by one of the ovaries once in about 28 to 30 days. During this period, the wall of the uterus becomes thick so as to receive the egg, in case it is fertilised and begins to develop. This results in pregnancy. If fertilisation does not occur, the released egg, and the thickened lining of the uterus along with its blood vessels are shed off. This causes bleeding in women which is called **menstruation**. Menstruation occurs once in about 28 to 30 days. The first menstrual flow begins at puberty and is termed **menarche**. At 45 to 50 years of age, the menstrual cycle stops. Stoppage of menstruation is termed **menopause**. Initially, menstrual cycle may be irregular. It takes some time to become regular.

and play outdoor games.

Myths, Taboos, Do's and Don'ts

You have learnt here and from Chapter 6 the scientific facts related to human reproduction. There are many wrong notions which you should now be able to discard as informed adolescents. For example, there are myths and taboos regarding bodily changes that adolescents experience. Some of these are given below and you can now argue why these are myths and not facts.

1. A girl becomes pregnant if she looks at boys during menstruation.
2. The mother is responsible for the sex of her child.
3. A girl should not be allowed to work in the kitchen during menstruation.

You may come across many other myths and taboos. Discard them.

Adolescent Pregnancy

You might be knowing that in our country, the legal age for marriage is 18 years for girls and 21 years for boys. This is because teenage mothers are not prepared mentally or physically for motherhood. Early marriage and motherhood cause health problems in the mother and the child. It also curtails employment opportunities for the young woman and may cause mental agony as she is not ready for responsibilities of motherhood.

health issue related to the menstrual

Health Issue	Statistic from World Health Organization WHO
Maternal Mortality	Approximately 287,000 women died during and following pregnancy and childbirth in 2020. Almost 95% of these deaths occurred in low and lower-middle-income countries.
Menstrual Health Education in Schools	Worldwide, only 2 out of 5 schools (39%) provide menstrual health education.
Menstrual Waste Disposal Facilities	Less than 1 in 3 schools (31%) globally have bins for menstrual waste in girls' toilets.
Endometriosis Prevalence	Endometriosis affects roughly 10% (190 million) of reproductive-age women and girls globally.

Investigate - How did the information you learned motivate you to act in an impactful way?



Sanitary pad



In this image women is using uncleaned cloth

We learnt that women should be more conscious about their hygiene during their menstrual cycle. Many of the women do not use sanitary pads or clean cloth they usually use old cloth due to lack of awareness or economic reasons. Which is very dangerous. We are compelled to spread awareness about the disadvantages of using unclean cloth and how government is providing free menstrual products.

Investigate - Photos of team members being involved in the investigation phase



STUDENTS DISCUSSING WITH GOVERNMENT HOSPITAL DOCTOR



LABOUR ROOM IN HOSPITAL

Implementation - Sustainability - How are you planning for a permanent change?

We are planning for permanent changes by raising awareness to girls or women to maintain hygiene during their menstrual cycle. We made some of the charts to educate them about safe hygienic practices. We donated sanitary pads to the women who did weren't using them. Many of the people weren't aware of sanitary pads usage during menstrual cycle instead they were using old cloths which were unclean. In addition, they throw their sanitary pads wherever such as in the drainage system, etc... to prevent that we went to many of the houses to give them some of the basic knowledge about the disposal of sanitary pads and to stop using the unclean clothes.!!



AWARENESS GIVEN BY GOVERNMENT HOSPITAL DOCTORS IN OUR SCHOOL

Implementation – How did your team influence others?

We influenced many people. Some people understood our concern towards women healthcare hygiene and our awareness session using simple charts influenced them to change their menstrual hygiene routine to include practices we shared with them. While some people didn't understand our topic right away, us demonstrating the use of sanitary pad made them feel comfortable to start safe hygiene routines.



Distributing sanitary pads to women in our community

Implementation – Give examples of creative use of technologies in your project



**MOBILE CAMERA TO TAKE PHOTO
AND MAKE VIDEOS**



**ZOOM APP FOR ATTENDING MEETINGS
WITH MENTORS FOR TRAINING**



**FOR SEARCHING
INFORMATION**



**TO PREPARE
PRESENTATION
WE USED CANVA**



FOR UPLOADING PHOTOS AND VIDEOS



FOR LOGO EDITING

Journey - Links to interview snippets

While taking interview -

[Interview with doctor at a government hospital - part1](#)

[Interview with doctor at a government hospital - part2](#)

[Interview with doctor at a government hospital - part3](#)

Labour room -

[Tour of Labour room at the government hospital](#)

More pictures from community engagement activities



Safe hygiene practices learned from the hospital visit

Team picture taken at during the hospital visit



Health facilities at the school could be better!

**THANK
YOU VERY
MUCH!**

